

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

December 2009

Status of ministry since last Report

Education

Classes and Seminars Given

- Held half-day training for two new Pastoral Associates.
- Prepared training for monthly Pastoral Associates meetings.

Document Distributed

- Distributed my document "Mental Health Information for Ministers" to UUMA members using the chat line. The document is also on the UUMA website for download. Received many favorable comments and some suggestions for other things that might be added to it.

Classes, Conferences and Seminars Taken and Planned

- Attended second intensive week of classes for my Spiritual Director's Certificate at the Chaplaincy Institute in Berkeley. I now have begun my practicum working with one client for 6 months under the supervision of a wonderful mentor. My third week of classes is the last week of January.
- 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 April 16-18.
- CIMH Webinar: "County Strategies for People without Coverage and other Vulnerable Populations" presented by Allan Rawland, MSW, ACSW, Behavioral Health Director, County of San Bernardino on Tuesday, December 1, 2009
- Participated in the SAMHSA teleconference "History of the Mental Health Consumer Movement," December 17.

Retreats Attended

- Attended the UUMA's Convocation in Ottawa, Canada. Four-hour seminar to UU Ministers on "Embracing Mental Health in our Ministries." Very well received.

Article Submitted to UU World

- Submitted a proposed article on mental health, focusing on autism, to the UU World. It is to be coauthored by Dr. Bobby Newman and Cynthia Parkhill, a provider and a consumer.

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 was held for Mental Health Week on October 11.
- Six people from the mental health committee sang to the patients at the psychiatric ward of Eden Hospital in Castro Valley on December 16.

Priestly

- Worship leader on November 29 on the subject of “Resilience”
- Attended monthly Pastoral Associates meetings, and prepared training for each meeting.

Social Justice

Community Awareness

- *Mental Health Matters* Public Access TV Show
 - Taping of shows has been suspended with the closure of the Comcast Fremont studio. Awaiting approval by the city to resume shooting shows at Chabot College in Hayward.
 - 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

- *109 East Palace – Robert Oppenheimer and the Secret City of Los Alamos* by Jennet Conant. New York: Simon & Schuster, 2005. The fascinating story of the founding of Los Alamos emphasizing the way of life in the secret city and Dorothy McKibbin, the woman who welcomed scientists when they went to Santa Fe.
- *True Love – A Practice for Awakening the Heart* by Thich Nhat Hanh, Boston: Shambala Publications, 1997. How to practice loving another, from the Buddhist perspective.
- *The Tipping Point – How Little Things Can Make a Big Difference*, by Malcolm Gladwell, New York: Little, Brown and Company, 2000. A very interesting study of what causes small things to make a big difference: (1) The right selection of a key small number of people to carry the message (2) Something that causes an idea to stick in the mind and (3) The right context where people will be willing and able to hear the message.
- *Play of Consciousness* by Swami Muktananda. The story of the spiritual life of the man who became the leader of the Siddha Yoga movement. I was taught his mantra by my psychiatrist who was one of his devotees.
- *My Life in France*, by Julia Child. Memoir of the “French Chef” with a prodigious memory for meals and food preparation.
- *A Time To Heal – Protecting Children and Ministering to Sex Offenders* by Rev. Debra W. Haffner. Lifequest, 2005. Excellent guide for congregations in how to deal with sex offenders.
- *The Road Less Traveled – A New Psychology of Love, Traditional Values and Spiritual Growth*, by M. Scott Peck, M.D. New York: Simon & Schuster, 1978. Reread this classic work on psychotherapy which respects the spiritual dimension.

- *Living Buddha, Living Christ* by Thich Nhat Hanh, Riverhead Books, 1995. Both the Buddha and Christ live in the hearts of current day believers and guide them to have virtuous lives. There are many similarities between the lives that the two faiths would have their believers live.

Personal

- Need to continually work at life balance and stress management.
- Organized a wonderful reunion of grade school friends from Los Alamos, New Mexico.
- Had some significant finds doing genealogy on my Norwegian ancestry – Fun!

Other

- Met with Community Ministry Advisory Committee every quarter
- Chaired MPUUC Mental Health Committee which meets every 6-8 weeks
- Attended MPUUC Board meetings.
- Elected for a third year 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	Satisfied by spiritual direction program
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 Attended 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.	Guide has been distributed to ministers who have requested it. Also it is on my website for download.
Long term development plan possibilities:				
Possibly become a Spiritual Director	Chaplaincy Inst. Spiritual Director Program	Start July 2009	Enroll in and start program	Taking classes and have begun internship.