

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

September 2009

Status of ministry since last Report

Education

Classes and Seminars Given

- Prepared training for monthly Pastoral Associates meetings.
- My document *Mental Health Information for Ministers* will be made available on the internet to UU ministers. The document has brief descriptions of the major mental disorders with specific suggestions of what a minister can do.

Classes, Conferences and Seminars Taken and Planned

- Attended web training from SAMSHA on *Social Inclusion and Trauma Informed Care*, on August 25.
- Attended NAMI's National Convention in San Francisco July 6-9. Was a participant on a panel having to do with religion and mental illness.
- Attended a conference by an Islamic Women's group and gave a short talk about the importance of interfaith understanding. I was welcomed *very* graciously.
- Attended web training from SAMSHA on *Social Inclusion and Trauma Informed Care* on September 10, 2009.
- Attended web training from SAMSHA on *IT Strategies to Promote Social Inclusion*, on September 24, 2009. This was particularly good.
- Port Townsend's UU Church has invited me to give a workshop plus worship service on the weekend of January 31. They have active members of NAMI in their congregation who pushed for this.
- At the request of the UUA's Mountain Desert District, made a proposal for a week-end of mental health workshops plus a worship service. This would happen in the spring of next year.

Retreats Attended

- UUMA Fall Retreat at St. Dorothy's Rest Sept 29 – Oct 1.

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

- The community met to plan for the next church year.
- An after church event is planned for Mental Health Week on October 11.

Priestly

- Worship leader on August 2 on the subject of “The Perennial Philosophy”
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.
- Continued being a mentor to a UU community minister in preliminary fellowship. Monthly meetings.

Social Justice

Community Awareness

- *Mental Health Matters* Public Access TV Show
 - Taped shows on: Therapeutic Farm Communities, and Integrated Mental Health care in July, Famous People with Mental Illness in August, and Mental Illness in Youth in September.
 - 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

- Maintained the website for the new UU accessibility group *Equal Access*. Take a look at: www.equualaccess.org
- Mental Health Caucus under the auspices of Equal Access. Status: We have identified 6 leaders of this group who will work together to plan activities. The first activity is to get a grant so that we can have an in-person meeting.

Other

Books Read

- *Noticing the Divine – An Introduction to Interfaith Spiritual Guidance* by John R. Mabry. This is a text for the spiritual directors certificate program I have enrolled in.
- *The Joy of Sects* by Peter Occhiogrosso, a text for my Spiritual Direction class. It is a readable summary of many of the world’s religions.
- *Spiritual Direction in Context*, edited by Nick Wagner, another text for the Spiritual Direction Class.
- *Waist-High in the World – A Life Among the Nondisabled*, by Nancy Mairs, Boston: Beacon Press, 1996. Nancy Mairs uses a wheel chair because she has MS. Hers is a passionate tale of her gradually becoming more and more disabled, and the reaction from others. She shares ideas about how society should be changed.
- *Life of the Beloved*, by Henri Nouwen, New York: Crossroad Publishing Company, 1995. Nouwen talks about four aspects of becoming a person beloved by God and others: Being Chosen, Blessed, Broken, and Given. Good advice for spiritual directors.
- *Meditation for Dummies*, by Stephan Bodian, New York: Wiley, 2006. Despite its title, this book has a very good introduction to meditation, and tips on how to make it successful – like dealing with cramps in your legs. I think it should be called “*Meditation for Smarties*.”
- *Quail’s Eggs – A Memoir of Edward G. Bobalek*, Margaret B. King, Editor, 2009. This is a collection of reminiscences of the children of Edward Bobalek edited by his daughter, and my good friend Margaret.
- *Man’s Search for Meaning* by Viktor E. Frankl. Boston: Beacon Press, 1959, 2006. Survivor of the Holocaust talks about Logotherapy which addresses how important it is for people to find meaning in their lives.
- *Mindfulness*, by Ellen J. Langer. Reading, Massachusetts: Perseus Books, 1989. The dramatic differences in health and well-being between acting in an automatic “mindless” way and in an engaged “mindful” way are explained with results from a variety of psychological experiments.

Personal

- Need to continually work at life balance and stress management.

Other

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Attended MPUUC Board meetings in April and May.
- Served as secretary to the Tri Cities Interfaith Council at its monthly meetings.

2009 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 09	
Attend GA and district assemblies.	DA in April and GA in June	April 2009 June 2009	Events attended	Attended DA and GA
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Choose by March 1	Attended by Dec. 2009	Attended Spirituality Conv. June 1-2 Registered in NAMI Conv. in SF July 6-9
Areas for growth in the next 2 yrs:				
Continue producing TV program	Work on developing education using DVDs	Identify possible users of programs	People using DVDs for education	Some churches starting to use them
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	
Develop minister's guide to mental health and make it available	Make plan for teaching ministers	Planned to start in April 2009	Notification of ministers and evaluation of usage.	Preliminary version of Guide developed and in review.
Long term development plan possibilities:				
Possibly become a Spiritual Director	Chaplaincy Inst. Spiritual Director Program	Start July 2009	Enroll in and start program	Enrolled in program