

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

December 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** – Have integrated content based on comments by a number of reviewers.
- **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. Submitted proposals for sessions at General Assembly. Surveyed membership on priorities.
- **Received an award:** “In Recognition of Your Dedication and Commitment to Building Mental Health Friendly Communities” from the California Mental Health Spirituality Initiative, a program of the California Institute for Mental Health.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**
- **I have an intern** who started in August 2019 doing work for EqUual Access / AIM.

Quarterly Ministerial Status Report Details

Education

Classes, Conferences and Seminars Taken and Planned

Presented a workshop “*Sacred Mental Health Matters*” at a conference sponsored by the California Mental Health & Spirituality Initiative on “Spirituality – A Cornerstone to Building mental Health Friendly Communities”, held at the Walnut Creek Presbyterian Church, October 10-11, 2019. Received an award: “In Recognition of Your Dedication and Commitment to Building Mental Health Friendly Communities”. This organization is part of the California Institute for Mental Health, a state-wide non-profit that focuses on mental health issues.

Attended an excellent webinar *Peer Support and Smoking Cessation*, Sponsored by the Copeland Center’s Peer Support program. November 2, 2019. **Really excellent!** Plan to publicize links to the recording because I think it would be very helpful.

Attended a webinar *Building a Mentally Healthy Culture* by Australian Graeme Cowan. Nov 28, 2019. Intended for managers. Get executive buy-in; Have a launch event; Invite people to be part of the solution

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. Submitted proposals for presentations 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

- Led worship on September 1, 2019 at MPUUC on “Self-Discovery.”
- Worship Associate on December 8, 2019 at MPUUC on “Something about God.”

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

- Cahalan, Susannah, *The Great Pretender – The Undercover Mission That Changed Our Understanding of Madness*. Grand Central Publishing, 2019. Fascinating story following up on the published study which placed sane people in mental hospitals. The conclusion is that Dr. David Rosenhan made up some of the reported stories and possibly some of the participants were fictitious. But, the conclusions had truth to them, and heavily influenced modern psychiatry. **Recommended.**
- Walker, Matthew, PhD., *Why We Sleep – Unlocking the Power of Sleep and Dreams*, Simon and Schuster, 2017. Totally fascinating story of sleep, what it does for us and what happens when we don't get enough. Implications for health, life expectancy, safety, productivity, creativity and education. Many scientific studies give the inescapable conclusion of the need for adequate sleep. **Recommended.**
- Pruyser, Paul W. *The Minister as Diagnostician – Personal Problems in Pastoral Perspective*, The Westminster Press, 1976. The dimensions of experience that ministers can be helpful with are: Awareness of the Holy; Providence - divine purpose for one's life; Faith; Grace; Repentance; Communion; and Vocation.
- Morin, Amy. *13 Things Mentally Strong People Don't Do*, Harper Collins, 2014. Good common sense suggestions for better mental health, whether you have a diagnosis or not. Ex: Don't give away power;

Don't shy away from change; Don't focus on things they can't control; Don't dwell on the past; Don't worry about pleasing everyone; Don't fear taking calculated risks; etc.

- Olsen, David C. and Devor, Nancy G. *Saying No to Say Yes – Everyday Boundaries and Pastoral Excellence*, Alban Institute, Rowman & Littlefield, 2015. How ministers can learn how to set healthy boundaries in their pastoral work.
- Goodman, Denise W. *Congregational Fitness – Healthy Practices for Layfolk*, Alban Institute, Rowman & Littlefield, 2000. What lay leaders can do to help foster managing conflict in a healthy way in congregations. Lots of wise advice.
- Kehoe, Nancy, *Wrestling with Our Inner Angels – Faith Mental Illness, and the Journey to Wholeness*. Jossey-Bass, a Wiley Imprint, 2009. Reread this wise book by a nun/psychologist who for many years had a spirituality group in a mental hospital. She developed an assessment for religious/spiritual history.
- Merritt, Eli, M.D. *Suicide in the Bay Area – A Guide for Families, Physicians, Therapists and Other Professionals*, Compass Health Books, 2015. Lots of resources for suicide prevention in the Bay Area: hotlines, mobile crisis services, emergency departments, hospital inpatient units, crisis stabilization units, hospital-based IOPs and PHPs, clinics, youth services, training, apps, experts, and bereavement resources. Thorough and well-motivated.
- J Mase III. *And Then I Got Fired: One Transqueer's Reflections on Grief, Unemployment & Inappropriate Jokes about Death*, Lulu.com, 2019. Poetry and rants from a transsexual, black man about his experience of grief after his father died, and his decision to become an artist.
- Dunbar-Ortiz, Roxanne. *An Indigenous Peoples' History of the United States*, Beacon Press, 2014. This true story is hard to read – betrayal, genocide, torture, deliberate killing of women and children, separation of children from their families and culture, and more atrocities - much of it deliberately committed by people we think of as American leaders and heroes. This is US history that isn't taught in school. I kept thinking of my own great grandparents who acquired homesteads in the prairies of Kansas, and who were targets of, and defended their families in an Indian raid. **Recommended**
- Salamon, Margaret Klein, with Gage, Molly. *Facing the Climate Emergency – How to Transform Yourself with Climate Truth*, eBook, 2019. Book aimed at getting people over denial of climate change, and a guide to help them discover how to become part of the solution to this emergency.
- Lev, Elizabeth. *The Tigress of Forli – Renaissance Italy's Most Courageous and Notorious Countess Caterina Riario Sforza de Medici*, Mariner Books, 2012. Remarkable tale of a very fierce countess. Gives a lot of insight into the dynamics of the various Italian clans vying for power and influence. **Recommended for people interested in history.**
- Bloom John, and Atkinson, Jim. *Evidence of Love – A True Story of Passion and Death in the Suburbs*, Open Road, 1983. A church-going woman kills the wife of a man she had an affair with using an axe, and is found innocent at trial. Well-written page-turner.
- Epstein, Steven B., *Murder on Birchleaf Drive – The True Story of the Michelle Young Murder Case*, BlackLyon Publishing, 2019. True Crime story of a horrific murder of a pregnant young wife. The husband was found guilty.
- McGinniss, Joe. *Blind Faith*, Signet Book, 1989. The well-told true story of Rob Marshall who has his wife killed to solve his financial problems and marry his mistress. Later made into a movie.
- Lamb, Amanda. *Love Lies – A True Story of Marriage and Murder in the Suburbs*, Diversion Books, 2011. Husband murders wife, the mother of his 2 children. A story of the families involved and the trial.
- Campbell, Judith, UU minister, author of mystery stories. Engaging, quick reads.
 - *Forgery in Red – The First Viridienne Greene Mystery*, Fine Line Press, 2018. Woman runs away from religious cult, becomes a fiber artist, while helping to solve a murder mystery.
 - *Silent Night... Deadly Night - The second Viridienne Greene Mystery*, Fine Line Press, 2019. Viridienne rents a room in her B&B to a serial killer, and helps to nab him.
- Dexter, Colin, Inspector Morse mysteries. I love the way he writes.
 - *The Dead of Jericho*, Ivy Books, 1981. Murders in an Oxford neighborhood.
 - *The Riddle of the Third Mile*, Macmillan, 1983. All of the suspects are killed.
 - *The Secret of Annexe 3*, Ivy Books, 1986. Murder at a New Year's Eve party.
 - *The Wench is Dead*, Ivy Books, 1989. This is the best. Morse solves a 100 year old murder.

- *Morse's Greatest Mystery and Other Stories*, Ivy Books, 1993. Short stories, some of which have Morse in them. The best one has Sherlock Holmes.

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.

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, Spirituality 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 organized
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.