

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

December 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. Now having Listening Posts in two locations in Fremont. Will start listening at homeless shower/laundry facilities early in the year.
- **Book** – Skinner House Books hired free-lance editor who suggested major changes to the book. I agreed that his suggestions would be an improvement and have made them and submitted changed book to editor.
- **UU Mental Health Network** – Have agreed on covenant and mission statement. Created website www.uumentalhealth.org Will be submitting paperwork to the UUA shortly.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**

Quarterly Ministerial Status Report Details

Education

Classes, Conferences and Seminars Taken and Planned

- Attended Webinar *Community Inclusion and the Critical Role of Peers* Presented by: Mark S. Salzer, Ph.D. from the Doors to Wellbeing National Technical Assistance Center, Nov 12, 2018. Discussed the various kinds of inclusion that apply to mental health consumers. Thorough and helpful.
- Attended Webinar *Using Your Recovery Story to Connect and Inspire* Presented by Kyneta Wright, from the Doors to Wellbeing National Technical Assistance Center, November 27, 2018. Discussed the ways that telling recovery stories help: Create Mutuality, Give Hope, Fight Stigma, Share Perspectives. Excellent discussion of the arc of a recovery story and why it is so powerful.
- Attended Webinar *Working with WRAP to Create Workplace Wellness Organizational Wellness Landscape Project (O.W.L.)*, Presenters: Patricia Blum, PhD, CPRP and Greg Parnell, ALWF Crestwood Behavioral Healthcare, Inc., November 29, 2018. Showed that WRAP was very helpful in a workplace setting.
- Listened to 9 hours of recordings of an adult education class by John Buehrens at the San Francisco UU Church on the Transcendentalists. He has recently written a book on this subject. Excellent and **recommended!** You can find the recordings on their website at: <http://www.uusf.org/are-recordings>.

Healing

Spiritual Direction

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

Now listening in Fremont at Tri-City Volunteers and the Library. Will start at the homeless shower program when it begins. Current start date estimate is sometime in January.

Emotional CPR

Nothing this quarter

UU Mental Health Blog morphs into UU Mental Health Network

Continue the UU mental health blog with one blog post per month inviting others to contribute blog contents. With a group of like-minded UUs, created a website www.uumentalhealth.org. Will submit paperwork to the UUA to become an official “related organization.”

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 as part of small group ministry at MPUUC is on hiatus until February.
- Continued co-leading interfaith support group for people with depression and sadness.

Pastoral Associates

Nothing this quarter. Plan to start it again with the interim minister.

Priestly

- Worship Associate on October 28 at MPUUC

Social Justice

Community Awareness

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

UUMA Ableism Task Force

Nothing this quarter. Plan to help UUMA with implementation of some of task force items.

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

- *Witnessing Whiteness: The Need To Talk About Race and How To Do It, Second Edition.* by Shelly Tochluk, Rowman & Littlefield Education, 2010. Good motivation and education about race and racism. Good strategies for how to interrupt racism when you hear it. **Recommended.**
- *Voices in the Rain: Meaning in Psychosis, A Memoir* by Marcia A. Murphy, Eagle Book Bindery, 2010. A woman joins the Moonies and becomes psychotic, diagnosed with schizophrenia. A long story of recovery, culminating in finding meaning in a religious congregation.
- *The Art of Misdiagnosis: Surviving My Mother’s Suicide*, by Gayle Brandeis, Beacon Press, 2017. Her mother was delusional but refused mental health care, then died by suicide. Brandeis paints an unflattering picture of her mother. I’m wondering if compassion might have made a difference.
- *Parallel Universes The Story of Rebirth – A Memoir*, by David B. Bohl, Henschel Haus Publishing, 2018. Poignant and brutally honest story about Bohl’s struggles with alcohol and his recovery.
- *The Seven Spiritual Laws of Success – A Practical Guide to the Fulfillment of Your Dreams*, by Deepak Chopra, Amber-Allen Publishing and New World Library, 1994. Laws for living one’s life from the Hindu perspective: laws of potentiality, giving, karma, least effort, intention, detachment, and purpose in life.

- *Frederick Douglass: Prophet of Freedom*, by David W. Blight, Simon and Schuster, 2018. Brilliant biography of Douglass most prominent African American in the 1800's, who escaped from slavery and became a prophetic speaker and writer, and advisor to presidents. **Recommended**
- *Read This, Save Lives – A Teacher's Guide to Creating Safe Classrooms for LGBTQ+ Students*, by Sameer Jha, The Empathy Alliance, 2018. Excellent book designed for teachers by a high school student. **Recommended for Teachers**
- *The Happy Activist – How to Sustain Your Spirit, Stamina, and Sanity to Make America Marvelous*, by Leena St. Michael, Angel Light Publishing, 2018. Somewhat disjointed text, with some good, if not original ideas.
- *The Overstory: A Novel*, by Richard Powers, W.W. Norton & Company, 2018. From a review: "The novel is about nine Americans whose unique life experiences with trees bring them together to address the destruction of forests." Environmental fiction at its best; could even be life-altering for some. **Recommended for everyone interested in environmentalism, and those who aren't but should be.**
- *Twelve Patients – Life and Death at Bellevue Hospital*, by Eric Manheimer, MD, 2012. Well-written with entertaining stories of patients' lives.
- *Almost Everything – Notes on Hope*, by Anne Lamott, Riverhead Books, 2018. A positive treatise summarizing "almost everything" that Lamott has learned about life and hope.
- *The Power of Story – Rewrite Your Destiny in Business and in Life*, by Jim Loehr, Free Press, 2007. How the stories we tell ourselves control our lives. A program for coming up with the story you want to live and making it happen. Lots of wisdom here. **Recommended especially for people who aren't living the life they want to live.**
- *The Girls Who Went Away – The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe V. Wade*, by Ann Fessler, Penguin Books, 2006. Stunning collection of stories, the common thread being that these women were never able to grieve the loss of their child. Some of them were reunited years later and the healing process could then begin. **Recommended for birth parents, adopted parents and adoptees.**
- *Unthinkable – An Extraordinary Journey Through the World's Strangest Brains*, by Helen Thomson, Harper Collins Publishers, 2018. Stories about people who exhibit strange behavior due to abnormality in their brains.
- *Impeached – The Trial of President Andrew Johnson and the Fight for Lincoln's Legacy*, by David O. Stewart, Simon and Schuster, 2009. Read parts of this book looking for Henry Stanberry, Johnson's Attorney General and a distant relative of my husband Tom. Distressed to read that Stanberry wrote Johnson's veto of an 1866 Civil Rights law, maintaining "blacks were not yet worthy of citizenship and the law would incite racial intermarriage." After he left office, he spent the rest of his career defending the KKK. Not exactly proud of the actions of this distant relative by marriage. Happy to learn of Thaddeus Stevens who was a staunch defender of the rights of former slaves.
- *Daughters of the Winter Queen – Four Remarkable Sisters, The Crown of Bohemia, and the Enduring Legacy of Mary, Queen of Scots*, by Nancy Goldstone, Little Brown, 2018. Fascinating history story of the granddaughter of Mary Queen of Scots, her 4 daughters. Lots of European court intrigue. Loved it.
- *Kingdom of the Blind*, by Louise Penny, St. Martin's Press, 2018. The latest in the Armond Gamache mystery series. Gamache redeems himself and solves a murder mystery. I inhale these books.
- *The Run Walk Run Method*, by Jeff Galloway, Meyer & Meyer Sport, Ltd, 2013. Method of running which consists segments of walking and running. Dramatic improvement in my running times. Has a spiritual metaphor, too: slowing down occasionally helps you succeed. **Recommended for runners.**

Personal

- 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 Los Vaqueros Reservoir on October 14. Came in second of 2 in my age group. Ran Half-marathon race at Quarry Lakes on November 24. Using the run-walk-run method, I did my best time ever and got first place in my age group.
- Getting physical therapy for a pain in my left hip. Seems to be working.

Other

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

2019 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	
Attend GA in person or virtually	GA in June in Spokane	June 2019	Event attended	
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	
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2019	
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Activity underway by Dec 2019	
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	
Spiritual Direction	Create opportunities for Spiritual Direction practice	On-going		Sidewalk Talk activities are a form of spiritual direction
Long term possibilities				
Mini Sabbatical	Plan to do a weaving tour in Laos and Viet Nam	October 2019 for 3 weeks		