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](http://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.


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**
- 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
- 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.
  - Last Bus to Woodstock, 1975.
  - The Silent World of Nicholas Quinn, 1977.
  - Death is Now My Neighbor, 1996.

**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

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
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<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</td>
<td>Take classes by December 2019</td>
<td>Completed DBT class and a Psychosis class.</td>
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<td>Attend GA in person or virtually</td>
<td>GA in June in Spokane</td>
<td>June 2019</td>
<td>Event attended</td>
<td>GA Attended</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>Ministry for the Marginalized Conference</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 2019</td>
<td>UU Mental Health Network</td>
</tr>
<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 2019</td>
<td>Took class on white fragility</td>
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<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>On-going. Have an intern who I supervise.</td>
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<td>Spiritual Direction</td>
<td>Create opportunities for Spiritual Direction practice</td>
<td>On-going</td>
<td></td>
<td>Sidewalk Talk activities are a form of spiritual direction</td>
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<td><strong>Long term possibilities</strong></td>
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<td>Mini Sabbatical</td>
<td>Plan to do a weaving tour in Laos and Viet Nam</td>
<td>October 2019 for 3 weeks</td>
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<td>Trip cancelled this year. On the list for next year.</td>
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