

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

**June 2007 AGENDA**

**Status of ministry since last meeting**

**Education**

*Caring Congregation*

- A group of mostly UU Chicago-area congregations is arranging me to train about 20 trainers how to lead Caring Congregation classes in their churches November. The UUA Grant will cover some of the expenses. The Central Midwest UU District office is organizing the training.
- Taught 6-week version of the Caring Congregation curriculum at Palo Alto Presbyterian Church in the spring. Used this as an opportunity to make it more ecumenical, a long-term goal.
- Contacted Jesse Jaeger, Director of the UUA Youth Programs, about providing mental health information for the existing Chrysalis Youth Ministry Training Program, which trains youth advisors. The specific trainings in question are: Chaplaincy Training, and Basic and Advanced Youth Advisor Training. He agrees with Betty Jeanne and me that mental health information should be included and we have started a dialog about how best to do this, as part of their planned curriculum update.

*Classes and Seminars Given*

- Led 6-week class on Caring Congregation at the Palo Alto Presbyterian Church.
- With Kurt Kuhwald and Jane Ramsey, gave Community Ministry workshop at Starr King School for the Ministry and Pacific School of Religion to educate students about community ministry.

*Classes and Seminars Taken*

- Participated in an April 11 SAMHSA (Substance Abuse and Mental Health Services Administration) training on Funding Anti-Stigma Efforts.
- Took an on-line 3-week seminar from the Wayne E. Oates Institute entitled “*Encountering Depression and Anxiety in Ministry*” May 7 – 25.
- Attended 3<sup>rd</sup> International Disability Film Festival, Berkeley, June 2.

*County Education Effort Continues*

- With the Consumer Affairs Director of Alameda County Behavioral Healthcare, continued an effort to educate county administration of the importance of religious faith to recovery from mental illness.

*Award Received*

Recipient of the 2007 Junella Hanson Memorial Award, for a Unitarian Universalist in the Pacific Central District of the UUA who has demonstrated true excellence in teaching and faith development.

**Healing**

*Reaching Across*

- Continued compensated job at Reaching Across organization, for quarter-time work.

*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.

*Pastoral Associates*

- Resigned as chair of Pastoral Associates. Replacement identified.

- Continue to prepare training materials for Pastoral Associates
- Made several visits to congregational members with mental health problems, at home and in the hospital.

## Priestly

- Led service on March 25 “Stages of Recovery from Mental Illness” at the Redwood City congregation. It was well received.
- Led worship on May 9 at minister’s retreat on “Keeping Vigil”
- Planned for weddings of two couples to happen in August and September.

## Social Justice

### *Participated in Alameda County Mental Health Services Act Planning Council*

This group does Alameda County Mental Health Services Act (MHSA Proposition 63) MHSA program portfolio reviews, budgetary actions recommendations, and prioritization of new programs.

### *Community Awareness*

- Pilot show of *Mental Health Matters* shown for 4 Saturdays on Comcast cable TV stations in Alameda County.
- After experience in taping the first TV show, decided to make a regular show. This involves:
  - Recruiting and training a crew. 19 people have volunteered. Training to be scheduled.
  - Agreeing on subjects to cover, and people to invite
- Mental Health pages on MPUUC web site continue to be widely accessed.

### *Anti Stigma Effort*

- Attended monthly meetings of the Public Awareness Committee of the Mental Health Board.
- The community access TV program (above) has been planned with them.

### *UUA Accessibility Committee*

- Led the designing of a banner for the Accessibility Committee with input from people with disabilities. (see picture)
- Mental health guidelines are being promulgated.



### *Books Read*

- *Behind the Masks – Personality Disorders in Religious Behavior*, by Wayne E. Oates, Philadelphia: The Westminster Press, 1987.
- *Confessions of a Workaholic*, by Wayne E. Oates, New York: The World Publishing Co., 1971.
- *I, Rigoberta Menchu, An Indian Woman in Guatemala*, edited and Introduced by Elizabeth Burgos-Debray, New York: Verso, 1984.
- *Mindfulness and Psychotherapy*, ed: Germer, Christopher, Siegel, Ronald and Fulton, Paul, New York: The Guilford Press, 2005.
- *Night Studio – A Memoir of Philip Guston*, by Musa Mayer, New York: Da Capo Press, 1997.
- *Popol Vuh – The Definitive Edition of the Mayan Book of the Dawn of Life and the Glories of Gods and Kings*, translated by Dennis Tedlock, New York: Simon and Schuster, 1985.
- *The Religious Care of the Psychiatric Patient*, by Wayne E. Oates, Philadelphia: The Westminster Press, 1978.
- *What is the What – The Autobiography of Valentino Achak Deng, A Novel*, by Dave Eggers, San Francisco: McSweeney’s, 2006.

- *William James – In the Maelstrom of American Modernism*, by Robert D. Richardson, New York: Haughton Mifflin, 2006.
- *Women of the Silk*, by Gail Tsukiyama, New York: St. Martin's Press, 1991. And *The Language of Threads*, by Gail Tsukiyama, New York: St. Martin's Press, 1999.

## Other

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Met with Committee on Ministry from MPUUC monthly
- Met with mentor Rev. Dave Sammons every 4-6 weeks
- Met with other UU community ministers every 2 months
- Met with Tri-Cities Interfaith Association every month
- Completed a weaving and began another. (see picture above)
- Stained glass window for Starr King School for the Ministry that I designed was dedicated on April 24. (see picture below)



## Upcoming activities

### Education

#### Healing

- Continue being chair of Pastoral Associates until replacement(s) on board.
- Continue work at Reaching Across

#### Priestly

- Participate in worship planning
- To give worship service at Auburn UU church in August, with a forum afterwards with local members of the mental health community
- To give worship service at Livermore UU church in July.
- Officiate in 2 weddings.

#### Social Justice

- Continue to speak as part of a Alameda County Anti-Stigma Speakers Bureau.
- Work on community access television show

#### 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



## 2007 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	Identify class by March 1	Take class by December 07	Seminar: Spirit. & mental illness
Attend GA and district assemblies.	DA in April and GA in June	April 2007 June 2007	Events attended	Attended <a href="#">Will attend</a>
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Choose by March 1	Attended by Dec. 2007	<b>TBD</b>
<b>Areas for growth in the next 2 yrs:</b>				
Strengthen the new mental health support groups	Work on advertising, reaching possible local and interfaith audiences	Plan evaluated/ developed by March 2007	More people come and stay in groups	Some improvement seen in 4Q06
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	Continue to get excellent help from Knuti van Hoven
Increase support and growth of Caring Congregation curriculum	Set into action self-sustaining structure. Conduct more teach-the-teachers. Develop intersession / intensive version of the course.	Carry out self-sustaining structure	Structure set up and used and evaluated.	<a href="#">In process</a>
<b>Long term development plan possibilities:</b>				
Possibly become a Spiritual Director	Check out programs at Shalem Institute and Mercy Center	At least 2 years away	Investigate program and decide when to use	Programs investigated.
Possible D.Min. at Pacific School of Religion	Understand requirements for the program at PSR	At least 2 years away	Make a decision by Dec 2007 whether to pursue DMin.	Requirements understood.