

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

June 2019

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.
- **Book** – Skinner House Books editor suggested major changes to the book which I made. They will have it reviewed by a several more people before going into production.
- **UU Mental Health Network** – Had a poster session at General Assembly in which we recruited many new members. Have decided to incorporate and become a non-profit.
- **Had speaking event** with Susan Bartlett Foote at MPUUC on May 11. She wrote an excellent book on mental health activism by Unitarians in the 1940's – 1950's.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**
- Drafted a **3-way Covenant** between me, Jo and MPUUC.
- **I will have an intern** starting in August to do work for EqUUal Access / AIM.

Quarterly Ministerial Status Report Details Education

Classes, Conferences and Seminars Taken and Planned

- Attended UUA's General Assembly in Spokane, WA this year.
 - Panel member at UUA General Assembly on a well-received panel discussing "Affording Accessibility". I talked about how to identify low-hanging fruit that might not be very expensive.
 - Spent time at the Accessibility booth in the Exhibit Hall answering questions.
 - Recruited new members of the UU Mental Health Network.
 - Received spontaneous thanks from several people for my ministry. Very gratifying.
- Completed the course: *Dialectical Behavioral Therapy Skills, Chain and Validation*, an on-line course designed by Dr. Marsha Lenahan, the developer of DBT. Offered free by the consumer empowerment department at Alameda County Behavioral Health. It took over 3 months of study with many hours per week. It was an excellent class that taught me lots of skills that will be useful for my personal and professional lives.
- Attended training with Lancaster Seminary to prepare me to be a supervisor for field education of the EqUUal Access/AIM intern, May 7, 2019.
- Attended webinar: *Peer Support 4 Peer Supporters – Adopting Our Vision and Values*, Facilitator: Denise Walker, Senior Peer Support Specialist organized by California Association of Mental Healthy Peer Run Organizations CAMPHRO April 11, 2019. Presented several sets of peer supporter values from different sources.
- Attended webinar: *Understanding Trauma and Post-Traumatic Growth*, presented by Kelly Davis from Mental Health America, March 28, 2019. A SAMHSA Peer Specialist Webinar. Some people experience positive changes in their relationships, strength, and spiritual lives in response to traumatic experiences.

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.

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.” Crafted by-laws with the group. Recruited a number of new members at General Assembly.

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

- Continued co-leading interfaith support group for people with depression and sadness. Poor attendance in recent months.

Pastoral Associates

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

Priestly

- Worship Associate on June at MPUUC on June 16. Subject: Changing role of Men in Society
- Led worship on June 29 at the Napa Valley UU congregation. Subject: Listening Post

Social Justice

Community Awareness

- Mental Health pages on MPUUC web site continue to be widely accessed.
- Some items moved to the UU Mental Health Network site.

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 and about 10 more are in process. I am in charge of implementing this program.
- Will get an intern who I will supervise.

UUA Addictions Ministry

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

Other

Books Read

- *From Shattered to Restored – Recovering Hope. Discovering Purpose.* by Nanette V. Larson, Redemption Press, 2019. One woman’s story of recovery from mental illness, largely guided by her Christian spirituality. She notes the importance of WRAP, and she is an eCPR practitioner.
- *Honest Direct Respectful – Three simple words that will change your life,* by Dennis D. Adams with Sue Schumann Warner, VMI Publishers, 2007. Excellent little book that teaches you how to transform your communication style. Formula: When you ____, I feel _____. And I want/wish/wonder _____.

- *Fresh Hope – Living Well in Spite of a Mental Health Diagnosis*, by Brad Hoefs and Michael Egger, Xulon Press, 2013. A Christian program for people with mood disorders to learn how to live a rich life.
- *Coming of Age on Zoloft – How Antidepressants Cheered Us Up, Let Us Down, and Changed Who We Are*, by Katherine Sharpe, Harper-Collins, 2012. An exploration of the phenomenon of teenagers being prescribed psycho-pharmaceutical drugs – the effect on their self-image and life choices.
- *Acts of Conscience – World War II, Mental Institutions, and Religious Objectors*, by Steven J. Taylor, Syracuse University Press, 2009. Scholarly work looking at conscience objectors in WWII who worked in mental institutions as alternate civilian service. Their exposes of the horrors perpetrated by those institutions were largely responsible for many of the reforms that were undertaken. Fascinating!
- *Sign My Name to Freedom, A Memoir of a Pioneering Life*, by Betty Reid Soskin, Edited by J. Douglas Allen-Taylor, Hay House, 2018. Moving memoir of life of an African American Woman, and the experiences of work and of racism she and her family endured in Bay Area suburbia. She is still working for the National Parks Service in her 90's. She spoke at MPUUC in May.
- *Inheritance – A Memoir of Genealogy, Paternity and Love*, by Dani Shapiro, Alfred Knopf, 2019. A DNA test leads Shapiro to learn that the man she knew and loved as her father wasn't her biological father. Rather, her father was a med-student sperm donor, who she is able to find and meet. Fascinating I've listened to many episodes of her podcast *Family Secrets*.
- *Relentless – How a Massive Stroke Changed My Life for the Better*, by Ted W. Baxter, Greenleaf Book Group Press, 2018. The story of a hard-driving business man who has a stroke. And of his hard-won recovery and his discovery of the "power of sincere and selfless contribution" to give himself joy.
- *Anatomy of a Murder*, by Robert Traver, St. Martin's Press, 1958. Story of a murder trial using the insanity defense in Upper Peninsula Michigan. This is a thinly-veiled telling of an actual trial, with the author, attorney Paul Voelker, writing with a pseudonym, as the defense attorney. Later made into a hugely popular movie starring Jimmy Stewart. Beautifully written. **Recommended.**
- *One Child – The True Story of a Tormented Six-year-old and the Brilliant Teacher Who Reached Out*, by Torey Hayden, William Morrow, 1980. The story of how Hayden as a special education teacher works with an abused, traumatized girl named Sheila and eventually opens her up to joy.
- *The Tiger's Child – The Story of a Gifted, Troubled Child and the Teacher who Refused to Give Up on Her*, by Torrey Hayden, Scribner, 1995. A follow-on to *One Child*, telling what happens in the life of Sheila as Torrey reconnects with her as a teenager.
- *Bellevue – Three Centuries of Medicine and Mayhem at America's Most Storied Hospital*, by David Oshinsky, Doubleday, 2016. Fascinating story of Bellevue Hospital in New York City dedicated to serving everyone in the general public, whether insured or not.
- *Where the Crawdads Sing*, by Delia Owens, G. P. Putnam's Sons, 2018. Mystery story of a girl living alone in the marshes of North Carolina, who is accused of the murder of a man who tried to rape her. Surprise ending. Will be made into a movie.
- *The Silent Patient*, by Alex Michaelides, Celadon Books, 2019. A thriller about a therapist who has a client who murdered her husband, and who is now mute. Plot twists make for a good read.
- *The Daughters of Cain*, by Colin Dexter, Ivy Books, 1994. Good, well-written Inspector Morse mystery.

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 two half-marathons and a 10K. Best time ever in a half-marathon.

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 2019	Completed DBT class and a Psychosis class.
Attend GA in person or virtually	GA in June in Spokane	June 2019	Event attended	GA 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	TBD
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2019	Working on UU Mental Health Network
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Activity underway by Dec 2019	Took class on white fragility
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	On-going. Plan to get an intern who I will supervise.
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		Getting shots, clothes and other things for trip.