

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

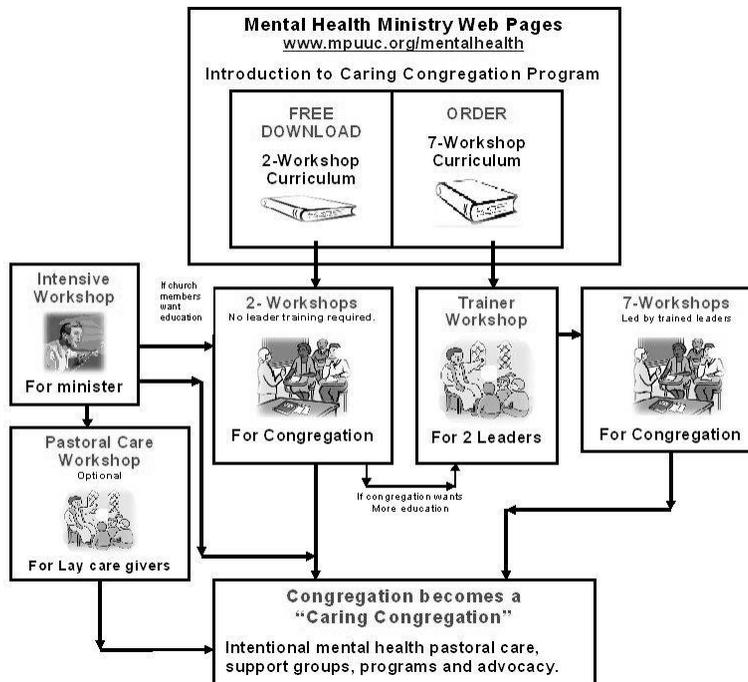
December 2006 AGENDA

Status of ministry since last meeting

Education

Caring Congregation

- 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. There will be a decision on this by the UUMA education committee at their spring meeting.
- Developed a 2-workshop version of Curriculum not requiring training. On website for free download. Few downloads so far.
- Anticipated training path that I see for ministers and congregations is given in the diagram below:



- Status of training field tests in other districts
 - Training in Lancaster, Mass on November 10-12 cancelled because only 2 churches wanted to participate. Will concentrate on training ministers, instead
- UUA Grant office approved an extension in my grant until March of 2008. I will get no more money, but have longer to spend it The new focus will be as follows:
 - Finalizing development of the Minister’s Intensive Workshop on mental Health, and offering it at Ministers days and minister’s continuing education retreats.
 - Finalizing development of the Pastoral Care workshop and assistance in teaching it.
 - Monitor usage of the 2-workshop curriculum – see if it is adequate for meeting members’ needs.
 - Train leaders from congregations for 7-workshop version of the curriculum

Classes and Seminars Given

- Taught the *Mental Health and Religion* again at SKSM in the fall. Excellent chapel service put on by the class of 15 students from 3 seminaries and the outside community, and excellent evaluations.
- Proposal to teach an intensive weekend class at SKSM in Spring 2008 was approved. The idea is that maybe more students from other seminaries will be able to attend if the class only takes a weekend, rather than a full semester.
- Spoke about mental health recovery as guest speaker at a SKSM class on “Health and Healing”
- Recorded a podcast describing my ministry to be placed on SKSM website soon.

Classes and Seminars Taken

- Attended PCD Leadership Development Day in Sacramento and attended sessions on “Change the Story, Change the Future.”
- Read materials from an on-line conference call on *Art to Counter Stigma* sponsored by the US Substance Abuse and Mental Health Services Administration (SAMHSA).

Healing

Pastoral Support

- Completed giving pastoral support to congregation during parish minister’s absence.
- Acted as volunteer chaplain at Ministerial Fellowship Committee meeting in December in Emeryville.

Reaching Across

- Continue working about ¼ time at Reaching Across organization.
- Helped get ready for Holiday program: décor, music, ride-sharing

Support Groups

- Continued co-leading new interfaith support group for people with depression and sadness. The group has gotten several new members in recent weeks and now “has traction.”
- 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 and trained 3 new associates.
- 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 Associate for November 4 service with worship leader Rev. Chris Schriener. The children’s story was on the “Day of the Dead” during which an altar was created by the children.
- Prepared to lead service on January 7 service on “Humility”

Social Justice

MPUUC Social Justice Area

- Six congregation members participated in the NAMI Holiday Gift Program for Mental Hospital, and others donated items to be wrapped.

Community Awareness

- Mental Health pages on MPUUC web site continue to be widely accessed.
- Planning on taping an anti-stigma program for on community access television.

- A joint effort by people from the Alameda County Mental Health Public Awareness Committee, the MPUUC mental health committee, the Fremont Alliance for a Hate-Free Community and Alameda County's NAMI chapter.
- Plan to tape one show using the experienced crew from another show and then decide whether to make more programs.

“Fremont Alliance for a Hate-free Community” Mental Health Subcommittee (formerly “Not In Fremont”)

- Crisis Intervention Training (CIT) for police officers in Fremont and Newark. One more Fremont officer trained in San Jose. Chief Steckler has ruled out near-term training for his department, even if paid for by a grant, due to staffing problems and higher priority issues.

Anti Stigma Effort

- Spoke to psychology class at Chabot College as part of a Alameda County Anti-Stigma Speakers Bureau. .

UUA Accessibility Committee

- Appointed to the UUA's Accessibility Committee to become the denominational advocate for mental health accessibility. First meeting will be in Detroit in January.

UU Mental Health Chat forum

- In the process of setting up a UU email list for people interested in a UU mental health ministry.

Books Read

- *Mere Christianity* by C. S. Lewis.
- *Everyday Spiritual Practice – Simple Pathways for Enriching Your Life*, edited by Scott W. Alexander.
- *An Introduction to Jewish Ethics* by Louis E. Newman.

Collegial / Personal

- Daughter has set marriage date for next October 21 in Livermore.
- Started weaving of cedar trees.
- Stained glass window that I designed for SKSM is being built.

Other

- UUA granted my second renewal of primary fellowship as a UU minister. One more approval until final fellowship! Thank you to the committee for helping out in the paperwork.
- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets about every quarter
- Met with Committee on Ministry from MPUUC monthly
- Met with mentor Rev. Dave Sammons every 4-6 weeks
- Attended a UU minister association retreat at St. Dorothy's Rest
- Took one week of vacation in November

Upcoming activities

Education

- Plan for Community Ministry workshop at Starr King School for the Ministry in spring

- Will teach 6-week version of the Caring Congregation curriculum at Palo Alto Presbyterian Church in the spring. Will use this as an opportunity to make it more ecumenical, a long-term goal.
- Prepared lessons to teach class on 6-session class on “Understanding the New Testament” starting in January.

Healing

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

Priestly

- Participate in worship planning
- Lead worship service on January 7 on “Humility”

Social Justice

- Continue to speak as part of a Alameda County Anti-Stigma Speakers Bureau.
- Work on community access television show

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

2007 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 07	TBD
Attend GA and district assemblies.	DA in April and GA in June	April 2007 June 2007	Events attended	Plan to attend Plan to attend
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	TBD
Areas for growth in the next 2 yrs:				
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
Long term development plan possibilities:				
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.