

# Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

**March 2010**

## Status of ministry since last Report

### Education

#### *Classes and Seminars Given*

- Gave a workshop and worship service at the Port Townsend's UU Church on the weekend of January 31. They have active members of NAMI in their congregation who pushed for this. They also arranged for a weekend interfaith mental health training as an adjunct to my seminar. More recently, they have begun teaching the workshops to their congregation.
- Prepared training for monthly Pastoral Associates meetings.

#### *Classes, Conferences and Seminars Taken and Planned*

- Attended third intensive week of classes for my Spiritual Director's Certificate at the Chaplaincy Institute in Berkeley. I now am well into my practicum working with one client for 6 months under the supervision of a wonderful mentor. My fourth week of classes is in April.
- "Trauma & Dissociation" an excellent seminar by Phyllis Lorenz, and expert on trauma. March 25, Family Resource Center, Fremont.
- "Religious Diversity in Fremont" a seminar organized by the Family Resource Center, Fremont, February 25.
- SAMHSA 10x10 Wellness Campaign Training, March 30. This is a SAMHSA campaign to improve the longevity of mentally ill people by 10 years within the next 10 years. This is really excellent!
- At the request of the UUA's Mountain Desert District, made a proposal for a week-end of mental health workshops plus a worship service. This will happen April 16-18.

### Healing

#### *Reaching Across*

Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, most Wednesday group activities, and Friday craft days.

#### *Support Groups*

- 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*

- Continue to prepare training materials for Pastoral Associates at the monthly meetings. Made several calls/visits to congregational members, at home and in hospital.

#### *Mental Health Committee*

- Renewed the license Church Video License for another year allowing us to show movies at any upcoming movie nights we might have for the next year.
- An MPUUC team has been created for NAMI Walk 2010

### Priestly

- Worship leader on February 21 on the subject of "Spiritual Practice"
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.

### Social Justice

### **Community Awareness**

- *Mental Health Matters* Public Access TV Show
  - Taping of shows is now back in production after a 4-month hiatus. We were not able to tape at Chabot College as the city was trying to arrange. Instead, we are taping at a professional studio in Oakland, called VJTV.
  - Shows continue to be broadcast throughout Alameda County on Comcast TV as well as being available from anywhere on the internet.
- Mental Health pages on MPUUC web site continue to be widely accessed.

### **UUA Accessibility Group**

- Maintained the website for the new UU accessibility group *Equal Access*. Take a look at: [www.equualaccess.org](http://www.equualaccess.org)
- Mental Health Caucus under the auspices of Equal Access. Status: Grant application to the UUA Funding program has been submitted. This would support leadership development for the caucus. There are also plans to meet at General Assembly in Minneapolis in June 2010.

### **Other**

#### **Books Read**

- *Alex and Me – How a Scientist and a Parrot Discovered a Hidden World of Animal Intelligence – and Formed a Deep Bond in the Process* by Irene M. Pepperberg. New York: Harper, 2008. The fascinating story of how a very dedicated woman worked with a parrot to discover many reasoning capabilities in the walnut-sized brain.
- *Feel Better Now – 30 Ways to Handle Frustration in Three Minutes or Less*, by Chris Schriener, Jalmar Press, 1990. Excellent collection of stress management ideas.
- *Being Nobody, Going Nowhere – Meditations on the Buddhist Path*, by Ayya Khema, Wisdom Publications, 1987. Very good explanation of Buddhism for beginner.
- *Klepp Gards-Og Ættesoga Gjennom 400 År 1519-1900*, by Andreas Øvergård, K.K. Kleppe, Martin Skadsem and O. Møllerop, Utgjeve ved Klepp Commune, Stavanger, 1952. Norwegian genealogy book with many of my ancestors listed.
- *Time gards- og attesoga*, by Ola Aurenes and Roald Undheim, Time Kommune, Time, 1973. Norwegian genealogy book with many of my ancestors listed.
- *A Voyage Long and Strange – On the trail of Vikings, Conquistadors, Lost colonists, and other adventurers in early America* by Tony Horwitz, New York: Henry Holt and Company, 2008. A fascinating account of early American exploration that hasn't been white-washed.

#### **Personal**

- Need to continually work at life balance and stress management. Spiritual practice helps a lot.

#### **Other**

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Attended MPUUC Board meetings.
- Attended community ministry meetings with local community ministers.

## 2010 Development Plan

Area	Plans	Time line	Measurement	Status
<b>Continuing education:</b>				
Take one or two classes a year	Investigate classes to take in the next year	Ongoing- Identify classes	Take classes by December 2010	Satisfied by spiritual direction program
Attend GA	GA in June	June 2010	Event attended	
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 1: Alternatives 2010 NAMI CA	Attended by Dec. 2010	
<b>Areas for growth in the next 2 yrs:</b>				
Continue producing TV program	Work on developing education using DVDs	Identify possible users of programs	Ongoing	
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	
<b>Long term development plan possibilities:</b>				
Become a Spiritual Director	Chaplaincy Inst. Spiritual Director Program	Complete program by October 2010	Complete program by October 2010	