

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.

Other

Books Read

- *The Lifesaving Church – Faith Communities and Suicide Prevention*, by Rachael A. Keefe. Chalice Press, 2018. Using the example of her own suicide attempt, an excellent discussion of the role of faith communities in suicide prevention. Resources for clergy, laypeople, people struggling with suicidality and suicide loss survivors. **Recommended.**
- *Do Think Twice – Provocative Reflections on Age-Old Questions*, by Rev. Chris Schriener. Collection of essays by former parish minister of MPUUC on longstanding topics of human thought.
- *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."
- *Being Black: Zen and the Art of Living with Fearlessness and Grace*, by Angel Kyodo Williams, Penguin, 2000. An explanation of Zen Buddhism showing its particular importance for black people.
- *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**
- *In the Interim: Strategies for Interim Ministers and Congregations, Second Edition*, Edited by Kieth Kron and Barbara Child, Skinner House Books, 2017. Good handbook for interim ministers and congregational leaders.
- *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 History*, by Katharine Graham, Knopf, 2002. Pulitzer Prize winning very detailed memoir by the publisher of the *Washington Post* during the Pentagon Papers and Watergate eras. Loved it.
- *A Good Life – Newspapering and Other Adventures*, by Ben Bradlee, Simon and Schuster, 1995. Memoir by the managing editor of the *Washington Post* during the Pentagon Papers and Watergate era.

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

Area	Plans	Time line	Measurement	Status
Continuing education:				
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Take classes by December 2018	- Prison ministry
Attend GA in person or virtually	GA in June	June 2018	Event attended	Attended GA in Kansas City
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2018	- Alternatives
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2018	Sidewalk Talk in Fremont
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Activity underway by Dec 2018	
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.	