Quarterly Community Ministry Activities
For the Ministry of Rev. Barbara F. Meyers
June 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. In planning stages of starting one in Fremont with congregational and interfaith participation.
- Emotional CPR – Helped facilitate a 2-day training in Oakland. Really fabulous.
- Book – Delivered second editing of my manuscript to Skinner House Books, incorporating helpful changes suggested by the editor.
- Blog - Continued finding authors for a monthly UU mental health blog. www.uumentalhealth.org
- Finished work as Co-leader of Ableism Task Force for the UUMA and delivered final report to the UUMA and it was very well received by our colleagues. Will help on implementing recommendations.
- Continue work quarter time as Assistant Director of Life Reaching Across to Life
- Led worship at Coastline Congregation in Half-Moon Bay, the Sunnyvale UU Fellowship, and helped lead worship at MPUUC.

Quarterly Ministerial Status Report Details
Education

Classes, Conferences and Seminars Taken and Planned

- Attended Sitting in the Fire, a training in teaching mindfulness meditation and anger management to prisoners at San Quentin. Spent a day in the prison with prisoners and a day in a workshop outside the prison. It struck me that the prisoners were considerably better off than the homeless people I work with in the Tenderloin.
- Attended UUA Western Region Assembly in Portland, Oregon April 26-29 where there was an excellent minister’s training on vicarious trauma.
- Took webinar Cultural Inequalities and Human Rights by Tanisha Trice, presented by the Doors to Wellbeing organization, April 24, 2018. Excellent presentation of how minorities are disadvantaged in mental health care.
- Remotely attended several lectures from the Spiritual Directors International conference held April 28-29 in St. Louis. I was especially impressed with Rev. Angel Kyodo Williams Sensei, author of Being Black: Zen and the Art of Living with Fearlessness and Grace, talking about the spiritual opportunity we have to understand other cultures, that lets us know more who we are.
- Attended Webinar: Empowering Youth as Mental Health Peer Specialists, sponsored by the Doors to Wellbeing, May 29, 2018. Good description of programs to empower youth with mental health problems. They keys are hope, connection, self-determination and meaning.
- Proposed a workshop for the Alternatives Conference, on Sidewalk Talk. Was accepted. Will present in August.

Healing

Spiritual Direction
Continuing my work at the corner of Hyde and Turk each Thursday afternoon. Planning to do a similar project in Fremont. So far, 11 people have indicated interest. Received a $500 grant from the PCD UUMA chapter to fund the Fremont effort.

**Emotional CPR**
Was one of 4 facilitators of a 2-day eCPR training on June 7-9, 2018 in Oakland. People trained included practitioners, consumers and family members. Really fabulous skill building and deep sharing.

**UU Mental Health Blog**
Continue the UU mental health blog with one blog post per month inviting others to contribute blog contents.

**Healthy Students Task Force**
Nothing this quarter.

**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 continues as part of small group ministry at MPUUC. Have co-led it with Barbara Hyde through June.
- 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**
Nothing this quarter. Plan to start it again with Alan Davis being chair.

**Priestly**
- Led worship on April 1 at Coastline UU Congregation in Half-Moon Bay on *The Listening Post*. Offered to help them think through similar projects for them.
- Helped lead worship on June 3 at MPUUC on *Community Ministry*.
- Led worship on June 10 at Sunnyvale UU Fellowship on *The Listening Post*.

**Social Justice**

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

**UUMA Ableism Task Force**
Completed work of task force with final report produced in May. Plan to continue to participate in implementing some of the recommendations.

**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 completed 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**


- *Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change*, by David Grand PhD, 2013. A more powerful variant of EMDR (Eye Movement Desensitization and Reprocessing), Brainspotting is a way to treat trauma and has had very good results in some people.

- *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*, by David A. Treleaven, W. W. Norton & Company, 2018. Mindfulness and meditation can be difficult for people who are living with trauma. This is an excellent set of suggestions of how to modify mindfulness practice so that people living with trauma can get the benefits of meditation to heal their trauma. **Recommended.**

- *You’re Not Too Much – Intensive Lives in an Expansive World*, by Leela Sinha, M. Div., Night Lion Press, 2016. Sinha, a UU minister believes there are 2 kinds of people: Intensives who live life intensively and passionately, and Expansives who are more deliberate and calm and in the majority of our society. We need to learn to appreciate the gifts and life-styles of Intensives. My favorite line: “You need to be yourself to be mentally healthy.”


- *Patient H.M. – A Story of Memory, Madness, and Family Secrets*, by Luke Dittrich, Random House, 2017. Fascinating story of a patient who lost the ability to form new memories after being lobotomized by the author’s grandfather. The patient was widely studied and reported on by brain researchers. A revealing study of the ethics of scientific research on humans. **Recommended**


- *Their Eyes Were Watching God*, by Zora Neale Hurston, Lippincott, 1937. Masterpiece in African-American feminist literature about a black woman who searches for her authentic self and for real love. Out of print for nearly 30 years before being republished. Hurston was once a central figure in the Harlem Renaissance, but died in obscurity in 1960, only to be rediscovered in 1975.

- *A Country Year: Living the Questions*, by Sue Hubbell, Random House, 1986. One of the best-loved books ever written about life on the land, about a woman finding her way in middle age it is comprised of vignettes of a beekeeping woman living by herself on 99 acres of land in the Ozarks.

- *GRIT – The Power of Passion and Perseverance*, by Angela Duckworth, Scribner, 2016. Convincing research showing that perseverance and passion are the keys to success in life.

- *West with the Night*, by Beryl Markham, 1942. Memoir of a Markham, one of the first women pilots who flew solo from Europe to America. Includes stories of life of English people in Kenya.


**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 Mount Diablo, April 14, 2018. Came in second 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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<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>
<td>- Prison ministry</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>Attended GA in Kansas City</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>
<td>- Alternatives</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>
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<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. |                               |