

Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

June 2026

Executive Summary

- **My quarter time job as Assistant Director of Life Reaching Across to Life has come to an end.** We saw our last clients at the end of May and cleared out the office in June. I am sad for our clients.
- **UU Mental Health Network** – UUA President and UU Director of Congregational Life spoke at our Worship Service in May. I'm very happy with their enthusiastic support.
- **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 titled *Beloved As We Are: Building a Congregational Culture of Disability Inclusion* that I co-wrote with Shelly Rohe has been published by Skinner House Books and is available for pre-order and will be available in July in 3 formats: paper-back, e-book and audio book. Gave several talks about it as part of General Assembly.

Quarterly Ministerial Status Report Details

Education

- Attended Peer Specialist Webinar “Supporting Team Member Mental Health and Engagement” led by Julius E. Rhodes, May 26, 2026. Sponsored by Doors to Wellbeing. The importance of working together as a team to deal with stress and burn-out.
- Attended a 1-hour training on the SHARES on suicide approach new harm reduction approach to suicide created by people who themselves have been suicidal, including one of the co-founders of the Alternatives to Suicide approach. Very interesting approach that puts much of standard focuses on suicide on its head.
- Attended Peer Specialist Webinar “Crossroads – Learning and Development meets Lived Experience” by Brissa Rubio and Kassandra Figueroa of the Peer and Family Career Academy. June 30 2026. Sponsored by Doors to Wellbeing. Core values: Lived Experience, Mutuality, Recovery Orientation, Self-Determination. Peer specialists sometime expected to behave like clinicians, funding problems.

Healing

Spiritual Direction

I have two 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

- Supervisor for one Community Minister colleague in preliminary fellowship
- Completed chairing an intern committee chair for one colleague's internship. This was completed in May

Encouragement Committee

I participate as a member of this committee.

Committee on Ministry

I was re-elected to be a member of this committee.

Priestly

- Worship Associate on May 17 on Mental Health
- As part of ARO, led worship on June 21 on being an ally, and the Juneteenth celebration after the service.
- With Rev. Greg Ward, led a class for Worship Associates on Finding Your Spiritual Voice.
- Attended Community Ministry Pre-Retreat. On May 17
- Attended General Assembly and spoke in two of the on-demand workshops.

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. See my latest: [Ruffle Scarf](#)
- 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

- Fancourt, Daisy. *Art Cure: The Science of How the Arts Save Lives*, Celedon Books, 2026. Fancourt, a scientist, shows that from cradle to grave, engaging in the arts has remarkable effects on our health and well-being. She goes into detail about music, dance, magic, artistic hobbies, going to museums and performances and more positively affects our mental and physical health. I love this book and believe its recommendations as I have seen the important role art has had in my life. **Highly recommended.**
- Price, Kate. *This Happened to Me – A Reckoning*, Gallery books, 2025. Price tells the story of growing up in Appalachia in a home where her father sexually abused and trafficked her and her sister when they were young. Her search to validate and understand her trauma and her determination to make a difference for other young girls now motivates her life.
- Eddy, Bill. *5 Types of People Who Can Ruin Your Life: Identifying and Dealing with Narcissists, Sociopaths, and Other High-Conflict Personalities*, Tarcher 2018. A guide to helping you escape negative relationships, build healthy connections, and safeguard your reputation and personal life in the process.

Anti-Racism Books

- Woo, Ilyon. *Master Slave Husband Wife: An Epic Journey from Slavery to Freedom*, Simon & Schuster, 2023. In 1848 a young, enslaved couple, Ellen and William Craft, posing as master and slave, they made their escape together taking them from bondage in Georgia to the free states of the North. The tale of their adventure made them celebrities. With the passage of the Fugitive Slave Act in 1850, and slave hunters on their trail, they were forced to flee to England. The tale of how they

outwitted the slave hunters with the help of many in Boston including Rev. Theodore Parker is harrowing. Well researched. **Recommended.**

- Lee, Min Jin. *Pachinko*, Grand Central Publishing, 2026. The book follows four generations of a Korean family. A poor daughter of a fisherman who has died young falls for a rich man who impregnates her and then tells her he is married. When she refuses his offer to become a kept mistress, she marries a minister and they move to Japan. The book tells of the discrimination that Koreans face in Japan, and of the love, sacrifice, ambition and loyalty they exhibit in their lives. **Recommended.**
- Powers, Richard. *The Time of Our Singing: A Novel*, Farrar, Straus and Giroux, 2003. In 1939 a black woman and a German refugee meet at the Marian Anderson concert on the Washington Mall and later marry and have 3 children, 2 boys and a girl. They try to raise their children beyond racial identity and joined by their very gifted musical talent singing classical music. The two boys create a musical career together, and the sister devotes herself to black community activism. The book follows them for many decades as they come to terms with their racial identity, always with music playing a leading role.
- Pride, Christine and Piazza, Jo. *We Are Not Like Them*, Atria Books, 2021. Two lifetime best friends, one a black reporter and one a white policeman's wife are thrown into a situation when the reporter covers the story of the policeman when he shoots a young black man. Told in alternating chapters by in the voices of the two women. One of the two authors is black and one is white. The story shows the complexity of interracial friendships, loyalty, heartbreak and authenticity.

General Interest Books

- Smith, Carlton. *Dying for Love*, St. Martin's Paperbacks, 2011. A tale of policeman Kevin Foley's murder of his girlfriend's husband John Yelenic.
- Stegner, Wallace. *Angle of Repose*, 1972. Pulitzer Prize winner in 1972. The tale of a retired professor investigating his grandmother's life to write her biography. She was an artist and writer and had many letters written by her of her life first from the literary east coast, and then from mining camps in the west where her husband was an engineer. Taken loosely from the life of the artist and writer Mary Hallock Foote. Some of Foote's letters are quoted in their entirety, causing a rift with Foote's heirs. **Recommended.**
- Patchett, Ann. *The Magician's Assistant*, Harcourt Brace, 1998. When the magician Parsifal dies, his young widow Sabine learns that he had a mother and sisters in Nebraska even though he had told her they died in an accident. After they visit her in California, she travels to Nebraska and visits them, discovering secrets that Parsival hadn't mentioned to her. She comes to know and love them.
- Patchett, Ann. *Commonwealth*, Harper, 2016. Two families are brought together when the father of one family falls in love with the mother of the other, causing a divorce and remarriage. The story follows the relationships between the children of both families over five decades.
- Patchett, Ann. *Run*, Harper, 2007. Two black brothers, Ted and Tip, adopted by the white mayor of Boston don't share his political aspirations. When their birth mother saves the life of Tip, the story, which takes place in just 24 hours, shows how worlds of privilege and poverty can coexist only blocks apart from each other.
- Stegner, Wallace. *Spectator Bird*, Doubleday, 1976. Joe Allston, a retired literary agent, who lives with his wife Ruth, comes upon journals that he wrote 20 years before while they went on a trip to his mother's birthplace in Denmark, and reads them to his wife. The narrative alternates between their present-day retirement and the past trip, exploring themes of aging, regret, memory, and the complexities of family and marriage, particularly through their encounter with a Danish countess. Received the National Book Award in 1976.
- Williams, Rachel DeLoache. *My Friend Anna: The True Story of a Fake Heiress*, Gallery Books, 2019. Rachel meets Anna Delvey who claims to be a wealthy German heiress. Rachel is conned out of \$62,000 with Anna promising to pay her back but never does. She learns that Anna has left a trail of unpaid bills and deception throughout New York City. Eventually Anna is convicted and serves a prison sentence.
- Patchett, Ann. *Tom Lake*, Harper, 2023. A mother, Lara, tells her three daughters the story of her youthful romance with a famous actor, Peter Duke, during a summer stock production of *Our Town* at

a theater called Tom Lake. Exploration of different aspects of love. Slow moving, and beautifully written.

- Kenney, John. *I see You've Called in Dead*, Zibby Publishing, 2025. When obituary writer Bud Stanley drunkenly publishes his own obituary, his employer can't fire him, forcing him to re-evaluate his life while attending the wakes of strangers to learn how to live again. Very funny and serious at the same time.
- History Nerds. *The History of the Vikings*, AM Publishing, 2024. Traces the Vikings and their history of longship building, seafaring raids and exploration in the Middle Ages. They came from Denmark, southern Norway and Sweden, and invaded, plundered, destroyed civilizations in what is now Scotland, Ireland, England, France, Spain, the shores of the Baltic, and even down to the Caspian Sea and Byzantium. Their fierce pagan religion was overtaken by Christianity which was primarily forced on the populace by their rulers for political reasons. I learned a lot.
- Patchett, Ann. *Whistler – A Novel*, Harper, 2026. Another masterpiece by Ann Patchett. Daphne Fuller runs into her long ago beloved step-father Eddie Triplett who she hadn't seen since she was 9 years old. This starts an adventure of re-engaging with him that is deeply meaningful for both of them. A story that runs through the book from when Eddie and Daphne were in an automobile accident in a snowstorm and Daphne was able to climb out and get help for both of them. Subthemes are homosexuality, satisfying careers, family relationships. Patchett is a wonderful story teller.

2026 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	Not yet done.
Attend GA in person or virtually	GA in June	June 2026	GA Attended online	Done, giving 2 workshops.
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	New board members are effective leaders.
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		Have 2-4 clients. Supervision is very valuable.
Vacation	Attend Convergence weaving convention	July 2026		Will not attend due to Tom's condition.