Quarterly Community Ministry Activities
For the Ministry of Rev. Barbara F. Meyers

March 2018

Executive Summary

- "Listening Post" - Continued a Listening Post on Thursday afternoons in the Tenderloin neighborhood of San Francisco, sponsored by the Faithful Fools Street Ministry. Planning on starting one in Fremont with congregational and interfaith participation. Received a $500 grant from the PCD UUMA chapter to fund the Fremont effort.
- Emotional CPR – Gave a presentation at Family Resource Center in February. Planning other presentations.
- Book - My proposal to Skinner House Books for a book on mental health in congregations was accepted! I will deliver the final draft to them in April.
- Blog - Started a monthly UU mental health blog. [www.uumentalhealth.org](http://www.uumentalhealth.org)
- Co-leader of Ableism Task Force for the UUMA. Will finish in June.
- Continue work quarter time as Assistant Director of Life Reaching Across to Life
- Led worship on February 18 at Starr King Unitarian Universalist Church in Hayward on The Spiritual Practice of Smiling.

Quarterly Ministerial Status Report Details

Education

Classes, Conferences and Seminars Taken and Planned

- Took Webinar: Self-Care for the Peer Specialist by Denise Camp by the Doors to Wellbeing webinar series supported by SAMHSA. Lots of wisdom and good ideas.
- Took Webinar: Evidence Based: Mental Health Self-Direction through Personalized Budgeting, presented by Bevin Croft, Julie Schnepp and Pam Werner sponsored by SAMHSA. Feb 27, 2018. Programs where consumers can be in charge of budgeting their money. Excellent! Highly Recommended! Left me thinking that we should be trying something like this in California.
• Took Webinar: *Building a Strong Mental Health Peer Specialist Workforce*, by Sheryl Newton and Sheila Hall-Prioleau, sponsored by Doors to Wellbeing, March 27, 2018. Interesting discussion about the potential problems of having peer specialists in the work force, and how to solve them.

**Healing**

*Spiritual Direction*
Continuing my work at the corner of Hyde and Turk each Thursday afternoon. Beginning to plan to do a similar project in Fremont. Received a $500 grant from the PCD UUMA chapter to fund the Fremont effort.

*Emotional CPR*
With Kozi Arrington, gave a eCPR presentation as part of the Fremont Family Resource Center Lunch and Learn on Feb 22.

**UU Mental Health Blog**
With a team of four people, began a UU mental health blog. We will have one blog post per month inviting others to contribute blog contents.

**Healthy Students Task Force**
Participated in task force organized by the Fremont Unified School District to focus on reducing stress in students. For finals week, at all high schools have a number of stations with de-stressing activities available: petting zoos, stress balls, snacks, and arts and crafts.

**Reaching Across**
Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, a spirituality group once a month, Friday craft days and some Wednesday events.

**Support Groups**
• Elder’s Group started again in February as part of small group ministry at MPUUC. I am co-leading it with Barbara Hyde.
• Continued co-leading interfaith support group for people with depression and sadness.
• Continued to recommend support group for families of those with mental illness.

**Pastoral Associates**
• Attended Pastoral Associates meetings and worked with several congregation members as an associate.
• Provided emergency pastoral care during interim minister’s absence.

**Priestly**
• Led worship on February 18 at Starr King Unitarian Universalist Church in Hayward on *The Spiritual Practice of Smiling*.

**Social Justice**

*Community Awareness*
• Mental Health pages on MPUUC web site continue to be widely accessed.

**UUMA Ableism Task Force**
• Co-leader of Ableism Task Force for the UUMA.
• This work is scheduled to be complete by June 2018.

**UUA Accessibility Group**
The congregational disability accessibility certification program called the Accessibility and Inclusion Ministry (AIM) program continues its general availability. Five congregations have officially entered the program. I am in charge of implementing this program.

**UUA Addictions Ministry**

As member of the UUA Addictions Ministry, helped run their web site [www.uuaddictionsministry.org](http://www.uuaddictionsministry.org).

**Other**

**Books Read**

- *Simply Sane – The Spirituality of Mental Health, New Expanded Edition*, by Gerald May, M.D., Crossroad Publishing Company, 1993. Remarkable classic with the thesis that sanity lies within us as spiritual beings, and we can access it by just being who we naturally are.
- *He Wanted the Moon – The Madness and Medical Genius of Dr. Perry Baird and His Daughter’s Quest to Know Him*, by Mimi Baird with Eve Claxton, Broadway Books, 2015. Fascinating and tragic tale of a brilliant doctor with manic depressive illness before the advent of lithium treatment. His own words on the unravelling of his life and how barbarically he was treated were preserved and published by his daughter. **Recommended.**
- *The Black Swan – The Impact of the Highly Improbable*, by Hassim Nicholas Taleb, Random House 2010. Ideas: Black swans, very improbable events, have more impact than the ordinary; history is understood backward; we are constantly adjusting the stories we tell ourselves; how to protect yourself from adverse black swans and take advantage of positive ones; many other insights. **Recommended.**
- *Evicted – Poverty and Profit in the American City*, by Matthew Desmond, Broadway Books, 2016. A study of the serious harm that evictions do to people and to society by a sociology graduate student who lived in a trailer park in Milwaukee for his research. His solution: government housing vouchers.
- *S.O. The New Scarlet Letter- Sex Offenders Their Treatment and Our Challenge*, by Marilyn Callahan and Tim Buckley, Glass Spider Publishing, 2018. Therapist who treats sex offenders says they are more successfully treated than is commonly believed. Thorough and well explained.
- *The Black Count: Glory, Revolution, Betrayal, and the Real Count of Monte Cristo*, by Tom Reiss, Broadway Books, 2012. Fascinating tale of Alex Dumas, son of a Frenchman and his Haitian slave, who was brought to France and served an important role in the French Revolution. His son, Alexander Dumas wrote the Count of Monte Cristo, and based the character on his beloved father. One of the best accounts of the French Revolution that I have read.
- *The Midwife Trilogy: Call the Midwife books 1, 2 and 3*, by Jennifer Worth, Merton Books, 2005. Memoir of a nurse and midwife who worked from a nunnery to deliver babies in the poorest districts in London in the 1950s. Captures the life and times of the very poor. Later made into a PBS series.
of her own life story. In the telling, the stories are intertwined. Beautifully and rivetingly written. Hard to put down.


**Personal**

- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Work out at 24-Hour Fitness 2 times a week.
- Ran in 10K race at Lake Chabot, January 1, 2018. Came in first in my age group.

**Other**

- Met with Community Ministry Advisory Committee regularly
- Monthly status meetings with EqUUal Access
- Visit my spiritual director and my psychiatrist regularly.

### 2018 Development Plan

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td><strong>Continuing education:</strong></td>
<td></td>
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<tr>
<td>Take one or two classes a year</td>
<td>Investigate classes to take in this year</td>
<td>Ongoing- Identify classes</td>
<td>Take classes by December 2018</td>
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<tr>
<td>Attend GA in person or virtually</td>
<td>GA in June</td>
<td>June 2018</td>
<td>Event attended</td>
<td></td>
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<tr>
<td>Attend Mental health seminars / conventions</td>
<td>Attend at least one local / state mental health convention in next year</td>
<td>Chosen by March 31</td>
<td>Attended by Dec. 2018</td>
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<tr>
<td>Mental Health Ministry</td>
<td>Discern next actions in support of mental health</td>
<td>Chosen by March 31</td>
<td>Activity underway by Dec 2018</td>
<td>Sidewalk Talk in Fremont</td>
</tr>
<tr>
<td>Racial Justice</td>
<td>Discern actions in support of racial justice</td>
<td>Chosen by June 30</td>
<td>Activity underway by Dec 2018</td>
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| Areas for growth in the next 2 yrs: |                                                |                   |                                          |                         |
| Disability Credentialing Program | Lead the group which will administer the AIM certification program for UUA congregations. | On-going | New congregations sign up for the program |                         |
| Spiritual Direction | Create opportunities for Spiritual Direction practice | On-going | Sidewalk Talk |                         |

| Long term possibilities | Plan for sabbatical | Plan for ministerial sabbatical of 6 months | Don’t know when | Rethink this in 2 years when Zach is 5. |