

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

**September 2007 AGENDA**

**Status of ministry since last meeting**

**Education**

*Caring Congregation*

- A group of mostly UU Chicago-area congregations is arranging me to train how to lead Caring Congregation classes in their churches November. The UUA Grant will cover some of the expenses. The Central Midwest UU District office is organizing the training.
- New York Metro area UU churches have set a training date for March 28-30. Several ministers are interested and they are recruiting others.
- Invited by San Diego Congregation to give seminar and worship service on mental health in spring
- Pacific Northwest Group has asked about my availability to do a training there in the spring.
- At General Assembly, met with Jesse Jaeger, Director of the UUA Youth Programs, and Betty Jeanne Reuters-Ward about providing mental health information for the Youth Ministry Training Program. Jesse agrees with Betty Jeanne and me that mental health information should be included as part of their planned curriculum update. This won't be ready for update for some time.

*Classes and Seminars Given*

- Gave presentation on the Caring Congregation at General Assembly in Portland, Oregon

*Classes and Seminars Taken*

- Took an excellent on-line 3-week seminar from the Wayne E. Oates Institute entitled "Art and Healing" July 8-27.
- Attended *Ministry to the Marginalized* conference in Berkeley July 17-18
- Took a class: *Websites That Get Results – A Strategic, Holistic Approach*, from Brenda Kienan, a professional web site designer, on July 14. This excellent class led me to conclude that my mental health web site needed to be re-vamped, and I have started that process.
- Took an excellent half-day class on *Workplace Harassment and Inappropriate Conduct* taught by an attorney at the Alameda Network for Mental Health Clients.
- Attended Training Teleconference on *Countering Internalized Stigma among People with Mental Illnesses* on September 26 given by the US Government's Substance Abuse and Mental Health Administration (SAMHSA) Resource Center to Address Discrimination and Stigma Associated with Mental Illness.

*County Education Effort Continues*

With the Consumer Affairs Director of Alameda County Behavioral Healthcare, continued an effort to educate county administration of the importance of religious faith to recovery from mental illness. I am acting as secretary to the group. Plans include helping to plan a stigma conference in October and a Spirituality conference next March. **This activity is on hold since August 13.**

**Healing**

*Reaching Across*

- Continued compensated job at Reaching Across organization, for quarter-time work.

*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.

### ***Pastoral Associates***

- Continue to prepare training materials for Pastoral Associates
- Made several visits to congregational members with mental health problems, at home and in the hospital.

### **Priestly**

- Led worship on July 1, the first meeting of MPUUC to consecrate their new location.
- Led worship on July 29 at the Livermore UU congregation.
- Led worship on August 5 at the Auburn UU congregation , with a forum afterwards with local members of the mental health community
- Led worship on August 19 at MPUUC on the subject of Evil.
- Officiated at a wedding on August 11 and another on September 9.

### **Social Justice**

#### ***Community Awareness***

- Mental Health Matters Public Access TV Show
  - Recruited 12 people for crew of the show
  - Training for *Mental Health Matters* crew was held in August at Comcast studios in Fremont.
  - Planned for initial set of 8 shows; subjects to cover, and people to invite
  - Taped first show on September 19 with a show on the subject of Suicide. The next 7 shows will be on: Schizophrenia, Recovery, Bipolar Disorder, the African-American mental health experience, Peer support and Alternative Therapies, Mental Health Problems in Children, and Religion and Spirituality and Mental Health. Many of the speakers have been lined up.
  - Regularly scheduled airing date will be set in October after we tape our second show.
  - Public Awareness Committee of the Mental Health Board is highly involved with financial and moral support.
- Mental Health pages on MPUUC web site continue to be widely accessed.

#### ***Participated in Alameda County Mental Health Services Act Planning Council***

This group does Alameda County Mental Health Services Act (MHSA Proposition 63) MHSA program portfolio reviews, budgetary actions recommendations, and prioritization of new programs. **This activity is on hold since August 13.**

#### ***UUA Accessibility Committee***

- Met at General Assembly. Helped to start new Accessibility Group with members throughout the UUA. Will confer via email and teleconference with this group.
- The UUA Board of Trustees has decided that the Accessibility Committee will be combined with the Journey Towards Wholeness Transformation Committee. One or more of the current members of the Accessibility Committee will be asked to become members of the JTWT Committee. I have opted out of this activity for several reasons: I have more than enough on my plate, I have already contributed to the committee's activity by proposing a denominational mental health accessibility statement and I can lobby for this statement without being in a committee, and because in my view the focus of the committee on accessibility will be diminished.

#### ***Books Read***

- *A Thousand Splendid Suns*, by Khaled Hosseini, New York: Riverhead Books, 2007.
- *The Caring Heart*, by Arlene Stepputat, Santa Barbara: Blue Point Books, 2004.

- *House Blessings – Prayers, poems and toasts celebrating home and family*, by June Cotner, Poulsbo, Washington” Cotner Ink, 2004.
- *Nurturing Children and Youth – A Developmental Guidebook*, by Tracey L. Hurd, Boston: UUA, 2005.
- *Patience and Sarah*, by Isabel Miller, Robbinsdale, Minnesota: Fawcett, 1985.
- *When Youth Lead – A Guide to Intergenerational Social Justice Ministry*, by Jill M .Schwendeman, Boston: UUA, 2007.
- *Witness to War*, by Charles Clements, M.D., New York: Bantam, 1984.

## **Other**

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Met with Committee on Ministry from MPUUC monthly
- Met with mentor Rev. Dave Sammons every 4-6 weeks
- Met with other UU community ministers every 2 months

## **Upcoming activities**

### **Education**

#### **Healing**

- Continue giving education to Pastoral Associates
- Continue work at Reaching Across

#### **Priestly**

- Participate in worship planning

#### **Social Justice**

- Continue to produce TV show.
- Continue to speak as part of a Alameda County Anti-Stigma Speakers Bureau.

### **Collegial / Personal**

- Keep learning to manage stress level, weight and exercise
- Judge when/whether to add back activities that are currently on hold.

### **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

## 2007 Development Plan

Area	Plans	Time line	Measurement	Status
<b>Continuing education:</b>				
Take one or two classes a year	Investigate classes to take in the next year	Identify class by March 1	Take class by December 07	Seminar: Spirit. & mental illness
Attend GA and district assemblies.	DA in April and GA in June	April 2007 June 2007	Events attended	Attended Attended
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Choose by March 1	Attended by Dec. 2007	Planning confs in October and March
Learn about producing Public Access TV show.	Take training in August	August 1-22	Take class August 1-22	Class taken
<b>Areas for growth in the next 2 yrs:</b>				
Strengthen the new mental health support groups	Work on advertising, reaching possible local and interfaith audiences	Plan evaluated/ developed by March 2007	More people come and stay in groups	Some improvement seen in 4Q06
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	Continue to get excellent help from Knuti van Hoven
Increase support and growth of Caring Congregation curriculum	Set into action self-sustaining structure. Conduct more teach-the-teachers. Develop intersession / intensive version of the course.	Carry out self-sustaining structure	Structure set up and used and evaluated.	In process
<b>Long term development plan possibilities:</b>				
Possibly become a Spiritual Director	Check out programs at Shalem Institute and Mercy Center	At least 2 years away	Investigate program and decide when to use	Programs investigated.
Possible D.Min. at Pacific School of Religion	Understand requirements for the program at PSR	At least 2 years away	Make a decision by Dec 2007 whether to pursue DMin.	Requirements understood.