

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

July 2010

Status of ministry since last Report

Education

Classes and Seminars Given

- Prepared training for monthly Pastoral Associates meetings.

Classes, Conferences and Seminars Taken and Planned

- Attended fourth and final intensive week of classes for my Spiritual Director's Certificate at the Chaplaincy Institute in Berkeley. I now am well into my practicum working with one client for 8 months and a second client for 2 months under the supervision of a wonderful mentor. I am in awe of the process of divine unfolding.
- I have been invited to lead workshops and forum for congregations in the Denver area on October 29-31.
- Attended a lecture and workshop led by Dr. Dan Fisher, a well-known figure in the mental health consumer movement, entitled "Consumers are Leading the Mental Health Agenda." I didn't agree with all that he said, but it was interesting
- Attended the UUA's General Assembly in Minneapolis the week of June 23-27.

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

- An MPUUC team walked during NAMI Walk 2010

Priestly

- Worship leader on May 23 on the subject of "Double Trouble – Co-occurring Disorders." This was about the problem of people who have both drug addiction and mental health problems.
- Worship Leader on June 20 on the subject of "Father's Day."
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.

Social Justice

Community Awareness

- *Mental Health Matters* Public Access TV Show
 - Taped shows on "Prison" in April, "OCD" in May and "Trauma" in June.
 - 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.

UUA Accessibility Group

- Continued to maintain the website for the new UU accessibility group *Equal Access*. Take a look at: www.equualaccess.org
- Will serve as the chair of the Policies committee for Equal Access for one year.
- Mental Health Caucus under the auspices of Equal Access. Grant application to the UUA Funding program has been accepted. This will support leadership development for the caucus. We also had a dinner meeting with some members at General Assembly in Minneapolis in June 2010.

UUA Addictions Ministry

- Appointed to a 2-year term on the UUA Addictions Ministry. This group has yearly meetings in Boston in the fall and other teleconference calls. I intend to make my contribution to emphasize the broad intersection of mental health and addiction.

Other

Books Read

- *Walking in Other's Shoes – Stories from the Early Years of the Partner Church Movement*, by Gretchen Thomas, Roots and Wings Press, 2010. This is a remarkable book with stories about partnerships between Transylvanian Unitarian congregations and Unitarian Universalist congregations in the United States. Even though both religions call themselves Unitarian, there are significant differences, theologically, socially and politically between them. Rev. Gretchen Thomas was one of the earliest participants in the program and has a fascinating story to tell, especially how she grew personally and religiously with these experiences.
- *Firewalkers – madness, beauty and mystery*, edited by Cassandra Nudel, Ann Brenner, et. al. These are the stories of 7 women who had been diagnosed with serious mental illness and who now have found a positive role in life. Very inspiring.
- *A House for Hope – The Promise of Progressive Religion for the Twenty-first Century*, by John Buehrens and Rebecca Parker, Beacon Press, 2010. This is a theology of the Unitarian Universalist religion and other progressive churches. Readable, realistic, and hope-filled.
- *The Addiction Ministry Handbook – A Guide for Faith Communities*, by Denis Meacham, Skinner House, 2004. Addiction is wide-spread in our society, no less in our churches. Rev. Meacham outlines how a church might offer an addictions ministry.
- *Gards- og ættesoga for Hå*, by Torger Edland, 1971, Hå Commune, Norway. A book with family histories of some of my ancestors.

Personal

- Need to continually work at life balance and stress management. Spiritual practice helps a lot.
- Updated my wardrobe with help from a stylist consultant who had been very helpful in choosing outfits for the TV show.

Other

- Met with Community Ministry Advisory Committee every quarter
- Attended MPUUC Board meetings.
- Attended community ministry meetings with local community ministers.

2010 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	Ongoing- Identify classes	Take classes by December 2010	Satisfied by spiritual direction program
Attend GA	GA in June	June 2010	Event attended	GA Attended
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 1: <ul style="list-style-type: none"> • Alternatives • NAMI CA 	Attended by Dec. 2010	
Areas for growth in the next 2 yrs:				
Continue producing TV program	Work on developing education using DVDs	Identify possible users of programs	Ongoing	Ongoing
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	
Long term development plan possibilities:				
Become a Spiritual Director	Chaplaincy Inst. Spiritual Director Program	Complete program by October 2010	Complete program by October 2010	On schedule now SD for 2 people in my internship
Explore and enhance my creativity	Center for Creative Exploration The Painting Studio 300 Chenery Street, SF 415.333.9515			To do