

# Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

September 2010

## Status of ministry since last Report

### Notes of Particular Importance

- **Joys**
  - Grandson on the way, expected in March!
  - Other congregation members stepping into leadership roles in mental health ministry – Renu Garg-Peterlinz and Drew Wilson
  - Sought out by other community mental health initiatives
  - Spiritual Direction internship nearly complete
  - New parish minister on board!
  - Mental Health Matters TV shows will double to two episodes per month.
- **Challenges**
  - Pastoral care, death, memorial service for a member who died and family members

### Education

#### *Classes and Seminars Given*

- On a panel on spiritual aspects of mental health at the NAMI California convention on August 27.
- I will lead workshops and forum for congregations in the Denver area on October 29-31.
- Helped plan a community education event on October 5 led by Joe Rose for Mental Health Week.
- With Renu Peterlinz, prepared a curriculum lesson on Mental Health for the California Legislative Ministry's "UU Voices on Healthcare" Study Action Series. Included clips from the Mental Health Matters TV show.

#### *Classes, Conferences and Seminars Taken and Planned*

- Continued Internship for Spiritual Direction. The internship will conclude this month. I will then be able to be a professional spiritual director! Planning for how to do outreach for this extension to my ministry.
- Attended Alternatives Conference in Anaheim Sept 30 through October 2. This was an excellent experience and gave me ideas for a number of new TV shows.
- Attended the PCD UUMA fall retreat, October 6 – 7 at St. Dorothy's Rest.
- Attended a SAMHSA ADS Center Training Teleconference, *Mental Health for Military Families: The Path to Resilience and Recovery*, August 3, 2010.

### 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***

- Pastoral Care Minister for congregation for the month of August between interim minister's departure and newly called minister's arrival. Made several calls/visits to congregational members, at home and in hospital.
- Performed intensive pastoral care for the family of Stanley Salot, who died, and officiated at his memorial service, at their request.
- Prepared training materials for Pastoral Associates at their monthly meetings. Trainings on Alcoholism, Substance Abuse and Co-Occurring Disorders.

### ***Mental Health Committee***

- General: I am very grateful for the help, ideas, enthusiasm and leadership of my co-chair of this committee, Renu Peterlinz.
- The committee sponsored a UU Mental Health service on August 1 with a potluck after the service where people shared their passions.
- Had a yearly planning meeting for activities of the committee for the 2010-2011 year. Activities identified were:
  1. Brochure on mental health.
  2. Copies of Mental Health sermons
  3. Fliers for special classes or events
  4. Referral list needs to be updated.
  5. Mental Health Week observance.
  6. John George Christmas gift wrap.
  7. NAMI Walks
  8. Mental Health Month—sermon+ event
  9. Mental Health Movie Night - with "The Soloist" Feb 5
  10. Singing at local mental hospital
  11. Pool of Consumer Champion new member event to be held in South Bay.
  12. Involvement w/ NAMI Alameda Co
  13. Mental Health First Aid - Class held in October by Renu.

### **Priestly**

- Worship leader on July 25 in Livermore on the subject of "Our House: Unitarian Universalist Theology"
- Worship Leader on August 22 on the subject of "Our Greatest Fear." Others starting to tell their stories: Andrew Wilson.
- Worship Leader in Los Gatos on October 3 on "Recovering from Mental Illness."
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.

### **Social Justice**

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

- *Mental Health Matters* Public Access TV Show
  - P.E.E.R.S. will start to tape a second show each month for Mental Health Matters. Funding comes from the Mental Health Services Act. Producer has been hired and will shadow me for a month. We will have monthly meetings to keep our activities in synch and will work from a joint list of topics. I am very pleased about this!
  - Taped shows on "Healing Through Creativity" in July, "Geriatric Mental Health" in August, and "Bipolar Disorder" 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***

- Continued to maintained the website for the new UU accessibility group *Equal Access*. Take a look at: [www.equalaccess.org](http://www.equalaccess.org)
- Began service as chair of the Policies committee for Equal Access. Recruited a committee of 5 members, and began to prioritize our work.

- Leader of the Mental Health Caucus under the auspices of Equal Access. Planned for the UUA Grant activities by setting up a meeting and setting an agenda.

### ***UUA Addictions Ministry***

- Will attend a meeting of the UUA Addictions Ministry in Boston October 18-20.
- I intend to make my contribution to emphasize the broad intersection of mental health and addiction. Consulted with Jennifer Mullane who is in charge of Co-Occurring Disorders at Alameda County Behavioral Health Care Services to get her recommendations on how to get the latest research, practice and publications on this subject.

## **Other**

### ***Books Read***

- *The Addiction Ministry Handbook – a guide for faith communities*, by Denis Meacham, Skinner House Books, 2004. This is the UU Guide for creating an addiction ministry in a congregation. It has excellent information about addiction and a good selection of resources.
- *Consumers as Providers in Psychiatric Rehabilitation*, edited by Carol T. Mowbray, David P. Moxley, Colleen A. Jasper and Lisa L. Howell, International Association of Psychosocial Rehabilitation Services, 1997. Excellent collection of articles by researchers and consumers on the role that consumers can play in psychiatric recovery.
- *The Psychology of Sufism*, by Dr. Javad Nurbakhsh, Khaniqahi-Nimatullahi Publications, London, New York, 1992. A very interesting study about the stages of the human psyche's advancement when following the Sufi Path. Briefly, the stages are:
  - Material Nature (inherited at birth)
  - Nafs (the ego and its tendencies of self gratification, which need to be overcome)
  - Heart (love)
  - Spirit (can view the lights of God)
  - Inner Consciousness (Where only God is perceived)
  - Innermost Consciousness (Where only God exists).
- *"Rennesøy : gards- og ættesoge"*, by Vilhelm Sunnanå and Håvard Vetrhus 1974, Flekkefjord, Norway : S.B. Hegland. A book with family histories of some of my ancestors.
- *The Power of Now – A guide to spiritual enlightenment*, by Eckhart Tolle, nameste Publishing, 2004. I like this opening quote from the book: "You are here to enable the divine purpose of the universe to unfold. That is how important you are!"

### ***Personal***

- Need to continually work at life balance and stress management. Spiritual practice helps a lot. After spiritual group moved out of Fremont, found another community, some Burmese Buddhists, to meditate with every week.
- My daughter is pregnant!!

### ***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
<b>Continuing education:</b>				
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"> <li>• Alternatives</li> <li>• NAMI CA</li> </ul>	Attended by Dec. 2010	Attended: <ul style="list-style-type: none"> <li>• Alternatives</li> <li>• NAMI CA</li> </ul>
<b>Areas for growth in the next 2 yrs:</b>				
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.	
<b>Long term possibilities</b>				
Become a Spiritual Director	Chaplaincy Inst. Spiritual Director Program	Complete program by October 2010	Complete program by October 2010	Internship will complete Nov 2010
Explore and enhance my creativity	Center for Creative Exploration The Painting Studio 300 Chenery Street, SF 415.333.9515			To do
Explore getting a Doctor of Ministry	Evaluate program at Pacific School for Religion	December 2011	Evaluate program by Dec 2011	To do