

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

December 2010

Status of ministry since last Report

Notes of Particular Importance

- **Joys**
 - Very Successful workshops in Denver
 - Completed Certificate in Spiritual Direction from the Chaplaincy Institute
 - Awarded a Mental Health Achievement Award by the Mental Health Association of Alameda County.
 - Completed a major weaving
- **Challenges**
 - Managing Stress after very busy month of October handled by successfully de-escalating stress in November.

Education

Classes and Seminars Given

- Led workshops and forum for congregations in the Denver area on October 29-31. This was a very gratifying experience because I spoke to over 60 people, including 9 students from Iliff School of Theology in Denver. Additionally, congregations walked away with plans for starting mental health ministries. I can't think of a better way to have spent three days of my life.

Classes, Conferences and Seminars Taken and Planned

- Concluded Internship for Spiritual Direction and received Certificate in Spiritual Direction from the Chaplaincy Institute in Berkeley. Have created a brochure about this ministry and will distribute it at MPUUC, Reaching Across and Starr King School for the Ministry. Will begin a Spiritual Director's supervision group with my classmates from the program.
- Attended a SAMHSA ADS Center Training Teleconference, "*Tracking Wellness Measures to Increase Life Expectancy Among People with Mental Health and Substance Use Disorders*," October 26, 2010. Mentally ill people live 25 years less; People with Co-occurring disorders 35-40 years less. Keys: getting good data will identify causes, good healthcare will help with diabetes and other common diagnoses.
- *Street Drugs – 101*, Fremont Family Resource Center Lunchtime Learning Series, on October 28, 2010. Drug identification, street names, signs of intoxication, interactions with mental illnesses.
- Attended a SAMHSA ADS Center Training Teleconference, "*Peer Support and Peer Providers: Redefining Mental Health Recovery*," An excellent presentation on how and why peer support works
- Attended an excellent seminar by Dr. Charles Garfield, founder of Shanti, on "*Caring and the Religious Life: Ministering to Souls who Suffer*", Dec 6, 2010, at Starr King School for the Ministry. It focused on how a caring presence and arousing empathy are central to ministering to the lost, lonely, sick, bereaved, and brokenhearted. I could identify with many of his conclusions.
- Attended a SAMHSA ADS Center Training Teleconference, "*Holistic Approaches to Wellness*" on December 7, 2010. Very good talks about research on complementary alternative medicine, and how it is used by agencies and peer support centers.

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.
- Prepared training materials for Pastoral Associates at their monthly meetings. Trainings on Suicide and xx.

Mental Health Committee

Attended 4-week class "Mental Health First Aid" led by Renu Garg-Peterlinz at our congregation in October. There were from 5-9 attendees at each class.

Priestly

- Worship leader on November 28 in Sunnyvale on the subject of "Living in the Dark Season of Depression." Led Forum discussion after the service.
- Worship associate on November 21 at MPUUC for a service on "Sacrifice."
- 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. started taping a second show each month for Mental Health Matters.
 - Taped shows on "Hoarding" in October, "Parenting" in November, and "Seasonal Affective Disorder" in December. P.E.E.R.S. taped shows: "Black Men Speak" in November, and "xx" in December.
 - 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 maintain the website for the new UU accessibility group *Equal Access*. Take a look at: www.equalaccess.org
- As chair of the Policies committee for Equal Access, began work to collect policies for each of the disabilities and identified who would be the recipients of these policies within the UUA administration.
- Leader of the Mental Health Caucus under the auspices of Equal Access. Planned for the UUA Grant activities by setting up a meeting, coordinating travel plans, getting a facilitator, and setting an agenda.

UUA Addictions Ministry

- Attended a meeting of the UUA Addictions Ministry in Boston October 18-20. My contributions will be to emphasize the broad intersection of mental health and addiction, and help in getting their website set up.

- Created Addictions Ministry website. Check it out at: www.uuaddictionsministry.org. Preliminary content has information from the UUA website. UUA will remove content and point to this website.

Other

Books Read

- *When Bad Things Happen to Good People*, by Rabbi Harold Kushner. Classic book about why the righteous suffer, involving theological reflections on a God who is not all-powerful, but is all-compassionate.
- *Roosevelt's Secret War – FDR and World War II Espionage*, by Joseph E. Petsico, Random House, 2001. Fascinating look at Roosevelt and how he operated.

Award

I have been selected to receive a Mental Health Achievement Award from the Mental Health Association of Alameda County. The award is to recognize my successful efforts to educate church goers and the community at large about mental illness and the challenges it presents to people directly affected and their families and friends and to eradicate the stigmas surrounding mental illness.

Personal

- Need to continually work at life balance and stress management. October was an especially stressful month, and November I made it a priority to take care of myself. This helped a lot.
- Finished this weaving commissioned by Lorna Jaynes as part of the MPUUC service auction.



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
Continuing education:				
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"> • Alternatives • NAMI CA 	Attended by Dec. 2010	Attended: <ul style="list-style-type: none"> • Alternatives • NAMI CA
Areas for growth in the next 2 yrs:				
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.	
Long term possibilities				
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