Community Ministry Status  
For the Ministry of Rev. Barbara F. Meyers  

September 2012  

Status of ministry since last Report  

Notes of Particular Importance  

Joys  
- Three new initiatives are moving my ministry to the next level  
  1. Began producing short story-oriented videos. Former co-producer will continue Mental Health Matters TV show  
  2. Leading effort to create UU Congregational Disability Certification Program  
  3. Working to start Interfaith Counseling Center  
- Attended Convergence Weaving Conference in Long Beach  
- Helping care for my grandson Nathaniel (Natey) King one day a week  

Challenges  
- Keeping from being over committed.  

Education  

Classes, Conferences and Seminars Taken and Planned  
- On-line course Sexuality Issues for Religious Professionals from the Religious Institute. Excellent class. Gave me the idea of doing a similar class for religious professionals on Mental Health.  
- Psychosis as a Spiritual Crisis and Opportunity for Growth training event sponsored by the Alameda County Behavioral Health Care Services on August 16, 2012. To the best of everyone’s knowledge, this is the first time a workshop of this nature was sponsored by a public agency. Very good presentations and excellent dialog. I have copies of all materials presented and will be making good use of them.  
- On line webinar The Silver Tsunami: The Hidden Epidemic of Older Adults/Boomers with Addiction Disorders, from Addiction Behavioral Professional Webinars, Thursday, August 9, 2012. Juan Harris, clinical director of older adult treatment services at the Hanley Center spoke about the unique problems with identifying and treating older adults with addiction.  
- The Role of Employment in Recovery and Social Inclusion: An Integrated Approach, on line seminar from SAMHSA, August 14, 2012. Very strong messages about the importance of work for consumers in keeping them well and letting them live longer, more meaningful lives.  
- Improving Overall Health through Wellness for Women with Depression and Cardiovascular Disease, teleconference from SAMHSA, Sept 18, 2012. Excellent presentation of how depression threatens women’s heart health. They presented these elements of a healthy lifestyle: Nutrition, Exercise, Water, Sunlight, Temperance, Pure Air, Rest, and Trust in Divine Power. Nice!  

Healing  
Counseling Center  
With a group of 5 others, helping to design a counseling center to eventually be affiliated with our congregation. It will be a combination of a traditional counseling center, a healing and spiritual center, and one of the participants in wrap-around services for seriously mentally ill people. Contacted interfaith community members for outreach. Held an informational session and planned two more informational sessions and a worship service.
**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**
- Attended Pastoral Associates meetings and worked with several congregation members as an associate.

**Mental Health Committee**
- Planned a year of activities with one activity per month:
  - October - Worship Service on Counseling Center - Update Mental Health Referral List
  - November - Possibly have a sermon about holiday stress in Nov or Dec
  - December - John George Psychiatric Pavilion Christmas Gift Wrap
  - January - Autism Event: Worship Service plus forum with panel. Preferably have a parent, a teacher and a professional on the panel
  - February - Movie night with Autism movie. Suggested movies: "Temple Grandin" and "Phoebe in Wonderland"
  - March - Joint event with IDC committee. Focus on stigma and the facts about violent behavior
  - April - Ohlone Suicide Walk
  - May - NAMI Walk
  - June - Service on Mental Health: "What is Recovery?".

**Community Ministry**
- Serve as mentor to two community ministers as they navigate through their preliminary fellowship. It is a 3-year commitment for each person. One person has finished her second year, and the other has finished her first year.
- Consulted with a seminary student working on a community ministry project.

**Spiritual Direction**
- Have two spiritual direction clients. This is very fulfilling work for me. I would like to have 4-5 clients.

**Priestly**
- Worship leader on July 8 at Palo Alto UU Church on the “Stages of Recovery from Mental Illness.” Got many positive comments afterwards.

**Social Justice**

**Community Awareness**
- New Shorter “focused story” Videos have begun!!
  - Document of understanding signed with PEERS August 9.
  - First 3 months guests lined up.
  - Started shooting in September with an interview of Jay Mahler.
  - Mental Health Matters Public Access TV Show is now in the capable hands of my co-producer, Shannon Eliot.
- Mental Health pages on MPUUC web site continue to be widely accessed.
**UUA Accessibility Group**

- Leading effort to create a congregational disability accessibility certification program. Held an in-person planning session in June. Set schedule and created press release. The Certification document has a table of contents and work assignments have been made for each section.
- Continued to maintain the website for the new UU accessibility group *Equual Access*  
  [www.equualaccess.org](http://www.equualaccess.org)

**UUA Addictions Ministry**

- As member of the UUA Addictions Ministry, helped run their web site and attended an on-line retreat with members of the team.

**Other**

**Books Read**

- *Sunbathing in the Rain – A Cheerful Book about Depression*, by Gwyneth Lewis, Flamingo, 2002. Gwyneth Lewis tells the tale of listening to what depression was telling her and how she changed her life accordingly. I really liked her hints for discerning whether a thought was helpful or hurtful; example: “When does a particular idea or obsession take hold? Is it when you’re feeling relaxed and contented? Or does it visit you in the tumult of an emotional low, when you have a crisis of spirits? Trust the first, distrust the second.”
- *Einstein - His Life and Universe*, by Walter Isaacson, Simon and Schuster, 2007. Well-researched and well-written book about Einstein, containing information about him as a person as well as the gist of his many scientific ideas.
- *Stages of Faith – The Psychology of Human Development and the Quest for Meaning*, by James W. Fowler, Harper Row, 1981. Interesting concept of faith, defined as a person’s way of leaning into and making sense of life, and how it can be manifested through six identifiable stages.
- *The Daughter of Time* by Josephine Tey, Scribner, 1951. Mystery writer Tey’s Inspector Grant brilliantly solves the crime of the murder of English King Richard III’s two nephews, and, Shakespeare notwithstanding, it is not Richard III. Voted greatest mystery novel of all time by the Crime Writers’ Association in 1990.
Unraveling the ADD/ADHD Fiasco – Successful Parenting Without Drugs, by David B Stein, Ph.D., Andrews McMeel Publishing, 2001. Author claims that ADD/ADHD is not a disorder and can be rectified by proper discipline. Anti-medication. Some good points, but I’m not sure I buy all of it.

**Personal**

- Completed a weaving as a birthday gift to my daughter. It used Bamboo yarn, a first for me. I really like the way it feels in the hand.
- Need to continually work at life balance and management. This has gotten easier since Nathaniel.
- Keeping up my exercise at the gym Curves, work out there 3 times a week. Keeps up my energy level.

**Other**

- Met with Community Ministry Advisory Committee every quarter
- Monthly status meetings with UU Mental Health Caucus, Equal Access, MPUUC Board
- Visit my spiritual director and my psychiatrist regularly.
- Attended most MPUUC Board meetings.
## 2012 Development Plan

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td><strong>Continuing education:</strong></td>
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<tr>
<td>Take one or two classes a year</td>
<td>Investigate classes to take in the next year</td>
<td>Ongoing - Identify classes</td>
<td>Take classes by December 2012</td>
<td>Many on-line classes taken</td>
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<tr>
<td>Attend GA</td>
<td>GA in June</td>
<td>June 2012</td>
<td>Event attended</td>
<td>Attended GA</td>
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<tr>
<td>Attend Mental health seminars / conventions</td>
<td>Attend at least one local / state mental health convention in next year</td>
<td>Chosen by March 31</td>
<td>Attended by Dec. 2012</td>
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<tr>
<td>Help in starting new counseling center</td>
<td>Attend meetings and engage in planning to start new center</td>
<td>Throughout 2012</td>
<td>Plans for new center are created.</td>
<td>Attending meetings every 2 weeks</td>
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<td><strong>Areas for growth in the next 2 yrs:</strong></td>
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<tr>
<td>Create short format mental health videos</td>
<td>Plan is to improve the video audience</td>
<td>Plan to start this in September and tape one video per month.</td>
<td>Ongoing</td>
<td>Funding and first guests committed.</td>
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<tr>
<td>Disability Credentialing Program</td>
<td>Lead credentialing program for UUA congregations</td>
<td>Time line established.</td>
<td>Program created</td>
<td>Schedule established. People on board.</td>
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<tr>
<td>Preaching style</td>
<td>Work on preaching with feedback from parishioners and other professionals</td>
<td>As speaking engagements show up</td>
<td>Style continues to improve.</td>
<td>Comments by congregants that my style has improved.</td>
</tr>
<tr>
<td>Spiritual Direction</td>
<td>Continue to grow Spiritual Direction practice</td>
<td>On-going</td>
<td>Would like 4-5 clients by year end</td>
<td>Have 2 clients</td>
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<td><strong>Long term possibilities</strong></td>
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<td>Create on-line course for ministers to teach about mental health.</td>
<td>Apply for a grant to fund creating the course</td>
<td>Apply for grant in 2 years.</td>
<td>Grant applied for and approved.</td>
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