

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

September 2018

Executive Summary

- **"Listening Post"** - Continued a Listening Post on Thursday afternoons in the Tenderloin neighborhood of San Francisco, sponsored by the Faithful Fools Street Ministry. Started Listening Post in Fremont with 17 interested listeners and 4 possible locations! Listening started at Tri City Volunteers in September. Will start at the Library in October.
- **Book** – Skinner House Books editor hiring a free-lance editor to polish the third edition of my manuscript. Book schedule will be delayed past next June.
- **Blog** - Continued finding authors for a monthly UU mental health blog.
www.uumentalhealth.org
- **UU Mental Health Network** – Started conversations with several other interested UUs to create a UU Mental Health Network. Working on covenant and purpose.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**
- **Led worship** at Mission Peak as a worship leader and worship associate.

Quarterly Ministerial Status Report Details Education

Classes, Conferences and Seminars Taken and Planned

- Attended the *Alternatives* conference in Washington DC July 29-August 3. Gave a presentation on Sidewalk Talk that was well-received.
- Was on a six-person LGBTQ+ Inclusive Interfaith Panel on August 13, 2018 to discuss how religious faith can be welcoming to LGBTQ+ people.
- Attended the Marginalized Ministry conference in Berkeley on July 17.
- Took the Webinar *Mental Health Peer Specialists and People Who are Justice Involved*, presented by Waynette Brock and Jaime Campos. August 28, 2018. Pilot program using WRAP in San Mateo's Maguire Correctional Facility. Recidivism went down by 40% for those participating. Impressive.
- Took the webinar *Mental Health Peer Specialist: Ethics and Boundaries*, presented by Ron Clark, Sept 25, 2018. Excellent summary of how to negotiate boundaries with a peer.

Healing

Spiritual Direction

Continuing my work at the corner of Hyde and Turk each Thursday afternoon.

Started effort in Fremont, with 17 volunteers, 4 training sessions, and 4 possible locations. Started at one site in September. Will ramp up over the next quarter.

Emotional CPR

Planning an activity in the fall

UU Mental Health Blog

Continue the UU mental health blog with one blog post per month inviting others to contribute blog contents.

Healthy Students Task Force

Nothing this quarter.

Reaching Across

Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, a spirituality group once a month, Friday craft days and some Wednesday events.

Support Groups

- Elder's Group continues as part of small group ministry at MPUUC.
- Continued co-leading interfaith support group for people with depression and sadness.

Pastoral Associates

Nothing this quarter. Plan to start it again with the new interim minister.
Hired to do Pastoral Care for MPUUC for July and August.

Priestly

- Led worship on July 1 at MPUUC on *General Assembly*.
- Led worship on August 19 at MPUUC on *Sacred Listening*.

Social Justice

Community Awareness

- Mental Health pages on MPUUC web site continue to be widely accessed.

UUMA Ableism Task Force

Plan to continue to participate in implementing some of the task force recommendations.

UUA Accessibility Group

The congregational disability accessibility certification program called the Accessibility and Inclusion Ministry (AIM) program continues its general availability. Five congregations have officially completed the program. I am in charge of implementing this program.

UUA Addictions Ministry

As member of the UUA Addictions Ministry, helped run their web site www.uuaddictionsministry.org.

Other

Books Read

- *White Fragility – Why It's So Hard for White People to Talk About Racism*, by Robin Deangelo. Beacon Press, 2018. Excellent look at how racism is built into the structures of society, how it maintains itself, and how white people can become aware and interrupt it. **Highly Recommended.**
- *A Court of Refuge – Stories from the Bench of America's First Mental Health Court*, by Judge Ginger Lerner-Wren with Rebecca A. Eckland, Beacon Press, 2018. The title tells it all. Hopeful. Positive.
- *Justice on Earth – People of Faith Working at the Intersections of Race, Class and the Environment*, Manish Mishra-Marzetti and Jennifer Nordstrom, editors. Skinner House Books, 2018. Essays from various UUs on intersectional racism, classism and environmentalism. Especially liked the essay on *Contemplative Practice in Justice-Making* by Kathleen McTigue for a good discussion on why spiritual practice is so important in justice making.
- *Unafraid of the Dark - A Memoir*, by Rosemary L. Bray, Anchor Books, 1998. The story of the early south side of Chicago life of Rosemary Bray McNatt, who would later become president of Starr King School for the Ministry. From a very difficult home life she went to Yale and became a professional writer. Very passionate and honest.

- *How to Be Less Stupid About Race: On Racism, White Supremacy, and the Racial Divide*, by Crystal M. Fleming, Beacon Press, 2018. Bold and strident discussion of racism in the United States. Sad to realize that I found most of it to be true. **Recommended.**
- *Another Kind of Madness – A Journey Through the Stigma and Hope of Mental Illness*, by Stephen P. Hinshaw, St. Martin's Press, 2017. Hinshaw's father used to disappear at intervals, with only silence as an explanation. Later he learned that bipolar disorder had been the cause, and has dedicated his career as a psychologist and professor to attacking the stigma of mental illness. **Recommended.**
- *The Naked Lady Who Stood on Her Head: A Psychiatrist's Stories of His Most Bizarre Cases*, by Gary Small and Gigi Vorgan, Harper Collins, 2010. Very interesting, well-told stories from a psychiatrist. I particularly liked his humility, admitting when he was unsure or had been wrong.
- *The Neuroscientist Who Lost Her Mind: My Tale of Madness and Recovery*, by Barbara Lipska and Elaine McArdle, Houghton Mifflin Harcourt, 2018. Neuroscientist Lipska develops brain tumors that mimic the symptoms of mental illness. She recovers through use of immunotherapy for her cancer.
- *The Power of Moments – Why Certain Experiences Have Extraordinary Impact*, by Chip and Dan Heath, Simon and Schuster, 2018. The things that make experiences impactful are elevation, insight, pride and connection. Lots of good examples. Engaging.
- *Minimalism: Live A Meaningful Life, 2nd Edition*, by Joshua Millburn and Ryan Nicodemus, Asymmetrical Press, 2016. Excellent exposition of the important things in life and how to get them: Health, Relationships, Passions, Growth, and Contribution. This is the real deal. **Recommended**
- *The Choice – Embrace the Possible*, by Dr. Edith Eva Eger with Esmé Schwall Weigand, Scribner, 2017. Moving memoir by holocaust survivor who became a psychologist. Vivid description of the horrors she went through and the process of confronting the trauma later in life.
- *Whatever It Takes – Geoffrey Canada's Quest to Change Harlem and America*, by Paul Tough, Houghton Mifflin, 2008. The tale of how Geoffrey Canada started a charter school in Harlem, dedicated to make all children succeed. Interesting ups and downs in the story. Hopeful but realistic.
- *Animal, Vegetable, Miracle – 10th anniversary of Food Life*, by Barbara Kingsolver, with Steven Hopp, Camille Kingsolver and Lily Hopp Kingsolver, HarperCollins, 2007. A family decides to move to a farm in Appalachia in Virginia and only eat things that are grown locally for a year. Started a movement 10 years ago. Interesting Epilogue written 10 years later. They're still at it.
- *Sometimes I Lie*, by Alice Feeney. Flatiron Books, 2017. Very clever and engaging mystery with ingenious plot twists. Couldn't put it down.
- *Crocodile on the Sandbank*, and *The Curse of the Pharaohs*, a couple of mysteries by Elizabeth Peters, Grand Central Publishing, 1970s. Charming mysteries with a sense of humor set in Egypt doing archeological digs. The author was an Egyptologist but is most known for her mysteries.
- *Spider Woman's Daughter*, by Anne Hillerman, HarperCollins, 2013. Anne writes about the same characters as her father Tony Hillerman, in much the same style. Engaging Navajo police mystery.
- *Identical Strangers – A Memoir of Twins Separated and reunited*, by Elyse Schein and Paula Bernstein, Random House, 2007. Engaging tale of identical twins adopted by different families who discovered each other in their mid-thirties. They were able to learn of their mother who had been a mental patient.

Personal

- Attended the Convergence Weaving conference in Reno on July 8-12. Attended some really great workshops and met a couple who travel to Laos and Vietnam to buy weaving. Plan to go with them in October of 2019.
- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Work out at 24-Hour Fitness 2 times a week.
- Ran in 10K race at Lake Chabot on July 18, 2018. Came in second in my age group. Ran in a 10K race at Bear Creek on August 11, 2018. Came in second in my age group. Get into shape and stay in shape by doing 3-4 miles 4 times a week, with a long run on the weekend.
- Completed a weaving as part of last year's MPUUC service auction



Other

- Met with Community Ministry Advisory Committee regularly
- Monthly status meetings with EqUal Access
- Visit my spiritual director and my psychiatrist regularly.

2018 Development Plan

Area	Plans	Time line	Measurement	Status
Continuing education:				
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Take classes by December 2018	- Prison ministry
Attend GA in person or virtually	GA in June	June 2018	Event attended	Attended GA in Kansas City
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2018	- Alternatives
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2018	Sidewalk Talk in Fremont
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Activity underway by Dec 2018	My education in racial justice continues.
Areas for growth in the next 2 yrs:				
Disability Credentialing Program	Lead the group which will administer the AIM certification program for UUA congregations.	On-going	New congregations sign up for the program	A few new congregations have signed up.
Spiritual Direction	Create opportunities for Spiritual Direction practice	On-going		Sidewalk Talk is a form of spiritual direction
Long term possibilities				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Don't know when	Rethink this in 2 years when Zach is 5.	