Status of ministry since last Report

Education

Classes and Seminars Given
- Organized and led a workshop on April 8 at Starr King School for the Ministry on “Journeying into Community Ministry.” Prepared extensive handout for class, and organized presentations from 7 community ministers.
- Prepared training for monthly Pastoral Associates meetings.
- Distributed my document *Mental Health Information for Ministers* to 50 ministers and seminarians. The document has brief descriptions of the major mental disorders with specific suggestions of what a minister can do.
- Presented a paper entitled *Mental Health Information for Ministers* at the 2009 Northern California Mental Health & Spirituality Conference on June 1-2 in Oakland. Also at this conference, I served on a panel that gave responses to the keynote speech.

Classes, Conferences and Seminars Taken and Planned
- Attended a training by Alameda County Behavioral Health Care Services on *Motivational Interviewing* which is a client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence on May 28.
- Attended the UUA General Assembly in Salt Lake City as a delegate on June 22-28. It was very inspiring and I got some new ideas for reviewing my ministry. A number of important resolutions were debated, including a change to the principles and sources of the UU faith.
- I plan to attend NAMI’s National Convention in San Francisco July 6-9.

Retreats Attended
Attended a retreat workshop on April 30-May 1 by Dr. Marcia McFee on "Creating Worship With Deep Soul" as part of a continuing education program for Unitarian Universalist ministers in the Pacific Central District. She had many interesting ideas all of which I didn’t buy. But some of it was helpful and I will choose to use it when I think it would be appropriate.

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

- The autobiographical play by Gail Marlene Schwartz called *Crazy: One Woman’s Search for Sanity* was shown on April 18 at MPUUC. It was presented on a pro bono basis and was a successful fundraiser.
- NAMI Walk had a group from MPUUC walking. Made a faith endorsement for NAMI Walk.

Priestly

- Worship leader on May 24 at Livermore on the subject of “We Are the Ones We’ve Been Waiting For”
- Officiated at the wedding of Erin Foret and Brandon Grimes in May 23 in Briones Regional Park.
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.
- Continued being a mentor to a UU community minister in preliminary fellowship. Monthly meetings.

Social Justice

Community Awareness

- *Mental Health Matters* Public Access TV Show
  - Taped shows on: Alternative Medicine in April, Latino Mental Health in May and Mental Health in Difficult Economic Times in June.
  - Topics for the next shows are: Holistic Mental Health Care, Famous People with Mental Illness, and Youth.
  - 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.

UU Accessibility Group

- Maintained the website for the new UU accessibility group *Equual Access*. Take a look at: [www.equualaccess.org](http://www.equualaccess.org)
- Mental Health Caucus under the auspices of Equual Access. Status: we have bi-monthly conference calls prioritizing activities and some of us plan to meet at General Assembly.

Other

Books Read

- *My Lobotomy – A Memoir*, by Howard Dully and Charles Fleming, New York: Crown Publishers, 2007. The harrowing story of a boy who was given a lobotomy at the age of 12 by famed lobotomist Dr. Walter Freeman, when his main problem was that he didn’t get along with his step mother.
- *Outliers – The Story of Success*, by Malcolm Gladwell, New York: Little, Brown and Company, 2008. A fascinating account of what factors make some people successful and others not. Ex: Most excellent hockey players are born in January, February or March, because the beginning of the year is the birthday cut-off point for starting hockey training for young boys; the oldest, biggest boys born in the first 3 months will do the best.


- **Callings – Finding and Following an Authentic Life**, by Gregg Levoy. New York: Harmony Books, 1997. Explores the search for authenticity in examining the many kinds of calls we receive - the big vocations that direct our lives but also all the smaller vocations we need to answer to.

- **Noticing the Divine – An Introduction to Interfaith Spiritual Guidance** by John R. Mabry. This is a text for the spiritual directors certificate program I have enrolled in.

**Personal**

- Had a week-long wonderful, restful vacation in April to New Mexico with Tom and my father.
- Need to continually work at life balance and stress management.
- Completed a weaving, a complex honey-comb pattern for the Rahmans.
- I have applied to a program to get a certificate in Spiritual Direction from the Chaplaincy Institute in Berkeley. It starts in July, and has 4 weeks of classes, 1 week per quarter, for a year, followed by a year of seeing clients under supervision.

**Other**

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Attended MPUUC Board meetings in April and May.
- Served as secretary to the Tri Cities Interfaith Council at its monthly meetings.
### 2009 Development Plan

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
</tr>
</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 the next year</td>
<td>Ongoing-Identify</td>
<td>Take classes by December 09</td>
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<tr>
<td></td>
<td></td>
<td>classes</td>
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<tr>
<td>Attend GA and district assemblies.</td>
<td>DA in April and GA in June</td>
<td>April 2009</td>
<td>Events attended</td>
<td>Attended DA and GA</td>
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<tr>
<td></td>
<td></td>
<td>June 2009</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>Choose by March 1</td>
<td>Attended by Dec. 2009</td>
<td>Attended Spirituality Conv. June 1-2</td>
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<td>Registered in NAMI Conv. in SF July 6-9</td>
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<tr>
<td><strong>Areas for growth in the next 2 yrs:</strong></td>
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<tr>
<td>Continue producing TV program</td>
<td>Work on developing education using DVDs</td>
<td>Identify possible users of programs</td>
<td>People using DVDs for education</td>
<td>Some churches starting to use them</td>
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<tr>
<td>Continue working on preaching style</td>
<td>Work with preaching professor and drama coach</td>
<td>As speaking engagements show up</td>
<td>Style continues to improve</td>
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<tr>
<td>Develop minister’s guide to mental health and make it available</td>
<td>Make plan for teaching ministers</td>
<td>Planned to start in April 2009</td>
<td>Notification of ministers and evaluation of usage</td>
<td>Preliminary version of Guide developed and in review</td>
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<tr>
<td><strong>Long term development plan possibilities:</strong></td>
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<tr>
<td>Possibly become a Spiritual Director</td>
<td>Chaplaincy Inst. Spiritual Director Program</td>
<td>Start July 2009</td>
<td>Enroll in and start program</td>
<td>Enrolled in program</td>
</tr>
</tbody>
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