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Unitarian Universalist Association.

Reverend Barbara F. Myers.

[Live Captioner Standing by]

>>>: How are y'all?

>>>: Good.

>>>: Good. The other interpreter should be joining in any second.

>>>: This is Stephanie, the sign language interpreter.

>>>: I was emailing the company because I thought normally y'all were here sooner and I was afraid it had gotten canceled.

>>>: I'm sorry.

>>>: If you're here early-- that's great.

>>>: I'm doing a song today.

>>>: I know you are much more advanced in this--a friend of mine runs a deaf non-profit to support deaf folks. And teaches ASL like every level of it at the University of Missouri. One of the -- like the final in ASL one, which I'm working at so hard, very basic. Okay. That is, they have to do a song. They have to be able to be so expressive.

>>>: That's hard for ASL.

>>>: They are practicing with me. It's been so hard, I'm excited that you are going to do that.

>>>: For ASL one, that does seem quite the change in ASL one -- they don't know much.

>>>: Maybe it's a little song.

>>>: There you go.

>>>: Maybe like a fun little song. Mandy does a lot of concerts; she did a concert this weekend. She rocked it, I'm sure. I don't know where she is. Let me message her, we were told to log on at 10:45 central.

Please standby for the event to begin shortly.

>>>: Here's Mandy. The only thing that's off script is Barbara's part. We're good.

>>>: All right.

>>>: Okey Dokey. There is Mandy, whose name says Gretchen. I had to change mine, too. Oh, shoot, I'm not Gretchen, I'm Stephanie.

>>>: Mandy, this is Stephanie, do we need to be made co-hosts?

>>>: Wendy, if you want to spotlight us both, that's okay, we don't have to be co-host -- if you want to make us co-host.

>>>: Well. If I make you co-host you will get -- chat feed. It's not a big deal. I will spotlight both of you so you don't have to spotlight you turn your camera on and off you can do that as just a participant. It's your preference in terms of -- happy to do that either way.

>>>: Do we need to be able to chat?

>>>: If you can make us co-hosts -- in case something happens.

>>>: Yes, I can do that.

>>>: I want to go get some sweater and stuff, and I will be right back.

>>>: Okay.

Mandy-- you did a concert this weekend.

>>>: I didn't say -- in case it was confidential.

>>>: That's okay. It's public, it was Justin Timberlake.

>>>: I'm sure she did absolutely amazing because she's a rock star.

>>>: I bet that's high energy.

>>>: Yeah, it was very great -- but practicing then that night really hard -- how late they go then having to come down after, it's like working an overnight shift it's difficult. Please standby for the event to begin shortly.

>>>: Can you hear me?

>>>: Yes.

>>>: Yes.

>>>: Good.

>>>: You're still centered. And your face is the upper half of your screen, even though you wiggled. We're at 11:58 -- do you want to start? We have one person in the waiting room.

>>>: Let's wait two minutes.

>>>: Okay.

>>>: Thanks.

>>>: We can do that.

>>>: Okay I will set up the share slides. Admit and start the music.

>>>: All right. [MUSIC]

You Gotta Be by Des'ree(lyrics)

Listen as your day unfolds

Challenge what the future holds

Try and keep your head up to the sky

Lovers, they may cause you tears

Go ahead, release your fears

Stand up and be counted
Don't be ashamed to cry
You gotta be
You gotta be bad, you gotta be bold, you gotta
be wiser
You gotta be hard, you gotta be tough, you
gotta be stronger
You gotta be cool, you gotta be calm, you gotta
stay together
All I know, all I know, love will save the day
Herald what your mother said
Read the books your father read
Try to solve the puzzles in your own sweet time
Some may have more cash than you
Others take a different view
My oh my, eh, eh, eh
You gotta be bad, you gotta be bold, you gotta
be wiser
You gotta be hard, you gotta be tough, you
gotta be stronger
You gotta be cool, you gotta be calm, you gotta
stay together
All I know, all I know, love will save the day
Time asks no questions, it goes on without you
Leaving you behind if you can't stand the pace
The world keeps on spinning
Can't stop it if you tried to
The best part is danger staring you in the
face, oh
Remember, listen as your day unfolds

Challenge what the future holds
Try and keep your head up to the sky
Lovers, they may cause you tears
Go ahead release your fears
My oh my, eh, eh, eh
You gotta be bad, you gotta be bold, you gotta
be wiser
You gotta be hard, you gotta be tough, you
gotta be stronger
You gotta be cool, you gotta be calm, you gotta
stay together
All I know, all I know, love will save the day
Yeah, yeah, yeah
You gotta be bad, you gotta be bold, you gotta
be wiser
You gotta be hard, you gotta be tough, you
gotta be stronger
You gotta be cool, you gotta be calm, you gotta
stay together
All I know, all I know, love will save the day
Yeah-yeah
Got to be bold
Got to be bad
Got to be wise
Do what others say
Got to be hard
Not too too hard
All I know is love will save the day
You gotta be bad, you gotta be bold, you gotta
be wiser

You gotta be hard, you gotta be tough, you
gotta be stronger

You gotta be cool, you gotta be calm, you gotta
stay together.

>>>: [MUSIC]

You gotta be bad, you gotta be bold, you gotta
be wiser

You gotta be hard, you gotta be tough, you
gotta be stronger

You gotta be cool, you gotta be calm, you gotta
stay together

Hi and welcome!

I'm Gretchen Maune, she/they,
and I'm the UUA's Accessibility Resources
Coordinator,

Zooming in from Columbia, Missouri.

I'm a white, elder-millennial, with short,
blue-streaked brown hair, and I'm wearing a black and white herringbone blazer over
a black turtleneck.

To increase accessibility, we have employed
both CART and ASL,
and we will be describing visual elements.

If you have any access needs that aren't being
met, please direct them to Wendy Weirick.

The meeting is being recorded for use
as an accessibility resource.

And the recording and transcript will be
emailed out in the coming days.

A final note,
please know that it is always OK.

to turn off your camera and/or
leave the meeting space at any time.
It's also OK to show up however you are able:
this includes lying down, moving around,
and more. However
you show up,
whoever you are, you are beloved and welcome
here!

I will light our chalice with these words from
Megan Devine:

“There is pain in this world that you can't be
cheered out of.

You don't need solutions.

You don't need to move on from your grief.

You need someone to see your grief, to
acknowledge it... Some things cannot be fixed.
They can only be carried.”

Our chalice is now lit. Next, we're going to
share a song

“I'm gonna walk it with you,” by Brian Claflin
and Ellie Grace

The video shows two people singing who appear
to be a man and a woman standing in a bare
room with archways. The bald man wears a dark
blue button-up shirt. The woman has bobbed

hair, and wears glasses and a purple shirt.[MUSIC] I have a heavy load, where I can
carry some too, I will lift you up when they push you down, I will raise my voice and
stand my ground, where looks like it might be a hard road, but I will walk you with
you. And it looks like it might be a long night but I ain't going nowhere. And I
know it's going to be a hard fight but I will stay right here I will shine a light in the

darkest hours I will face the man in the tallest tower, well it looks like it might be a long night, I ain't going nowhere I will work I will fight I will strive in the name of love, I will speak, and I will shout, and I will sing it to the skies above.

Well, it looks like it might be a perilous time, but I will follow your lead. And I know it might be a long time, until we are free, but I will hold on tight stay by your side, and I will be with you, for this whole damn night well it looks like it might be a perilous time, but I will follow your lead. Well, it looks like it might be a hard road, but I am going to walk it with you. And even though you might have a heavy load, but I can carry some too, I will lift you up when they push down, I will raise my voice and stand by ground, well it looks like it might be a hard road, but I am to walk it with you, that's right, I am going to walk you with you, and I am walk it with you. I will walk, I will climb, shine the light and the whole night through. Because it looks like it might be a hard road, but I'm to walk it with you. (song from video)

This is Gretchen, and

I am happy to welcome you to our

November Uplift Access Resource Webinar of 2024.

These monthly lunchtime learning sessions

Provide lay leaders and religious professionals

An opportunity to learn about an array of topics

Regarding accessibility, inclusion, and

Disability justice, and how

To apply the information to their work within

Unitarian Universalism.

As Unitarian Universalists,

We affirm the inherent worth and dignity of all

People,

But we don't always know what that

Looks like in action.

We are called to

Dismantle forms of oppression in ourselves and

Our
Institutions, but we don't always know how.
Through presentations on accessible practices,
Dismantling systemic ableism, and by
Highlighting the disabled UU experience, we
Aspire to
Equip you with the knowledge and tools to
Live these values out
Loud, when it comes to our disabled siblings.
This month, we are focusing on emotional or
Mental health disabilities
And I am thrilled to be joined today by my
Friend, the Reverend Barbara F. Meyers.
Barbara (she/her) is a Unitarian Universalist
Community minister with a mental health
Ministry
Based in Fremont, California. She is assistant
Director of the Life Reaching Across to Life
Peer
Support center, the author of a mental health
Curriculum for congregations, the book "Held –
Showing Up for each Other's Mental Health"
Skinner House Books, 2020, and an editor of the
Book Emotional CPR – Assisting People Through
Emotional Distress National Empowerment
Center, 2024. She is the President of the
Unitarian Universalist Mental Health Network.
She served on the UUA's Accessibility Committee
Beginning in 2005, and was active in the
Creation of EqUUal Access. She served on the

UUMA's Task Force on Disability in 2017-2018.

She was active in the creation of the AIM

Program to make congregations accessible and

Inclusive of disability. Great deal. I am sure she's done more that I didn't list.

Welcome Barbara and thank you for taking some time to be here with us today.

>>>: Self-description -- elder with white hair, I'm wearing a maroon jacket with a gray collar. And I have glasses. I am coming to you from my home office in Fremont, California.

>>>: Thank you for that. I would love to start by asking, how you got started in the mental health ministry?

>>>: My vocation is largely motivated by my own personal experience with mental health crisis, which I had as postpartum depression, when my daughter was born in 1978. That's how long I have been living with this. And I have -- had been working as a software engineer. And eventually my -- as I recovered from my mental health difficulty, I started questioning whether this really the career -- I was meant to be in. Eventually, ended up changing my career. After spending 25 years as a computer software engineer, I retired and went to the seminary, with the intention of becoming a mental health community minister. And I graduated in 2004, so I have been doing this now for 20 years.

>>>: It's such an interesting journey. And it's so cool. Can you tell me about your role with the UU mental health network and how you became involved with them?

>>>: Okay. As I said, my mental health ministry started in 2004. There was a mental health caucus part of equal access that started in 2007, and sustained -- did some activities, but it was not the same actively after 2012. In 2018, several people independently contacted me about doing something in the denomination for mental health. We decided to have meals together and figure out what that might be. We decided we would start a non-profit which we did in 2019. Bylaws status with the IRS 501C relating an organization with UUA. We are listed on the website--we started having board meetings with a board of seven members starting in September of 2019. And the mission we decided on was to empower the beloved community

honoring each individual's unique mental health journey towards wellness.

Because we realized that some things that work for some people don't work for others. The human brain is very complex -- a lot of different things can come into play. We envisioned a world for the beloved where all members feel welcome and held in love and engage with respectful curiosity to understand modes of stress and authentic and fearless sharing about mental health.

We have done GA workshops at general assembly for GA since 2021. And currently have a mailing list of 200 people.

>>>: Wow. That is amazing. I realize you are not just someone who became the President, you helped organizations in this, you're a community organizer.

>>>: Yeah.

>>>: It's my understanding that UU and MN have different projects.

>>>: We have four different project areas. And the first I will talk about is education. And then, the goal of that is to teach congregations about mental health so they can be more supportive to their people. And, what we've done so far is -- you mentioned one book that I wrote, Held, which is published by Clearinghouse in 2020. And, the idea that book has been used as a book read for many congregations -- that was a book that I just, this year was published by the national empowerment center, emotional CPR to sustain people with emotional distress, and that one is just, actually being -- big push to have a -- book unveiling right now. So, this is quite new. We have a book read that's scheduled in January for a book. We have a bunch of resources for congregation on our website, including a tool kit for children's mental health that was developed by several DRE's. What we want to do, beyond this, is to have more books specifically on disability justice that away way there is a professional underway for that, and other topics. And have more things of the idea is maybe having a book read every quarter or something like that with other mental health books, of course having more resources for congregation, maybe webinars or, something like that for congregations. And maybe if we have sharing stories, and that kind of thing, that congregation might need. The second area project area that we have identified is worship. And what we have done is many

worship services and congregation I get invited some of the other members get invite to worship services. And we have a yearly online mental health service. During May which is mental health month. And we have -- number of mental health entries on the UU worship web, so people can get those with a number of things, there is a sermon library that I have on my own website. We want to do, beyond this, is maybe have a speaker's bureau or, publishing a guide for worship for congregation that are thinking about doing worship on mental health issues. The third area that I want to talk about support groups. And what we have done so far is, there has been one group that met this, this past year it was a grief group. We intend to offer that again this year. And, the book read that I mentioned, we have some resources we want to do more aligned group with different kinds of mental health related issues we have maybe advice on people can run their own local support groups in their congregation. Of course, having more resources of support in this area.

The last area that I want to talk about is social justice. What we have done is local demonstration at prisons, we have encouraged our members to join the CLS prison ministry pen pal program because we know that people that are in prison, it's really not the a place to recover from mental health issues there are many people like maybe 40% of the prisoners have mental health issues. So, writing to them would be one way to help address that. We want to do a lot more, there are many different issues that people can engage in--decarcerating, eliminating solitaire, doing something to address the scarcity of mental health resources. And some of the things, the cost that is -- so, there are lots of things that we can do for social justice. There is never ending set of topics. So, what can you do, other people that are watching? You can help us make this happen. We need volunteers and, on our website, there is a way to sign up and tell us what you are interested in working on. And it would be really great to have, have a bunch of people join us.

>>>: Barbara, would you want to show the website, and show where people can sign up?

>>>: Yes, I would like to do that. Let me see if I can share this. Okay. This is the homepage on the website. I'm showing the homepage it's called UU mental

health.org it's homepage. And I am going to click on the resources tab here because there are a number of different types of resources that are listed. And I am going to just click on resources here. And what comes up is a listing of the kinds of resources that we have listed.

So, we have general adult services, if you click on that, you can find out, bunch of different kinds of mental health issues, resources. And in each of these, like in -- I will click on one of them. Related to trauma, we have a list of personal stories and book resources and special section here for racial trauma, religious trauma, sexual trauma. And then, a list of a bunch of online resources as well. So, all of these are list under trauma. Each of these areas, under this one for mood, for being anxious, for different reality and related to grief, for obsessions. For long-term maladaptive behavior, being, a family member or a friend, eating problems, suicide and substance abuse, we have all of those areas that are listed. Let me go back to -- we have spirituality, and mental health, they are related, and some bunch of video resources, different -- people that -- things -- a lot of them are videos that I made. In my ministry. We have number of resources in Spanish. There is a tool kit for children and youth I mentioned that was developed by some DRE's that we had, just click on that. It shows different kinds of resources for children. In worship and religious education. Parents and families, specifically. How to work with youth. And special section on LBGTQ+ people and youth, because we know that's a specific focused area that's problematic. We have a listing of mental health trainings and a way, guide for how to find a therapist. Then a link to a whole bunch of other resources and tool kits that you can have.

So, the -- that was put together by number of DRE's and we're very happy about that. Then, let's see, in the middle of all of these different resources, that one can access there is a listing self-care. So, number of resources for how to -- book resources on that were listed for how to care for oneself. Then just a list of -- here's some suggestions that are -- this have been helpful to people on how they can deal with their mental health issues. And then, also a listing here for friends and family, about kinds of things they can do to care. Care for their loved one and for themselves as

well. That is -- that is, the set here. We do have -- let me -- let me -- click on this resource that we have. Number of BIPoC related resources. And then, also some clicking on the BIPoC related resources and trauma mood. And anxiety. And the various things that had to do with BIPoC. And then click on LGBTQ+ resources and, there are, list here number of organizations and books and books and publications specifically deal with mental health for LGBTQ+. So, that's a list of all of the resources that we have so far. And, of course, if we find something new that needs to be added, we are always open to that. So I will stop my sharing of the screen now.

>>>: No. Thank you so much. There is -- I have navigated to that page very briefly in the past and I have no idea there were that many resources in that variety. You've touched on this a bit, but I would really love to hear more -- how can our congregation be supportive and inclusive of the members and their guests with mental health disabilities?

>>>: Well, there is a lot of that I mentioned in my book, held. It's good for congregational reads, kinds of things that are mentioned, I will look here. Giving first of all, learning about mental health and mental wellness and mental illness, what is it that -- the consist of, and what is that, that's important spirituality to people about mental health issues. And there are, it's not only emotional crises, for many cases it's a spiritual crisis, certainly was in my situation. So, just understanding that. Also, one-on-one support. What that means is being present to someone and not being, not telling them what to do or giving any advice, but just being there and showing them that you care, it means a lot. I have learned that in many ways in my ministry, just my presence of being a caring person, being something that's been healing to individuals.

Active listening in the book there was a bunch of tips on how to do active listening with people. And, way of showing empathy about, trying to see how it would feel to have that kind of an issue. Having somebody really understand, you know that you are there with them. And giving hope, hope is really the starting place for recovery. It wasn't in my case most other people cases somehow they got the idea that -- I will

not be stuck in this terrible place forever, there is hope that I might recover, when somebody gave me that hope, it was a peer that was the start of my recovery. Those are the things -- the basic things. And addressing the issue from the pulpit, and maybe having a book read or something like that in your congregation, can go a long way.

I guess I will refer you to my book, right, with the details. But it's good to have that. >>>: Well one thing that I really liked, I have only just checked out some of the very beginning of your book, held. For anyone who is cures about formats beside being a book from peer house I have a kindle version that I can read with my screen reader on my iPhone, but it mentioned, that, as congregation we frequently, will when someone is in the hospital or ill or, or going through -- um -- or maybe there is a new birth or death in the family in your church there will be a meal train started and things. But there are times when someone is in the there is a family with a mental health crisis in the family, someone is maybe doing inpatient for that. Or something that, it is there won't be a meal train started and things. I think the book Held, talked about that, want to go change the narrative object that.

>>>: It's called the "no casserole" disease. Nobody brings casseroles to your house if you have somebody in the psychiatric ward. That's not true, in every congregation, of course I talked to a number of them where they do that. Some of it is actually might be -- people don't know about it, because nobody mentioned that to them, because it's -- there is a stigma, it's getting better, but still a stigma about mental health and some people don't want to know there is somebody in their family that has the problem, nobody knows to bring them a casserole to their home. But you know, there was, time that my church the book talked about how somebody who has a daughter in the mental health ward, visiting them, and they were asked to bring a casserole to someone else house because they are having a member in the family, after they, tried to help out, they thought wait a minute. Nobody brought a casserole to our house--we have somebody here in the hospital. When I'm speaking to congregations, I tell them about that, and I say, if you get anything out of the sermon that I'm telling you today this no casserole business needs to stop.

[LAUGHTER]. You need to -- respond with, family who is dealing with this kind of situation or individual dealing with the situation. Just like you would for any kind of difficulty.

>>>: Yeah. It's a real -- we don't treat mental health, mental illness as it's not as balanced as physical illness. When it's just as valid I'm glad say it's the stigma getting better, I thought I was noticing that. I still think we have a way to go. But -- what would you say are some ways, we're in some extra difficult times in our country right now. I guess I wanted to ask what are some ways that you think we can kind of practice care for ourselves and for others close to us -- with everything going on in politics in the news right now in the winter coming up and yeah.

>>>: Right. Well, first, it had to do with self-care. Finding something that's healthy for self-care, eating healthy food. Little or no caffeine or alcohol. Gretchen is smiling.

>>>: I drink a lot of coffee.

[LAUGHTER]

>>>: Yeah. And, -- getting enough rest. Getting exercise. And setting boundaries on your time. Which means things like limiting exposure to anxiety and producing situations like social media or news. And realizing that well there is so much that needs to be done in the world, you can't do it all. If you try to spread yourself over ten different organizations to help them out, you will end up getting burned out and not getting much done. So there are -- things that -- good advice that I got in -- after the 2016 election. That is, to pick one or two efforts to be an active member or -- involvement, involved with, and donate to the other ones that you think are necessary, because you know you will be giving them resources but you will be spending most of your time on the ones that you think you can make the most difference with. Engagement with your spiritual practice. If you don't have one, you should try to develop or at least acknowledge that some of the things that you are doing are a spiritual practice. Kinds of things that people normally identify or meditation or prayer or mindfulness. But also, it can also be, activities like--my own particular case is --I'm a weaver and weaving is a spiritual practice for me, it's

creative and it gives joy. At least to me it gives joy.

Number of other things that one can do that, that can engage in being with install children sometimes can be a spiritual practice. If you think you need help, seek help. From either a professional psychotherapy, therapist or, peer support group of some support, many communities have peer support groups. Then take a look at some of the self-care resources that are on our website. See if there are any of those that might be helpful to you.

>>>: Yeah.

>>>: If in Thanksgiving, if you are concerned about interacting with people who voted differently from you, realize that no good comes from heated political arguments at the dinner table. If there are things that people have said respond with curiosity or empathy. If that's not possible, set a boundary say something like, it's best for our relationship if we don't talk about politics. Or let's move on. Something like that. Having a some sort of back up activity that's ready, sports, games, something that people can engage with. And if it's, if this is going to be way too much stress for you, then just don't attempt. Tell the people that invited you I need time to in wind. Don't put yourself in that kind of thing, if there is a real serious problem, there are immediate resources, suicide crisis line, 988 and veteran can get support, have specific training for veterans. For LGBTQ+, people, the Trevor project is confidential crisis support it saved many lives, very important. For substance abuse issues, alcohol, anonymous, alcoholic anonymous narcotics anonymous, or the substance abuse and mental health services the government has a quite -- extensive website with substance abuse resources on it. So, hopefully that some of the things are enough to help you get started.

>>>: Yeah. That's -- an amazing amount of resources, and I think good advice for all of us whether we, we have folks that live with emotional or mental disabilities or folks that are dealing with those for the first time or might be with everything going on.

>>>: Right.

>>>: Is there, we're going to before we --

Have a short musical break then open it up to questions and comments. Do you have any final thoughts?

>>>: Yes, I want to tell you about some upcoming events in the mental health network. The book read that we have, is on January 12th, at 3:00 p.m. Pacific, 6:00 p.m. Eastern, we're reading a book, in Agness be jacket a psychologist search for the meaning of madness, by John Feinstein, that talks about the importance of getting peer support. I am a big believer in peer support. I work in a peer support organization. And I'm – a licensed peer support, I guess, certified peer support specialist. In May, we have an online worship service that you can look out for. Then we will be offering a group that's going to be starting sometime after the first of the year. You can check are check that out on our website.

>>>: Thank you so much. I look forward to checking those out and I hope some of the those in the audience today will check them out as well. This, as I said, after this short musical break to kind of give us a stretch. We'll move into some questions and comments from the audience. This next song we'll be sharing.

“Come, Sing a Song with Me,” From "Singing the Living Tradition"

Words and Music - Carolyn McDade

Brian Kenny, Alena Hemingway, and the KUUF Choir.

(Video shows several different garden views with insects and colorful flowers, and a bench.)

Enjoy.

[MUSIC].

Lyrics:

Come, sing a song with me,
come, sing a song with me,
come, sing a song with me,
that I might know your mind.

And I'll bring you hope
when hope is hard to find,
and I'll bring a song of love
and a rose in the wintertime.
Come, dream a dream with me,
come, dream a dream with me,
come, dream a dream with me,
that I might know your mind.
And I'll bring you hope
when hope is hard to find,
and I'll bring a song of love
and a rose in the wintertime.
Come, walk in rain with me,
come, walk in rain with me,
come, walk in rain with me,
that I might know your mind.
And I'll bring you hope
when hope is hard to find,
and I'll bring a song of love
and a rose in the wintertime.
Come, dream a dream with me,
come, dream a dream with me,
come, dream a dream with me,
that I might know your mind.
Come, share a rose with me,
come, share a rose with me,
come, share a rose with me,
that I might know your mind.
And I'll bring you hope
when hope is hard to find,

and I'll bring a song of love
and a rose in the wintertime.

[APPLAUSE] (end of song).

>>>: Gretchen you're muted.

>>>: Am I unmuted now?

>>>: Yes.

>>>: Excellent. What I was trying to let you know that we will move into a time for questions and from the audience, please for Reverend Barbara or anyone has comments or would like to share anything, feel free to write your question or comments in the chat, Wendy can read that out loud or you can raise your hand to be called on or, by either going into the reaction menu or if you were me, under the "reaction" button or by simply typing alt+Y.

>>>: All right. I have added the key as the spotlight.

>>>: Yes.

>>>: So, two things that I wanted to -- talk about and share one. One is that I am now trying to form and am a little bit behind where I would like to be in creating an accessibility ministry at our church. First U and I have appreciated all the materials and I'm trying to find our way forward to make this work. So, it's delightful to have this type of opportunity to hear you speak. I appreciate the uplift newsletter those kinds of resources thank you very much.

My personal situation is that I am a mother of 26-year-old-young woman who not officially, has a borderline personality disorder as well as some other issues. It's been difficult for me to get really the full kind of support I would hope from within my church, just it's such a difficult situation to deal with.

So, I am now a leader within the family connection program for national educational reliance for borderline personality disorders. It's an amazing program. NAMI has familiar, supported classes to help people. I think Barbara this would be wonderful to include those kinds of resources so there are like-minded people that get together and able to provide the mutual support that -- specialized.

>>>: Thank you very much that's great. I will look that up and -- we have NAMI resources list on our website. But I have not heard about the -- NEA -- family connect.

>>>: So, it is research based. It is, it draws primarily on dialectal behavior theory, offers a free 12 week class led by family members and therapist, there is also a partnering, not always a therapist, those of you that do lead go through training have a certain amount of background in order to be able to lead these classes there is a fixed curriculum that we're expected to follow fairly closely, so we are not bringing in random things. It continues the support through an alumni group, I'm a coleader of a book club where we look at different books related to, some memoirs and how to, that type of thing, so it's a wonderful resource that I think, would be nice to include in your repertoire that you offer on the website.

>>>: Thank you very much. That's terrific, there is a book that I read recently, and, probably on your list, I think it's just the name, borderline. And it was written by a guy that uses -- psychotherapist, talked about treating people, specializing in that particular disorder. And, how he treats in a different way than -- standardly treated. And talks about that. So, thank you. Okay. Thank you very much. This is exactly the kind of thing I was hoping to find here. So thank you.

>>>: Good. Thank you.

>>>: Thank you.

>>>: Someone else wants to share or ask a question?

>>>: Cameron has raised a hand.

>>>: Wonderful.

>>>: Hi.

>>>: Thank you so much for this topic, everyone. AMRIN that we are in a difficult political moment right now it's hitting everyone really hard, I'm thinking about, in this moment how both right winning tax on our bodily autonomy and the progressive efforts to defend it can often rely on ableism and able list narratives for example the really harmful argument from white Christian nationalist like transpeople don't need or aren't deserving of gender affirming care, they need mental health treatment, this

for transpeople to begin with, which plays into the belief that disabled people, especially people with mental health issues can't be trusted to make decisions. They are not deserving of their personal freedom. I often hear people who are well-intentioned trying to counter this, transpeople aren't mental ill, they should be taken seriously and be given care, what about our community members who are multi-marginalized who are dealing with both transphobia and ableism, so, I am wondering, how can we do better to defend everyone's humanity without treating disabled people like they are an acceptable sacrifice?

>>>: What a good way you want to say something?

>>>: I think I'm, it's this is such a hot topic, so glad that you brought that up, what it made me think of everything that you said is so real. But while I have been trying to spend less time on social media lately, having people especially around time of the even still now, well meaning, leftist saying things like that the people from the right that are anti-bodily autonomy are I apologize in advance about our unhinged or crazy. Or statements like that.

So, on that side as well, what I really appreciate is when I see people online, anti-ableist and people are calling that out. Saying hey, we can say these people are pretty awful or doing pretty awful without using ableist language.

>>>: Thank you, Gretchen. That's a really good -- I wish I had a better answer for it than that. A lot of it is going to be, you know, just, grass-roots work. Making sure that when there is something that's -- some attack has come, but we're ready to make a response.

>>>: AMRIN has a heart on there.

>>>: Definitely a topic that I think we could talk a lot more about in the future.

>>>: Yes.

>>>: I feel very lucky with my position at the UUA, I'm on the team the same small office as our trans-justice associate. And LBGTQ+ issues as well. So, we've been talking more about how to make more of our work intersectional, her comment made me think of that more, any other comments or questions on this? Or thoughts?

>>>: All is quiet.

>>>: Well. That's okay. I think then --
That we will move into the closing.
Thank you so much
for engaging in this work of love
and radical welcome with us
today and in days to come.
I will leave you with these words from Rev.

Wayne Arnason:

Take courage friends.
The way is often hard, the path is never clear,
and the stakes are very high.
Take courage.
For deep down, there is another truth:
you are not alone.

Our closing song is "It's ok not to be ok," by
Demi Lovato and Marshmello

The video shows the song's lyrics over a static
background of trees and a mountain against an
orange sunset.

Enjoy. [MUSIC]

Lyrics

Feeling like a drop in the ocean
That don't nobody notice
Maybe it's all just in your head
Feeling like you're trapped in your own skin
And now your body's frozen
Broken down, you've got nothing left
When you're high on emotion
And you're losing your focus
And you feel too exhausted to pray

Don't get lost in the moment
Or give up when you're closest
All you need is somebody to say
It's okay not to be okay
It's okay not to be okay
When you're down and you feel ashamed
It's okay not to be okay
Feeling like your life's an illusion
And lately, you're secluded
Thinking you'll never get your chance
Feeling like you got no solution
It's only 'cause you're human
No control, it's out of your hands
When you're high on emotion
And you're losing your focus
And you feel too exhausted to pray
Don't get lost in the moment
Or give up when you're closest
All you need is somebody to say
It's okay not to be okay
It's okay not to be okay
When you're down and you feel ashamed
It's okay not to be okay
When you're high on emotion
And you're losing your focus
And you feel too exhausted to pray
Don't get lost in the moment
Or give up when you're closest
All you need is somebody to say
It's okay not to be okay (ohh)

It's okay not to be okay (no, no, no)
When you're down and you feel ashamed
(When you feel ashamed)

It's okay not to be okay (no, no)

It's okay not to be okay(end of song).

>>>: Gretchen, you're on mute.

Please reach out if you have questions

Accessibility@uua.org or aschuber@uua.org.

We'll restart programming in the new year.

We hope that you will join us for that.

One more thing:

If you are able to donate to hurricane relief efforts, please visit this website. There is still a lot of disaster relief in the Southeastern part of United States from floods and hurricanes. Please visit -- <https://www.uua.org/giving/disaster-reliefdonate> whatever you are able, thanks we'll see you next time.

>>>: This is Nora, thank you for holding the space.

>>>: You're welcome, thank you so much.

>>>: Have a great afternoon.

>>>: You too.