

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

September 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. And having Listening Posts in two locations in Fremont. About to start a 3rd location in Fremont: at the mobile shower/laundry facility at Niles Discovery Church.
- **Book** – Now have comments by a number of reviewers and working on incorporating them.
- **UU Mental Health Network** – We have incorporated, chosen our first Board and started having regular Board meetings. Officially designated as a “Related Organization” of the UUA.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**
- **I have an intern** who started in August doing work for EqUual Access / AIM.

Quarterly Ministerial Status Report Details

Education

Classes, Conferences and Seminars Taken and Planned

Attended webinar: The Way WRAP® Works in Recovery from Addictions, presented by the Copeland Center for Wellness and Recovery, July 12, 2019. Interesting use of WRAP for addictions.

Attended *Ministry for the Marginalized* conference at CDSP in Berkeley on August 16-17. Some good conversation with people who were prison chaplains.

Attended webinar: Self-Disclosure: Supportive, Safe and Successful Presented by: Rachelle Weiss, MS, CPS presented by the Copeland Center for Wellness and Recovery, July 30, 2019. This is really excellent about how, when and why to self-disclose. **Recommended.**

Attended webinar: *Group Reminiscence for Older Adults with SMI by Elder Peers*, presented by the National Coalition for Mental Health Recovery, August 14, 2019. Excellent program for peers to work with older adults. Important attention to memory issues. www.olderadultpeerspecialists.org

Attended webinar: *Avoiding Compassion Fatigue and Burnout for Mental Health Peer Specialists*, presented by Stephanie Tellez, and Adria Powles. A "Doors to Wellbeing Peer Specialist Monthly Webinar Series," August 27, 2019. Good description of compassion fatigue, and how to head it off.

Attended the 7th *Annual Veteran's Mental Health Summit* in San Francisco on September 19, 2019. It was put on by the City of San Francisco, the VA and Swords into Plowshares. A lot of good information of programs that are available to veterans. Veteran homelessness in San Francisco has been cut in half. Still working on the other half.

Attended webinar: *Financial Wellness and Peer Support: Building Hope for a Better Financial Future*, Presented by: Oscar Jimenez-Solomon, and Rita Cronise. A "Doors to Wellbeing Peer Specialist Monthly Webinar Series," September 24, 2019. Encourages people who are financially dependent to become independent. Some good financial planning tools included.

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 soon start at Niles Discovery Church for the mobile shower/laundry facility.

Emotional CPR

Nothing this quarter

UU Mental Health Blog morphed 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. UUA approved our becoming an official “related organization.” Incorporated, chosen the first Board and started meeting regularly. I am Board President.

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

- Led worship on August 25 at the First Unitarian Church of Oakland. Very well received.

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.
- Have an intern who I supervise.

UUA Addictions Ministry

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

Other

Books Read

- Cowan, Graeme. *Back from the Brink - True stories & practical help for overcoming depression & bipolar disorder*, New Harbinger Publications, Inc., 2013. Excellent book about what really works in getting over depression. With stories from a number of people's lives. **Highly Recommended.** I've recommended this to several specific people.
- Bragdon, Emma. *The Call of Spiritual Emergency – From Personal Crisis to Personal Transformation, Second Revised Edition*, Lightening Up Press, 2013. A good introduction to the different manifestations of spiritual emergency and how they can be treated. Good set of resources.

- Bragdon, Emma. *A Sourcebook for Helping People with Spiritual Problems, 2nd Edition*, Lightening Up Press, 2006. Originally written for treatment of the DSM-IV's "Religious or Spiritual Problem," it remains a good resource for practitioners.
- Green, L.D. and Obozoh, Kelechi, editors. *We've Been Too Patient – Voices from Radical Mental Health – Stories and Research Challenging the Biomedical Model*, North Atlantic Books, 2019. This is a collection of thoughtful and passionate essays on the cutting edge of mental health advocacy.

Recommended

- Gottlieb, Lori, *Maybe You Should Talk to Someone – A Therapist, Her Therapist, and Our Lives Revealed*, Houghton Mifflin Harcourt, 2019. Very readable tale of how therapy works to change lives, with examples of a therapist's clients and her own therapy. I liked the stages of how people change: Pre-contemplation; Contemplation; Preparation; Action; Maintenance **Recommended**
- Danquah, Meri Nana-Ama. *A Black Woman's Journey Through Depression – A Memoir*, W.W. Norton and Company, 1998. The story of depression from denial to mental health of a black woman whose culture expects her to be strong and not talk about her problems.
- David H. Freedman. *Wrong – Why Experts Keep Failing Us – And How to Know When Not to Trust Them*, Little, Brown and Company, 2010. Discusses sources of errors in various kinds of studies. Reveals common-sense ways to detect whether expert advice is wise to take. Excellent.
- Gladwell, Malcolm. *Talking to Strangers – What We Should Know About The People We Don't Know*, Little Brown and Company, 2019. Gladwell's latest book explores the often mistaken assumptions that we make about people. Assumptions are particular to culture and location. Examples of Sandra Bland, Brock Turner, Cuban double agents, Hitler, Cortez, and others. Entertaining.
- Anderson, Chris, *TED Talks – The Official TED Guide to Public Speaking*. Mariner Books, 2016. This is a good guide to how to tell your story in a short talk.
- Palmer, Amanda, *The Art of Asking – Or How I Learned to Stop Worrying and Let People Help*, Grand Central Publishing, 2014. Singer and performance artist who says "It's not – How do we MAKE people to pay for content? – Its – How do we LET people pay for content? The first question is about force. The second is about trust.
- Borden, Richard C. *Public Speaking as Listeners Like It!* Harper & Row, Publishers, 1935. A classic resource on how to give a public speech. Simple formulae on how to give a platform speech, an informal conference room speech, a speech or introduction and an after dinner speech. Good wisdom.
- Campbell, Judith. *The Tangled Web*, Fine Line Press, 2019. Another fine ministry by a UU minister where the main character is a UU minister. This time the focus is on clergy sexual abuse.
- Thompson, Thomas, *Blood and Money – The Classic True Story of Murder, Passion, and Power*, Doubleday, 1976. Hard-to-put-down best seller. The death of a daughter of a prominent Houston oil man, and the murder of her husband.
- Levin, Josh. *The Queen – The Forgotten Life Behind an American Myth*, Little, Brown and Company, 2019. Well-researched story of the life of the woman who Ronald Reagan called an example of a "welfare queen." She was a welfare cheater, and also was guilty of worse crimes.
- Penny, Louise, *A Better Man*, Minotaur Books, 2019. Another Armand Gamache mystery focusing on domestic abuse with lots of red herrings and subplots.
- Dexter, Colin. Inspector Morse Books, published by Ivy Books: I love the way Dexter writes, and I liked finding the locations he mentions on Google Maps in and around Oxford, England.
 - *Last Bus to Woodstock*, 1975.
 - *Last Seen Wearing*, 1976.
 - *The Silent World of Nicholas Quinn*, 1977.
 - *The Jewel That Was Ours*, 1991.
 - *The Way Through the Woods*, 1992.
 - *Death is Now My Neighbor*, 1996.
 - *The Remorseful Day*, 1999.

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 my best ever times for a 5K and 10K using run-walk-run method.

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	Ministry for the Marginalized Conference
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2019	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. Have an intern who I 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		Trip cancelled this year. On the list for next year.