

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

December 2025

Executive Summary

- **Continue to work quarter time as Assistant Director of Life Reaching Across to Life.** We have in-person meetings at Reaching Across 3 days a week, with some of the meetings being hybrid. Funding for our organization is guaranteed for at least 1-2 more years.
- **UU Mental Health Network** – UUA President to speak at our Worship Service in May.
- **Anti-Racism:** Continued my education and involvement in the ARO team at MPUUC.
- **Self-Care:** I'm taking 3-4 days a month to do craft work. Strength training two days a week at CrossFit, as well as long walks.
- **Book:** The book on Disability has been copy edited, and Skinner House has engaged another person to write a study guide for it.

Quarterly Ministerial Status Report Details

Education

- Attended webinar *Belong to Yourself@ Work – Re-establishing Relationship to Employment* by Lynnae Brown sponsored by the Copeland Center. How to keep from burning out. Important and good. Explored a number of helpful questions to separate one's identity
- Attended webinar *Little Lives, Big Challenges: Treating and Diagnosing Pediatric OCD*, October 15, 2025, presented by the Anxiety Institute co-hosted by InStride Health. Explained different forms of OCD and Compulsions in children, and how OCD in children is treated.
- Attended Sessions of the Mental Health America Conference October 16, 17 online. Well informed presenters. Good collection of resources.:
 - *Moms Are Dying: Confronting the Maternal Mental Health Crisis Through Policy & Advocacy*
 - *Pause to Heal: A Public Education Program on Firearm Restraining Orders*
 - *Connected Care: How AI and Digital Innovations Are Transforming Mental Health Support for Families and Communities*
 - *Young Mental Health Leaders Panel and mPower Award Presentation.*
- Attended webinar *Deck the Halls to Prevent Falls* by Brianna Wilson. Discusses how to make your home safer for people with Dementia to prevent falls. Lots of good advice.
- Took 4-hour online course *Ready To Respond: Managing and Treating Suicide Risk* designed to teach practical, hands-on strategies to manage suicide risk in the clinic, the workplace, and at home. It involved exploration of proven intervention techniques, and discovery how to create a supportive, responsive environment for those at risk.
- Took 5-part webinar from the Spiritual Director Institute called *Psychedelics – Professional Consideration for Spiritual Companions*. Hallucinogenic plant medicines are becoming increasingly popular among spiritual seekers today. How to work with clients who have experience with psychedelics.
- Took a 3-part class *Spark Your Hat with Colour Challenge!* By Zsafia Marx. Explained how to make a felt hat in two colors, with a transition between them. Nov 2025.
- Took class *Inner Ethics – When Working with Non-Ordinary States*, from IMHU. Talked about important issues of ethics when working with people who have taken psychedelics. 11/26/2025.
- Took class *Research on Contact with Interdimensional Beings* offered by the Integrative Mental Health University. Discussed experiences with extraterrestrials and how to help people who have had them and need help integrating the experience. Dec. 28, 2025.

Healing

Spiritual Direction

I have four clients who I meet with online every month. Continued group Spiritual Director Supervision with Rev. Amy Beltaine.

Reaching Across

Continued compensation for quarter-time work.

Collegial Support

- On the MFT team for a colleague working towards full fellowship
- Supervisor for one Community Minister colleague in preliminary fellowship
- Intern committee chair for one colleague's internship

Encouragement Committee

I participate as a member of this committee.

Committee on Ministry

I was elected to be a member of this committee.

Priestly

- Led Worship at Livermore on September 7 on The Devine Feminine
- Led Worship at Palo Alto on October 12 on Mental Health
- Led Worship as part of ARO team at MPUUC on October 19 on "My Father's Name"
- Worship Associate on November 30 on Guest at Your Table.
- Worship Associate on December 19 on Christian Nationalism

Social Justice

UU Mental Health Network

President of the Board of the UU Mental Health Network. Resources on the website greatly improved.

UUA Accessibility Group

Continue as board secretary of the EqUUal Access organization.

UUA Addictions Ministry

I ended my participation in the UU Addictions Ministry

Self-Care

- Monthly meetings with my spiritual director.
- I am taking 3-4 days per month to do crafts.
- Beauty Diary, and daily meditation are helpful spiritual practices
- Keeping up my exercise by walking 4-5 miles 3 days a week. Longer runs once a week. And strength training two times a week.
- Continue as a member of a Dementia support group for caregivers

Books Read

Mental Health and Disability Books

- Fried, Stephen. *Rush: Madness and Benjamin Rush, the Visionary Doctor Who Became a Founding Father*, Crown, 2018. Rush, a doctor and signer of the Declaration of Independence, was a polymath who had many contributions in medicine, literature, and opponent of slavery. Her was a pioneer who reformed and revolutionized the treatment of people with mental illness. He was known as the founder of the organization that became the American Psychiatric Association. **Recommended.**

- Correa, Wendy B. *My Pretty Baby – Seeking Truth and Finding Healing, A Memoir*, She Writes Press, 2025. Wendy had a dysfunctional relationship with her family, always walking on eggshells around her alcoholic step-father. The book is her story of healing, trying many spiritual and other healing paths. When she discovers that her biological father wasn't the man married to her mother, she is able to meet her new-found half-sister and finally receives the feeling of belonging.
- Grinker, Roy Richard. *Nobody's Normal – How Culture Created the Stigma of Mental Illness*, W.W. Norton, 2021. Grinker argues that stigma is a social process that can be explained through cultural history, a process that began the moment we defined mental illness, that we learn from within our communities, and that we ultimately have the power to change. **Recommended.**

Anti-Racism Books

- Obama, Michelle. *The Light We Carry – Overcoming in Uncertain Times*, Crown, 2024. Michelle Obama gives us wisdom she received from her parents about how to live in uncertain times. Lots of details from her family life. Racism plays a role in many of the stories.
- Benjamin, Ruha. *Imagination – A Manifesto*, W.W. Norton, 2025. Benjamin calls on us to take imagination seriously as a site of struggle and a place of possibility for reshaping the future.
- Choi, Susan. *Flashlight*, Farrar, Straus, and Giroux, 2025. Louisa is a girl with a Korean father and American mother. Her father disappears when on a walk with her when they were visiting Japan. Much later, we learn that he was kidnapped by the North Koreans and endured many hardships there before he is able to escape. The story is about the brutality of the North Koreans, and the hardships of the mother and daughter who are set adrift and must find their way. Listed for the Booker Prize and the National Book Award.
- Berry, Kristen. *We Don't Talk About Carol*, Bantam, 2025. Sydney Singleton discovers that that she had an aunt named Carol who was one of the missing black girls from a Raleigh neighborhood in the 1960's. She does a lot of investigation and discovers what happened to the girls and results in the perpetrator being brought to justice. Very well told.

General Interest Books

- Francis, Eric. *Taken from Home: A Father, A Dark Secret, and a Brutal Murder*. St. Martin's Griffin, 2008. Michael Blagg's wife and daughter disappeared from home when he was at work. He made an effort to find them, until police start to suspect him of the disappearance. Ultimately, he was tried and found guilty of their murder, something he still contests.
- Atchison, David. I, *Super Hero*, Independently published, 2018. A man with a wife and two teenagers has superpowers that he uses to help keep his community safe. When he decides to retire and train his replacement, things go seriously awry. His two teenage children help save the day and become superheroes, themselves. **The author is a pseudonym of MPUUC member Brian Culp!**
- Engle, Ken. *Hot Blood – The Money, the Brach Heiress, and the Horse Murders*, St. Martin's Press, 1996. Heiress Helen Brach disappeared in 1977 after realizing that she had been swindled by Richard Bailey, who sold her some worthless horses. The book explores her disappearance, taking the stance that con-man Richard Bailey was behind her disappearance. The story uncovered a sordid story of horse killings to get insurance money.
- Morrison, Grant. *Supergods: What Masked Vigilantes, Miraculous Mutants, and a Sun God from Smallville Can Teach Us About Being Human*, Random House, 2012. Comic book author Grant Morrison does a tour-de-force about superheroes, their history, and the changes that they went through. His message is that these heroes are powerful archetypes who reflect and predict the course of human existence: Through them we tell the story of ourselves.
- Smith, Jessica Irena. *The Night of the Crash*, Headline, 2025. A woman wakes up in a hospital, not remembering the crash where she was injured. She learns that her mother has been murdered and her ne'er do well brother is suspected. She goes on a quest to find out what happened. She ultimately learns that she was the murderer.
- Smith, Ali. *Autumn*, Vintage, 2017. It revolves around a friendship between Daniel, a centenarian, and Elisabeth, born in 1984, and jumps between the past and the future arbitrarily. The book had excellent reviews and awards, but I didn't get into it.

- Prose, Nita. *The Maid's Secret*. A daring art heist on the eve of Molly-the-maid's wedding reveals long-buried secrets in her family.
- Heath, Chip and Heath, Dan. *Made to Stick – Why Some Ideas Survive and Others Die*, Random House 2007. Fascinating story of ideas that stick and explanation of ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. It explores the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick. **Highly Recommended.**
- Rule, Ann. *And Never Let Her Go – Thomas Capano the Deadly Seducer*, Simon and Schuster, 1999. Story of the murder of Ann Marie Fahey, a 30-year-old secretary who was having an affair with the much older married lawyer, Thomas Capano. When she tried to break it off, he killed her and was found guilty in a sensational trial. Ann Rule is a brilliant storyteller.
- Dunn, Holly. *Sole Survivor - The Inspiring True Story of Coming Face to Face with the Infamous Railroad Killer*, Diversion Books, 2017. Holly Dunn was beaten and raped, and her boyfriend was killed by a man who turned out to be a serial killer. The book follows her story as she struggles to heal and move on with her life, finally opening a center to help other victims.
- Patchett, Ann. *The Dutch House*, Harper, 2019. Finalist for Pulitzer Prize. Two siblings, Danny and Maeve, grow up in a large and beautiful house, but after their father dies, they are evicted by their step-mother. The story of the importance of sibling relationships, forgiveness, inheritance, poverty, and wealth. **Recommended.**
- Guadagni, Raymond A. *The Napa Murder of Anita Fagiani Andrews: A Cold Case That Caught a Serial Killer*, History Press, 2021. Anita Fagiani Andrews was murdered in 1974 in the family-owned cocktail lounge where she worked. The case went cold until a cold-case investigation processed DNA from the crime scene. Roy Melanson's DNA was left at this and other murders.
- Patchett, Ann. *State of Wonder*, Harper 2011. Marina Singh is a research scientist at a pharmaceutical institute. When one of her colleagues is reported to have died while following up on the progress of a field team based in Brazil, Marina is dispatched to the Amazon to uncover the truth of his death. A study in moral decisions, science, and sacrifice.
- Holsinger, Bruce. *Culpability*, Spiegel & Grau, 2025. A family of five is in an automobile accident that kills two others. Each of the family members thinks it is their fault. It is a study in the ethics of because the vehicle they were in was being automatically controlled by an AI algorithm developed by the mother of the family.
- Fagan, Kate. *The Three Lives of Cate Kay*, Atria Books, 2025. A novel written as a memoir of a best-selling writer who had previously remained anonymous. Her story as a schoolgirl with a best friend who is seriously injured in an accident, and as an anonymous writer who writes a bestseller, and finally decides to go home again.
- Penny, Louise. *The Grey Wolf*, Minotaur Books, 2024. Another mystery with Canadian detective Armand Gamache and cast of related characters from the village of Three Pines. This one involved a plot to poison the drinking water of Montreal. The bad guys were in Canadian government.

2024-2025 Development Plan

Area	Plans	Timeline	Measurement	Status
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Classes completed	Taking SKSM class
Attend GA in person or virtually	GA in June	June 2026	GA Attended online	
Attend Mental health seminars / conventions	Attend at least one local / state mental health event in next year	October 2025	Attended Conference	Mental Health America Online Conference
Mental Health Ministry	Discern next actions in support of mental health	Ongoing	Determine direction of UU Mental Health Ministry	
Racial Justice	Discern actions in support of racial justice	Ongoing	Meaningful actions taking place	Banned Book display in Library December 2025
Spiritual Direction	Create opportunities for Spiritual Direction practice and supervision	On-going		
Vacation	Attend Convergence weaving convention	July 2026		