

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

March 2026

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 from Alameda County for our organization will end on June 30.
- **UU Mental Health Network** – UUA President to speak at our Worship Service in May. Contacted many large UU congregations asking for them to publicize it and asking for a share-the-plate offering.
- **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 will have the title: *Beloved As We Are: Building a Congregational Culture of Disability Inclusion*. To be published by Skinner House Books, 2026. By GA it should either be published or available for pre-order.

Quarterly Ministerial Status Report Details

Education

- Attended a 3-hour class from the Chaplaincy Institute, *Spiritual Care for the Unhoused & Marginalized* taught by Rev. Charlotte Cramer, Feb 7, 2026. Excellent description of spiritual rights and spiritual care for marginalized people.
- Attended a 2-hour class *Sacred Threads: Learning to Lead; To Love; To Serve*. Presented by Doors to Wellbeing. By African American panelists Jonathan P. Edwards, Nyla Christian, Julius Rhodes. Speaking about leadership in the peer community. Feb 22, 2026.
- Attended online training *NO KINGS: Eyes on ICE: Document and Record*, from the ACLU. It taught how to record government actions, what is legal, what isn't, what your rights are. Excellent.

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. Funding from the County of Alameda will terminate at the end of June.

Collegial Support

- On the MFT team for a colleague who was just granted full fellowship
- Supervisor for one Community Minister colleague in preliminary fellowship
- Intern committee chair for one colleague's internship. This should finish this May.

Encouragement Committee

I participate as a member of this committee.

Committee on Ministry

I was elected to be a member of this committee.

Priestly

- Worship Associate on January 25 on Jesus and the Universalists had it Right
- Worship Associate on March 29 for guest preacher the intern from SFUU.

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.

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

- Burcaw, Shane. *Laughing at my Nightmare*, Roaring Brook Press, 2014. A memoir of a 21-year-old living with Spinal Muscular Atrophy (SMA) which causes muscles to progressively become weaker. Told with a very positive and hilarious sense of humor. A delightful read. (I looked him up online and he has now married and is 32 years old, still going strong.)
- Reid, Melissa Arnot. *Enough – Climbing Toward a True Self on Mount Everest*, Penguin Random House, 2025. Memoir of a life with trauma, finding a career in mountain climbing and guiding, including summiting Mount Everest 6 times, once without oxygen, and having a spiritual experience with the Green Tara. She comes to see that what she was seeking all along was inside her.
- LeFrancois, Brenda, Menzies, Robert and Reaume, Geoffrey, editors. *Mad Matters – A Critical Reader in Canadian Mad Studies*, Canadian Scholars Press, 2013. A reader for “Mad Studies” an emergent field of study. I wasn’t aware of this field of study before. Fascinating!

Anti-Racism Books

- Jackson, Jenn M. *Black Women Taught Us - An Intimate History of Black Feminism*, Random House 2024. The lessons and legacy Jackson learned from Black women writers and leaders: bell hooks, Harriet Jacobs, Ida B. Wells, the Combahee River Collective, Audre Lorde, Zora Neale Hurston, Ella Baker, Fannie Lou Hamer, Shirley Chisholm, and Angela Davis. Passionate and real.
- Forster, E.M. *A Passage to India*, 1924. The racial tensions between Indians and British in the Raj in India are played out in this story of a British young woman who falsely accuses an Indian doctor of assaulting her on an expedition. When the woman withdraws her accusation, the reactions of the Indians and the British are further strained. A classic in literary fiction, winning literary awards and made into more than one movie.
- Lamb, Wally. *We Are Water*, Harper 2013. Orion Oh is a mixed-race psychologist who marries Annie who hides her experience of being sexually traumatized as a young girl. They have 3 children, and later Annie divorces him to marry a woman art dealer. One of the central tragedies underlying the

story is the murder of an African American artist after he becomes friendly with a teenage girl. There is a hopeful theme of human resilience in the face of tragedy. **Recommended.**

- Boulley, Angeline. *Firekeeper's Daughter*, Henry Holt and Co. 2021. Award winning story of an 18-year-old girl whose father was a member of the Ojibwe tribe, and how she becomes involved in an investigation of a drug ring that is resulting in deaths of tribe members. Excellent! **Recommended.**

General Interest Books

- Graves, Robert. *Goodbye to All That*, 1929. An autobiography written in his thirties, the book is a classic memoir detailing his life, particularly his traumatic experiences as a young officer in World War I, and his experiences as a young poet and writer. Seen by some as a classic.
- Kawaguchi Toshikazu, translated from Japanese by Geoffrey Trousselot. *Before the Coffee Gets Cold*, Hanover Square Press, 2024. The novel takes place in a café where it is possible to travel to the past or the future for a brief time, before a cup of coffee gets cold. People return with a changed heart.
- Patchett, Ann. *Bel Canto*, Harper Perennial, 2001. Somewhere in South America a lavish birthday party is being held in honor of the powerful businessman Mr. Hosokawa. Roxanne Coss, opera's most revered soprano, has mesmerized the international guests with her singing. It is a perfect evening—until a band of gun-wielding terrorists takes the entire party hostage. The hostage drama lasts over 4 months, during which time a whole different universe unfolds inside the residence. Beautifully written, multiple award winning. I loved this book. **Highly Recommended.**
- Halpin, Brendan. *Donorboy*, Open Road Integrated Media, 2015. A lesbian couple is killed, and their daughter is placed with her biological father who she doesn't know. She rebels in many ways, and he tries very hard to support her. By the end of the book, they have come to appreciate each other. Received an Alex Award.
- Patchett, Ann. *The Patron Saint of Liars*, Harper Perennial, 1992. St. Elizabeth's, a home for unwed mothers. Rose Clinton, a beautiful, mysterious woman who comes to the home pregnant but not unwed and stays. Making a place for herself and her daughter at St. Elizabeth's. The themes of secrets, lies, and family are explored. Patchett's first novel.
- Evans, Patricia. *The Correspondent*, Crown, 2025. Hailed by many as one of the best books of 2025. The book is written all in letters to and from Sybil Van Antwerp over a period of 4 years. It celebrates the transformative power of the written word and the beauty of slowing down reconnecting with the people we love. We learn of the life, the work, the heartaches, grief and final humility that enter Sybil's life, and come to appreciate the good she does with small acts. **Recommended.**
- Napolitano, Ann. *Dear Edward*, Penguin Random House, 2020. There is a plane crash with only one survivor – a 12-year-old boy. He has lost his family and is taken in by his mother's sister's family. It is a story about how he copes with grief and how he puts his life back together. Touching.
- Rule, Ann. *The Want-Ad Killer*, Berkley, 1983. The Queen of True Crime tells the story of Harvey Louis Carignan who would place want-ads in the paper, and when young women answered them, he would try to kill them, succeeding many times.
- Oates, Joyce Carol. *We Were the Mulvaney's*, Plume 1997. Prosperous, respected family in upstate New York with two parents, three boys and a girl is well thought of. Then, the daughter is raped, and everything falls apart, leading to a tragic downfall, exile, bankruptcy, and alcoholism. Years later there is a reunion which brings remaining family members back together.
- Ishiguro, Kazuo. *Never Let Me Go*, Penguin Random House, 2005. Dystopian science fiction novel by Nobel prize winner set in an alternate England, that follows Kathy H. and her friends from their idyllic boarding school to realize their grim reality as clones raised for organ donation. The story explores themes of love, memory, and what it means to be human. **Recommended.**
- Waugh, Evelyn. *A Handful of Dust*, 1934. Satire of British society between the World Wars. It focuses on the breakup of a marriage in the London gentry, where the errant wife suffers from terminal boredom, and becomes enamored of a social parasite, and the husband embarks on an adventure where he becomes entrapped in the Brazilian jungle.
- Jackson, Holly. *Not Quite Dead Yet*, Bantam, 2025. A young woman is brutally attacked and nearly dies, learning that she has one week to live. She decides to solve her own murder with the help of a childhood friend. Engaging. Plot twists. **Enjoyable reading.**

- Nandi, Partha, M.D. *Heal Your Gut, Save Your Brain – The Five Pillars of Enhancing Your Gut and Optimizing Your Cognitive Health*, Mayo Clinic Press, 2024. A gastroenterologist tells the story of his brilliant father’s stroke, and what he has learned since about how it could have been prevented or made less severe with a diet to maximize healthy bacteria in his gut. He expands this with his five pillars of enhancing your gut: Nutrition, Movement, Purpose, Community, and Spirituality. He focuses on stroke, Alzheimer’s, and Parkinson’s disease. Some very yummy looking recipes are given.
- Benendt, John. *Midnight in the Garden of Good and Evil*, 30th Anniversary Edition, Random House, 1994, 2023. The story of a killing and 4 trials with an eventual acquittal in the background of Savannah, Georgia. Said to be written as a love letter to the city of Savannah. It is all that in its raunchy glory. Subsequently made into a movie.
- Preston, John. *The Dig*, Viking, 2007. The true story of an archaeological find which uncovers early Anglo-Saxon relics in a widow’s farm in Suffolk, England. It is now called the famed Sutton Hoo dig. Told from several points of view. Made into a movie.
- Patchett, Ann. *Truth and Beauty: A Friendship*, Harper Collins, 2004. The story of Ann Patchett’s friendship with the author and poet Lucy Grealy. They met in college and were roommates in graduate school. Lucy had endured many reconstructive surgeries after having cancer of the jaw as a young girl and wrote about her ordeal in the acclaimed book *Autobiography of a Face*. She was very needy and Ann was her steadfast friend, always there for her. Lucy died in 2002 of a heroin overdose.
- Ishiguro, Kazuo. *The Remains of the Day*, Vintage, 1988. A very proper butler from an English estate tells the story of his past in an effort to reassure himself that he has served humanity by serving the "great gentleman," Lord Darlington. But he has doubts about the true nature of Lord Darlington's "greatness," as he had urged England’s leaders to appease Hitler.
- Elmhirst, Sophie. *A Marriage at Sea – A True Story of Love, Obsession and Shipwreck*, Riverhead Books, 2025. In 1972 Maurice and Maralyn Bailey’s sailing voyage from England to New Zealand went very wrong when a whale sunk their sailboat in the Pacific Ocean. They managed to climb on their rubber raft and survive 117 days until they were rescued. A harrowing journey and test of a loving marriage.
- Fisher, Jerid M. *Upside Down: Madness, Murder, and the Perfect Marriage*, Pelican, 2013. RIT professor Timothy Wells murders his wife Christine Sevilla, because he doesn’t want to admit his business and personal failures and spoil their “perfect marriage.” They were members of the Rochester, NY UU church, and their interactions with ministers I know and the congregation are related.

2026 Development Plan

Area	Plans	Timeline	Measurement	Status
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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		