

Community Ministry Advisory Committee
For the Ministry of Rev. Barbara Meyers

June 2006 AGENDA

Status of ministry since last meeting

Education

Caring Congregation

- Trainers are planning on leading the curriculum at their congregations.
 - Monterey completed their program
 - Other congregations in planning stages
- Updated the curriculum with input from training
- Made plan and budget for managing the grant of \$3200 from The Fund for Unitarian Universalism. It is to cover training expenses for spreading my curriculum to other congregations in other districts.
 - PCD helped contact all district execs in the UUA about participation
 - Massachusetts congregations interested in having a training
 - Other possible districts: PNWD, PSWD, Heartland
 - **Key challenge is setting up a sustaining infrastructure for program**
- *General Assembly Plans*
 - Prepared presentation to be given at GA in June with Peggy Rahman.
 - Will sell updated curriculum at GA
 - Will use GA presentation as an opportunity to recruit interested congregations
- Through PCD Staff, contacted all UUA districts about the training.
 - A church in Mass to be host church.
 - Other districts interested are PNWD, PSWD, Heartland
- Use my presentation at GA in June to recruit other districts
- Curriculum will be taught again at SKSM in the fall. So far 11 students from 3 seminaries have enrolled.

Classes and Seminars Given

- Led a six-session Old Testament Class with 18 students.
 - The class presented a well-received worship service on May 28. Fun!
- Sold *Pastoral Associates Training Manual* plus consulting to a New England church.
 - Plan to do this more regularly. Will advertise service on minister's on-line chat.

Classes and Seminars Taken

- Attended PCD District Assembly workshops on:
 - Congregational Conflict by the PCD "Healthy Congregations Team"
 - Reaching the Unusual Suspects- The Theology of Growth
 - William Shakespeare: The Religious Backdrop of His Age
- Attended Faith in Violence-Free Families Workshop by CA Dept of Health Services

Healing

Reaching Across

- Continue working about quarter time at Reaching Across organization.
- Presented "Stages of Recovery" to the Reaching Across group on March 20

Support Groups

- Continued co-leading new interfaith support group for people with depression and sadness.
- Continued to recommend support group for families of those with mental illness. Have gotten feedback that this has been helpful

Pastoral Associates

- Will end being chair of Pastoral Associates in the fall. Recruited my replacement.
- Will continue to give training to Pastoral Associates and be compensated for this.
- Made several visits to congregational members with mental health problems.

Priestly

- Worship leader for service on “Lessons from the Old Testament” on May 28
- Guest minister at Monterey congregation speaking about “Living with Mental Illness.” This kicked off their offering of the Caring Congregation Curriculum.
- Worship Associate for March 26 service on “State of the Congregation” and gave a homily on the status of my ministry
- Attended PCD UU Ministers Association retreat in San Juan Bautista May 16-18

Social Justice

- MPUUC has designated mental health to be one of 3 focus areas for social justice work in the church. It is budgeted in next year’s church budget.
- MPUUC Mental Health Committee continues: We chose 2 projects for other parishioners to get involved with the effort: NAMI Walk and Assembling Gift Packets for people in mental hospitals. The NAMI Walk scheduled for June 3 was widely promoted in the congregation and had 10-12 people signed up as walkers and many others as financial supporters.
- Worked with *Not In Our Town - Fremont* mental health sub-group to push for more training for police officers in how to handle psychiatric emergencies. CIT (Critical Incident Training)
 - Met twice with the Alameda Co. Behavioral Healthcare Services management team and got encouragement and suggestions from them on how to proceed.
 - The Fremont police chief Steckler has said this is an important program and he is sending his hostage negotiation team to CIT training in San Jose. Educating more officers than this is not in the cards because of money and staffing problems.
 - Plan to maintain a continuing presence on this issue in the community.
- Anti Stigma Effort: Spoke to Head Start Teachers as part of a Alameda County Anti-Stigma Speakers Bureau.

Collegial / Personal

- Daughter completed her PhD and will come to live in Bay Area!
- Books Read / reviewed
 - *What Happy People Know – How the New Science of Happiness can Change Your Life for the Better*, by Dan Baker and Cameron Stauth, Rodale, 2002.
 - *Essential Components of Cognitive-Behavior Therapy for Depression*, by Jacqueline B. Persons, Joan Davidson and Michael A. Tompkins, American Psychological Association, 2000.
 - *Using Homework in Psychotherapy – Strategies, Guidelines, and Forms*, by Michael A. Tompkins, The Guilford Press, 2004.
- Began weaving of flowers and butterfly design.
- Helped pick out glass for on stained glass window that I designed for SKSM.

Upcoming activities

Education

- Give General Assembly presentation
- Plan for Community Ministry workshop at Starr King School for the Ministry in fall

Healing

- Continue being chair of Pastoral Associates until fall of 2006. Training to be held on June 17.
- Continue work at Reaching Across
- Work with Scotty to strengthen Reaching Across policies on facilitation and confidentiality

Priestly

- 16 July – Stages of Recovery
- 13 August – Religious Impasse
- 17 September – Depression with Julia McKay. Workshop to follow

Social Justice

- Continue to meet with Behavioral Healthcare Services, police and community members to push for CIT training.

Collegial / Personal

- Keep learning to manage stress level, weight and exercise

Development Plan

- Continuing education:
 - Reading books and journal articles and take one or two classes a year.
 - Mental health seminars / conventions: Concentrate on state and local events
- Long term:
 - Possible training as a Spiritual Director: Shalem Institute or Mercy Center
 - Possible D. Min. at Pacific School of Religion

Development Plan

Area	Plans	Time line	Measurement	Status
Continuing education:				
Take one or two classes a year	Investigate classes to take in the next year	Identify class by March 1	Take class by December 2006	Center Days Feb 23-24
Attend GA and district assemblies.	DA in April and GA in June	April 2006 June 2006	Events attended	DA Apr 28-30 GA June 19-25
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Choose by March 1	Chosen conference attended by Dec. 2006	Client Forum Jan 13-14 Social Justice Conf Feb 2-3
Areas for growth in the next 2 years:				
Strengthen the new mental health support groups	Work on advertising, reaching possible local and interfaith audiences	Plan developed by Feb 2006	More people come and stay in groups	To work with Scotty
Work on preaching style	Investigate classes, coaches, mentors to help in this area.	Choose a class / mentor by March 15	Class taken by December. Style improved.	Worked with Kurt Kuhwald on preaching style
Increase support and growth of Caring Congregation curriculum	Talk at GA. Conduct more teach-the-teachers. Program self-sustaining	Give talk at GA 2006 Set up self-sustaining funding.	Talk given. Self-sustaining structure set up.	GA talk planned. Talk to OWL about structure.
Strengthen Reaching Across policies <ul style="list-style-type: none"> • Facilitation and communication • Confidentiality 	Work with Scotty Scott on Reaching Across policies	Developed new policies by June 2006	Documented and implemented new policies	To work with Scotty
Long term development plan possibilities:				
Possibly become a Spiritual Director	Check out programs at Shalem Institute and Mercy Center	At least 2 years away	Get program materials and study them by Dec 2006	Read on-line materials for two programs
Possible D.Min. at Pacific School of Religion	Understand requirements for the program at PSR	At least 2 years away	Get DMin. materials and study them by Dec 2006	Read on-line materials for PSR DMin