

# Community Ministry Advisory Committee

For the Ministry of Rev. Barbara Meyers

**January 2008**

## **Status of ministry since last meeting**

The UUA's Ministerial Fellowship Committee granted me final fellowship at their December 2007 meeting. This means that I will not need to submit yearly evaluations of my ministry and it marks the end of a long road of ministerial preparation for me. **THANK YOU!!**

## **Education**

### *Caring Congregation*

- Gave a Training in the Chicago area Nov 9-11 on how to lead Caring Congregation classes in their churches. The UUA Grant covered some of the expenses. The Central Midwest UU District office organized the training. Representatives of four congregations and two other religions/medical professionals attended. Thirteen attendees in all. Highly successful! One of the churches has already set up a schedule for teaching the curriculum.
- 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.

### *Classes and Seminars Given*

- Will be speaker at seminar at Starr King School for the Ministry as part of Legislative day.
- Proposal for workshop on spirituality and mental illness at Alternatives Conference was accepted.

### *Classes and Seminars Taken*

- *Reducing Stigma for American Soldiers*, conducted by SAMHSA Resource Center to Address Discrimination & Stigma Associated with Mental Illness, December 20, 2007.

### *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. Plans include helping to plan a state-wide Spirituality Conference in October, 2008. This activity is on hold for me since August 13. I expect that it will be started again early in 2008.

## **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, and led one all-day training for new associates in October.
- Made several visits to congregational members with mental health problems, at home and in the hospital.

## **Priestly**

- Worship associate on October 28 on the Day of the Dead
- Worship associate on Christmas Eve
- Led Worship on January 13 on Televangelism

## **Social Justice**

### ***Community Awareness***

- Mental Health Matters Public Access TV Show
  - Planned for initial set of 8 shows; subjects to cover, and people to invite
  - Taped shows on: Suicide on September 19, Schizophrenia on October 17, Recovery on November 18, Bipolar Disorder on December 16 and African American mental health on January 16. The next 3 shows will be on: Peer support and Alternative Therapies, Mental Health Problems in Children, and Religion and Spirituality and Mental Health. Topics for the second set of 8 shows have also been chosen with broad input. They are: Depression, Dual Diagnosis, The Consumer Movement, Trauma, Mental Health in Jail/Prison, First Break, Anxiety and Mental Health in the Asian community.
  - Fremont and Newark will start airing the programs in February on Mondays at 6pm. Livermore is airing the programs on Thursdays at 9:30pm. Air dates for the program in other parts of Alameda County will soon be established.
  - Public Awareness Committee of the Mental Health Board is highly involved with financial and moral support. The Pool of Consumer Champions is also involved with volunteers for the crew.
  - Shows are put on the internet for download and watching from anywhere
  - Issued a press release on Friday Jan 18 about the show. The Argus editor said they would do a story on it.
- 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 was on hold for 4 months and has started again in December.

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

- Helped to start new Accessibility Group called EQUUAL ACCESS 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. I can lobby for the accessibility statement for mental health without being in a committee.

### ***Books Read***

- *Deep Survival – Who Lives, Who Dies, and Why – True Stories of Miraculous Endurance and Sudden Death*, by Laurence Gonzales, New York: W.W. Norton and Company, 2005.
- *Musicophilia – Tales of Music and the Brain*, by Oliver Sacks, New York: Knopf, 2007.
- *Nightmare in Napa*, by Paul LaRosa, New York: Pocket Star Books, 2007
- *The Prize Winner of Defiance, Ohio – How my mother raised 10 kids on 25 words or Less*, by Terry Ryan, New York: Simon and Schuster, 2001.
- *The Suicide's Wife, a novel*, by David Madden, Indianapolis: The Bobbs-Merrill Company, 1978.
- *Thank God for Evolution! – How the Marriage of Science and Religion will Transform Your Life and Our World*, by Michael Dowd, San Francisco: Council Oak Books, 2007.

## Other

- My daughter was married on October 21 in Livermore!
- 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

## 2008 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 08	
Attend GA and district assemblies.	DA in April and GA in June	April 2008 June 2008	Events 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. 2008	
<b>Areas for growth in the next 2 yrs:</b>				
Continue to support 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	
Continue working on preaching style	Work with preaching professor and drama coach	As speaking engagements show up	Style continues to improve.	
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: NYC Training planned for March
<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	
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.	Decided to put this decision off for a year or 2