

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

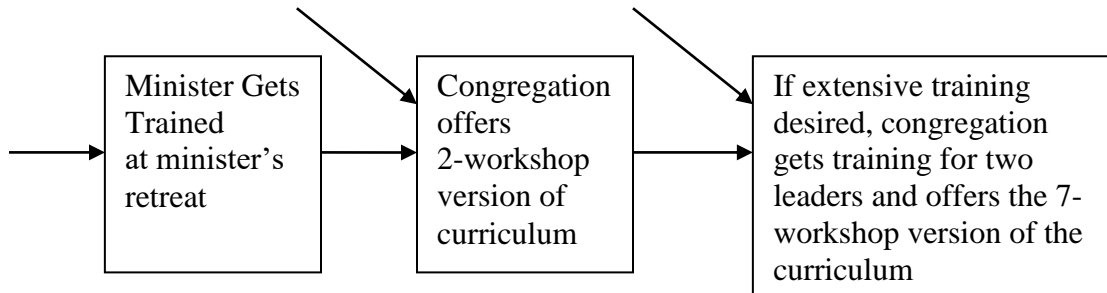
September 2006 AGENDA

Status of ministry since last meeting

Education

Caring Congregation

- Activities from first training
 - Monterey completed their program
 - Other PCD congregations still in planning stages
- Developed a 2-workshop version of Curriculum not requiring training. On website for free download.
- Developed a workshop for ministers about mental health issues. Submitted a proposal to have this be one of the workshops available for UU ministers associations to offer.
- Anticipated Infrastructure and Training Path:



- Status of training field tests in other districts:
 - Lancaster, Mass on November 10-12. Confirmed and now recruiting churches
 - Other possibilities: Chicago area; San Diego; Portland
- Grant Status
 - Grant specified trainings in PCD and two other districts
 - Will have PCD training and one other training (Lancaster, Mass) by end of grant
 - UUA Grant office says to write letter for permission on taking longer to spend the grant money. I don't think this will be a problem.
- General Assembly
 - Made presentation at GA in June with Peggy Rahman.
 - About 20 people signed up as interested in working with other UUs on mental health issues. Some of them very enthusiastic. UUA list-serve being started.
 - Sold 17 copies of curriculum
- Curriculum is being taught again at SKSM starting Sept 6. Sixteen students from 3 seminaries and the community have enrolled.

Classes and Seminars Given

- Presentation of Caring Congregation at General Assembly on June 25 with Peggy Rahman
- Spoke to instructors at Las Positas College in Livermore as part of a Alameda Country Anti-Stigma Speakers Bureau.

Classes and Seminars Taken

- Attended General Assembly and Ministry Days in Saint Louis June 19-25. Attended several workshops, including one on a newly forming Addictions Ministry.

- Attended Ministry to the Marginalized conference in Berkeley July 18-19
- Attended NAMI California convention August 26. Attended excellent presentations there about mental health programs and ideas for being an effective advocate.

Healing

Reaching Across

- Continue working about ¼ time at Reaching Across organization.

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. Have gotten feedback that this has been helpful

Pastoral Associates

- Will continue being chair of Pastoral Associates until new replacement(s) identified. Recruited new associates.
- Trained 3 new associates in September
- Will continue to give training to Pastoral Associates and be compensated for this.
- Made several visits to congregational members with mental health problems.

Priestly

- Worship leader for service on “Stages of Recovery” on July 16
- Worship leader for service on “Religious Impasse” on August 20
- Guest minister at Petaluma congregation on August 27 speaking about “Living with Mental Illness.”
- Worship Associate for August 20 service on “We Were Made for These Times” with guest minister Rev. Kurt Kuhwald
- Worship Associate for September 17 service at MPUUC on “Dancing with Depression” – Did an extemporaneous dance as part of the worship

Social Justice

MPUUC Social Justice Area

- Identified 2 activities for the congregation to be involved in: NAMI Walk and Holiday Gift Program for Mental Hospital. This year’s NAMI walk was highly successful.

Community Awareness

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

“Not in Our Town - Fremont” Mental Health Subcommittee

- The focus of this effort is to obtain Crisis Intervention Training (CIT) for police officers in Fremont and Newark. We maintained a continuing presence on this issue in the community by telling police chief Steckler about grant possibilities that might support this effort.

Anti Stigma Effort

- Spoke to instructors at Las Positas College in Livermore as part of a Alameda County Anti-Stigma Speakers Bureau.
- Looked into the possibility of putting anti-stigma programming on community access television. Was asked by county committee to make a proposal to produce one show. This will be presented at an upcoming meeting.

UUA Accessibility Committee

- Applied for a spot on the UUA's Accessibility Committee to become the denominational advocate for mental health accessibility. UUA Board to vote either this year or next on nominations to denominational committees.

NAMI Family-to-Family Class

- Guest speaker at NAMI Family-to-Family class on mental health advocacy September 23

Collegial / Personal

- Daughter has moved to Livermore and started job and is attending Livermore UU church
- Finished weaving of flowers and butterfly design.
- Stained glass window that I designed for SKSM is being built.
- **Books Read**
 - *Lincoln's Melancholy - How Depression Challenged a President and Fueled His Greatness*" by Joshua Wolf Shenk
 - *The Miracle, The Message, The Story – Jean Vanier and l'Arche*, by Kathryn Spink
 - *Feeling Good: The New Mood Therapy*, by David D. Burns
 - *Alexander and the Wind Up Mouse*, by Leo Lionni – children's book

Upcoming activities

Education

- Teach class on Mental Health and Religion at SKSM
- Give training workshop in November in Massachusetts
- Plan for Community Ministry workshop at Starr King School for the Ministry in fall

Healing

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

Priestly

- Participate in worship planning

Social Justice

- Continue to speak as part of a Alameda County Anti-Stigma Speakers Bureau.
- Look into the possibility of putting anti-stigma programming on community access television.

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
- Complete and submit paperwork to UUA for 2nd year of preliminary fellowship

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	Identify class by March 1	Take class by December 2006	Center Days Feb 23-24
Attend GA and district assemblies.	DA in April and GA in June	April 2006 June 2006	Events attended	DA Apr 28-30 GA June 19-25
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Choose by March 1	Chosen conference attended by Dec. 2006	Client Forum Jan 13-14 Social Justice Conf Feb 2-3 NAMI Calif. Conf August 26
Areas for growth in the next 2 years:				
Strengthen the new mental health support groups	Work on advertising, reaching possible local and interfaith audiences	Plan developed by Feb 2006	More people come and stay in groups	Continuing to work with Scotty
Work on preaching style	Investigate classes, coaches, mentors to help in this area.	Choose a class / mentor by March 15	Class taken by December. Style improved.	Worked with Kurt Kuhwald and Knuti van Hoven on preaching style. Got positive comments.
Increase support and growth of Caring Congregation curriculum	Talk at GA. Conduct more teach-the-teachers. Program self-sustaining	Give talk at GA 2006 Set up self-sustaining funding.	Talk given. Self-sustaining structure set up.	Preliminary training structure in place.
Strengthen Reaching Across policies <ul style="list-style-type: none"> • Facilitation and communication • Confidentiality 	Work with Scotty Scott on Reaching Across policies	Developed new policies by June 2006	Documented and implemented new policies	To work with Scotty
Long term development plan possibilities:				
Possibly become a Spiritual Director	Check out programs at Shalem Institute and Mercy Center	At least 2 years away	Get program materials and study them by Dec 2006	Read on-line materials for two programs
Possible D.Min. at Pacific School of Religion	Understand requirements for the program at PSR	At least 2 years away	Get DMin. materials and study them by Dec 2006	Read on-line materials for PSR DMin