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](http://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.

**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.**

• *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.


• *Minimalism: Live A Meaningful Life, 2nd Edition*, by Joshua Millbum 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.


• *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.


• *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 EqUUal Access
- Visit my spiritual director and my psychiatrist regularly.
## 2018 Development Plan

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