

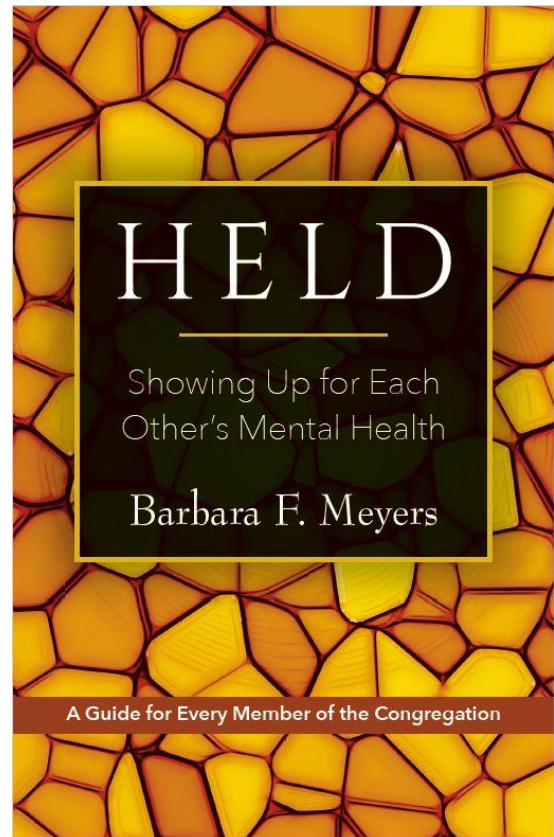
Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

June 2020

Executive Summary

- **Book – *Held: Showing Up for Each Other's Mental Health*.** The book will be published in mid-July. Got rave reviews from endorsers.
- **UU Mental Health Network** – The Board has been meeting monthly, with hard-working board members. We now have a bank account and the IRS has granted us 501 c 3 tax exempt status. Our on-line workshop and a poster session at General Assembly have been presented. We created a set of resources for mental health during Covid-19 and put it on our web site.
- **UU Addictions Ministry** - Helped create a webinar on pastoral care for people with addictions. Is being made available to UU congregations during the pandemic.
- Continue work quarter time as **Assistant Director of Life Reaching Across to Life**. During the pandemic, we have been doing peer counseling by phone to our regular attendees, putting on Zoom meetings on various subjects, and distributing arts and crafts supplies
- **"Listening Post"** – On hiatus until the shelter in place ends. Planning on starting a 3rd location in Fremont: at the mobile shower/laundry facility at Niles Discovery Church when we start up again.
- **My intern has completed her work.** She helped to do research on disability literature, and to plan for the restructuring of the EqUUal Access organization.



Quarterly Ministerial Status Report Details Education

Classes, Conferences and Seminars Taken and Planned

- Attended online UUA Minister's Associate and General Assembly meetings. Helped to prepare video tapes for two workshops for the General Assembly. One on my mental health book and one on dismantling ableism. Both were well received.
- Attended NAMI's Ask the Expert Webinar: *Impact of Racism and Trauma on Black Mental Health*, June 25, 2020. The presenter was Christine M. Crawford, MD, MPH who is African American. Talked about different conceptions of the cause of racism between blacks and whites. Lots of good examples and definitions. How all of this affects the mental health of African Americans. **This was excellent!**
- Attended webinar *National Standards for Culturally and Linguistically Appropriate Services (CLAS)* by Godfrey Jacobs, sponsored by the Doors to Wellbeing, March 31, 2020. Part of Peer Specialist Webinar Series. Introduction to national standards.

- Attended webinar: *NAMI Ask the Expert: COVID-19 and Mental Health* by: Darcy Gruttadaro J.D. and Dr. Ken Duckworth, M.D.: April 7, 2020. Lots of good advice about mental health during coronavirus.
- Attended webinar: *How to Conduct a Funeral Online*, by Rev. Dr. Donna Schaper from Hartford Seminary, Hartford, Connecticut April 8, 2020. Good considerations for conducting a funeral online.
- Attended webinar: *Resilient Option – Mindfulness Redesigned for the 21st Century*, with Amit Sood, MD, April 8, 2020. How to enhance our resiliency. Adequate food with micro-nutrient supplement (vitamins, minerals 3 times a week); Good sleep; Exercise; Drop optional stressors like perfectionism; Relationships: this is a time to forgive; Find what you enjoy, what makes you laugh (Rx: two good belly laughs a day); Ingest no toxic chemicals; Ingest good chemicals; mindfulness: engage intentionally in the moment; compassion. Morning Gratitude Meditation: relationships with others, self, God. resilientoption.com, immuneresilience.com; 5 Principles: Acceptance. Gratitude. Meaning, Forgiveness, Compassion. Handling stress: Identify, Eliminate, Reframe
- Attended webinar *Staying Kind in Times of Crisis; Virtual Peer Support & Heidi Fisher's Story*, A CAMHPRO Monthly Peer Webinar, April 9, 2020.
- Attended webinar: MHSAs Focus Group, Sponsored by NAMI California, April 10, 2020. Good input session focusing on proposed changes to MHSAs that would decrease family and consumer input. NAMI group was against these changes.
- Attended Webinar: *Trauma and Mental Health Peer Support* presented by: Tommy Newcombe and Tera Newcombe, sponsored by the Doors to Wellbeing, May 26, 2020. How peer support is particularly important in dealing with trauma. When trauma is explored as an experience rather than a personal flaw, conversations can shift to community change rather than trying to fix a “broken person”.
- Attended webinar *The Importance of Interfaith Understanding*, a presentation by the Commonwealth Club of California, May 26, 2020. Christian, Jewish and Muslim scholars talk about how to know and learn from one another.
- Attended webinar *Ways that Peers and Supervisors Use Principles of Recovery to Improve Engagement of Adults in Crisis*, SAMHSA webinar May 28, 2020. Experience in using peer specialists – how to best do this.
- Attended webinar *State Peer Certification* presented by the California Association of Peer Run Mental Health Organizations, June 11, 2020. Discussed proposed standardized training for peer support specialists in the State of California in SB 803.
- Attended webinar *Peer-Run Approaches to Suicide*, presented by Sarah Felman, sponsored by the National Empowerment Center, June 18, 2020. Excellent. Peer support helps in finding a “why” you want to live.
- Attended webinar: *Microaggressions and Becoming Culturally Responsive*, June 26, 2020. Sponsored by the Copeland Center, presented by Waynette Brock and Charlene AkuaRose Feathers. Focused on micro-aggressions felt by African Americans in the United States.

Healing

Spiritual Direction

This work is on hold until the pandemic is under control.

Emotional CPR

Have been talking with the leader of eCPR about creating a book about eCPR with stories from people who have been leading it.

Reaching Across

Continued compensated job at Reaching Across organization, for quarter-time work. During the pandemic, we are doing peer counseling by phone and having Zoom meetings. Attend Monday support group meetings, two Interfaith Support Groups per month, a spirituality group once a month, Friday craft days and some Wednesday events.

Pastoral Associates

Restarted the Pastoral Associate program at MPUUC as a co-leader. Organized an effort to call all congregation members to check in during the pandemic.

Priestly

- Worship Associate on at MPUUC on May 17, 2020, with our new minister Greg Ward, on the day of voting to call him!
- Led (virtual) worship on June 7, 2020 at Coastside Community UU congregation on “Evil.”

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. Six congregations have officially completed the program and about 10 more are in process. I am in charge of implementing this program. Since so few congregations have taken this on, we are in the process of revising it so that it is more granular and seems more doable.
- We had an excellent virtual celebration event which featured an interview with Judy Heumann, a prominent disability activist who helped set the stage for the Americans with Disabilities Act. Far more people attended virtually than had ever attended a celebration in person.

UUA Addictions Ministry

As member of the UUA Addictions Ministry,

- Helped create a webinar on pastoral care for people with addictions. Is being made available to UU congregations during the pandemic.
- Helped a consultant to revamp the web site www.uuaddictionsministry.org.

Other

Books Read

- Rhodes, James. *Instrumental – A Memoir of Madness, Medication, and Music*, Bloomsbury, 2014. Brilliantly written, brutally honest memoir of a pianist who was sexually abused as a young boy, spent considerable time in mental hospitals, and who eventually overcame the worst parts of his illness to launch a career as a classical musician. Comes with a set of classical music pieces for each chapter. **Highly Recommended.**
- Hari, Johann, *Lost Connections – Why You’re Depressed and How to Find Hope*, Bloomsbury, 2018. Convincing argument that loss of connection to others and to work that has meaning causes depression, and how making connections of various kinds helps to restore you to mental health. **Recommended.**
- Kolker, Robert. *Hidden Valley Road – Inside the Mind of an American Family*, Doubleday, 2020. Story of a family with 6 sons who were diagnosed with schizophrenia, and 6 others who were not. The family was studied by researchers looking to discover what causes schizophrenia. **Recommended.**
- DeLisi, Lynn Eleanor. *100 Questions and Answers About Schizophrenia: Painful Minds, Third Edition*, Jones and Bartlett Learning, 2017. Lots of good information from a prominent researcher on schizophrenia. Tends to be medical model-oriented, but there is a lot of good basic information, too.
- Jones, Nancy Palmer, and Lin, Karin. *Mistakes and Miracles – Congregations on the Road to Multiculturalism*, Skinner House Books, 2019. The authors chronicle the ups and downs in the tales of five UU congregations that endeavor to become multi-racial and multi-cultural. They identify the common threads they see, including: intentionality, relationships, leadership, multigenerational, diverse worship styles, community engagement, adaptability, risk taking, perseverance, courage and humility.

- Marzetti, Manish Mishra and Keleher, Jennifer, Editors. *Conversations with the Sacred – A Collection of Prayers*, Skinner House Books 2020. Beautiful collection of prayers from UU ministers, in categories Inspiration for Daily Centering, Bringing Love Alive, Lamentations of the Heart, On the Road to Justice, and Reaching Toward Transcendence. This book will be referred to by many.
- SteinhoffSmith, Roy Herndon. *The Mutuality of Care*, Chalice Press, 1999. A method of doing pastoral care that explicitly acknowledges that both the pastor and parishioner are changed, and thus care is mutual. This context is broadened to include caring of a community for its own and the world.
- Nokleberg, Warren. *Life Beyond the Veil – Voyages to the Hereafter*, Self-published, 2019. Widowed friend of Tom and me tells of his dreams and visions of his late wife who died in 2004.
- Singer, Michael A. *The Untethered Soul: The Journey Beyond Yourself*, New Harbinger Publications, 2007. A guide to connect with your true soul and how to live in that place. A lot to think about. Some good exercises to do with oneself.
- Moore, Wes. *The Other Wes Moore – One Name. Two Fates*, Random House, 2010. The author, a Rhodes Scholar learns of another man with his same name, from the same black neighborhood in Baltimore who was convicted of murder and is serving a life sentence. The story of how they could have lived each other's story.
- Benedict, Marie. *The Only Woman in the Room*, Sourcebooks, 2019. A story based on the life of Hedy Lamarr, who fled from Nazi-occupied Austria in 1937, and became a Hollywood actress, producer and inventor of signal hopping, the basis for all modern wireless communications.

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. Exercising at home due to pandemic.
- Completed blanket weaving from service auction:

Dark Side:

Light Side



Other

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

2020 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	Classes completed	Peer Specialist training from SHARE
Attend GA in person or virtually	GA in June in Providence	June 2020	GA Attended in person or virtually	Attended virtually
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Seminar / convention attended	Registered for virtual conf. Peerpocalypse in July
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Determine direction of UU Mental Health Ministry	Book being produced. Pandemic info on umentalhealth.org
Racial Justice	Discern actions in support of racial justice	Chosen by June 30	Meaningful actions taking place	Personal self-promise to interrupt racist comments
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	Program continues to be used by congregations	Identified need to simplify program.
Spiritual Direction	Create opportunities for Spiritual Direction practice	On-going		Sidewalk Talk on hold due to pandemic
Long term possibilities				
Mini Sabbatical	Plan to do a weaving tour in Laos and Viet Nam	Original plan: October 2020 for 3 weeks		On indefinite hold due to pandemic