



BRIGHT *tomorrows.*®

"Mobilizing churches to better serve those with mental health concerns"

People have said *Thank You* for nine years!

... By Tim Reside ...

My wife Nancy and I have been facilitating the Bright Tomorrows Support Group (BTSG) for adults with bipolar or unipolar mental health challenges since June of 2001. This spring represents a nine year milestone for us and the Bright Tomorrows Support Group (BTSG). As we begin this June's BTSG, we also begin a twelve-month count-down toward a one decade celebration. During the past nine years, we have received many gracious expressions of gratitude for our work and ministry. Here is a sampling.

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The BTSG is better than suicide today. Here I am coming to appreciate that while I am going through a mental challenge, God offers to me a door of understanding and release. — *BTSG Attendee*

Tim and Nancy, thanks so much for sharing your story about what it has been like for you and your family to live with bipolar. It's because of you I'm beginning to understand what life is like in that world.

— *Director of Education and Communication for the Mental Health Association in Tulsa*

At the BTSG I was thankful to discover that there are others like me—I'm not alone. — *BTSG Attendee*

A beloved family member of our friends is going through a resurgence of bipolar which has hospitalized him three times within the year. He attempted suicide last week and is now receiving his seventh shock therapy treatment. I eagerly passed the current email version of your newsletter on to the family. Much thanks to you for putting your whole self into those words. — *Emailed Message*

Tim, thanks for providing us with tools of recovery, encouragement in solidarity, and accountability in community. — *BTSG Attendee*

Tim and Nancy, thanks for sharing your experiences and what you have learned from them. It is so encouraging to see someone who has succeeded in spite of mental illness. Your story shows that all things can work for good. May God bless you in your ministry. — *Educational Seminar Attendee*

Because of the BTSG and its consistency, I'm taking on more responsibilities and being consistent with them instead of buckling when I feel bad. — *BTSG Attendee*

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Bright Tomorrows is committed to mobilizing churches to better serve those with mental health concerns. Our daily mission is to reflect the compassion of Jesus Christ by assisting those struggling with mental illness and promoting mental health.

JEREMIAH 29:11

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

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Bright Tomorrows Welcomes Harry “Jay” Hoffman



Harry “Jay” Hoffman is Bright Tomorrows’ newest Board Trustee. Jay was raised Roman Catholic and attended Catholic Elementary and High School graduating in 1970. He personalized his commitment to Christ while at Penn State University in the Fall of 1970 through the ministry of Campus Crusade for Christ. Jay received his B.S. in Earth Science from Penn State in March of 1974 and continued at PSU in their Graduate School for Meteorology until May 1975. Jay married in July of 1975 and with his bride moved to Denver, Colorado. In 1979 he began a career in Water Treatment and has continued in that profession since moving to Tulsa in 1981.

Jay has been an active volunteer in church work throughout his adult life. Prior to his move to Tulsa, Jay served in a variety of positions including that of Youth Leader, Church Deacon and Sunday School teacher. In 1982, Jay joined Evangelistic Temple and has served in a variety of capacities including: Bible Education Program Leader with children for 17 years; Bible Education Program Leader with teenagers since 1992; adult Sunday School class teacher; Family Share Group Leader; and a Church Board Member since 1988.

Jay states: “I was married to an exceptional woman for 30 years and she went to be with the Lord in December of 2005. In the past few years, it has been my privilege to attend and be one of the leaders for a Widow / Widowers Support Group at Christ United Methodist Church. I have 3 terrific children, two wonderful daughter-in-laws and the best 5 GrandGirls and a GrandSon.”

MISSION UPDATE REPORT

BT continues to offer bi-monthly **Continental Breakfast Seminars** for professional and/or lay ministers and ministry leaders at no charge. For more information, please phone, email or check our website.

BT's February 25th breakfast seminar topic was **Chemical Dependence and Abuse: A Primer for Pastors** presented by Rev. Joel Leitch, M.S., LPC, LADC, and Certified Master Addictions Counselor. Ministers encounter chemically dependent people and/or those affected by them on a regular basis. Uniquely qualified, having 29 years of clinical experience in the addictions field and almost as much in pastoral ministry, Joel provided the attending pastors and ministers with a basic overview of what to look for and how to be helpful to the individual and his/her loved ones. As always, the attendees were

served a delicious continental breakfast as they fellow-shipped with each other.

BT co-sponsored the **9th Annual Caring for Your Congregations Mental Health Symposium** on April 9, 2010. This was BT's eighth year to co-sponsor this FREE seminar for pastors, staff, and lay leaders. BT co-sponsored with the Mental Health Association in Tulsa, University Village, Laureate, and Cleveland Area Hospital Senior Life Program. The 8:30 a.m. to 2:00 p.m. seminar was topically entitled: **IT IS WELL WITH MY SOUL: Recovery and Resilience in Trying Times**. The pastoral caregivers (1) gained a better understanding of the inter-relationship between stress, physical health, spiritual health, and mental wellness; (2) learned more about addressing the needs of the whole person—mind, body and spirit; (3) gained a better appreciation for the

concept of how a person can be healed, yet not cured; and (4) took away strategies and tools for promoting the building of resilience and mental wellness in their congregations and throughout the greater community.

BT is currently offering: (1) a weekly **Christian Depression and Bipolar Support Group** for adults that incorporates education and support for the person learning to manage their disorder within the context of their faith. Scriptural encouragement and prayer are utilized; (2) a monthly **Educational Series for Caregivers & Support Group Participants**; (3) a Tuesday evening **Family-to-Family Consultation Sessions**—by appointment only; (4) a bi-monthly **Breakfast Seminar** for professional and/or lay ministers and ministry leaders—at no charge; and (5) a **Speakers Bureau** that provides qualified speakers for mental health education

programs. For more information, please phone, email or check our website.

EQUIPMENT NEEDED:

We are in need of a professionally-styled portable display board unit for use in our educational forums. The cost would be approximately \$500. If you or your organization would be able to make a tax-deductible donation to meet this need, please contact us. Thank you for your consideration.

BT TOP TWO NEEDS:

1. BT PRAYER PARTNERS!
2. BT SUPPORT PARTNERS!

*Thank You...
For Caring & Sharing!*



"WITH THANKSGIVING LET YOUR REQUESTS BE KNOWN..."

PHILIPPIANS 4:6

Thanks to all who are continuing to generously support the important mission of Bright Tomorrows!
If you have not supported this mission in the past, would you consider doing so today?

_____ Platinum Donors (\$5,000) Monthly: _____\$10 _____\$25 _____\$50
_____ Gold Donors (\$1,000) One-Time: _____\$100 _____\$200 _____\$300
_____ Silver Donors (\$500) Other: _____

Please make checks payable to "Bright Tomorrows." We are a 501(c)3 non-profit corporation and all gifts are tax-deductible. You will receive an end-of-the-year letter of receipt.

SPECIAL NOTE

We send this newsletter to family and friends that we think are interested in the on-going growth of Bright Tomorrows. If, however, you would like to be removed from our mailing list, please contact us either by phone, mail or e-mail. Contact information provided on last page of this publication.

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People have said *Thank You* for nine years!

Often in our field, we don't even know that we had an impact on those we try to help—so I thought I'd let you know. The time you spent with my client was encouraging and helped convince them to choose recovery. Thanks for your interest and help. — *Mental Health Professional*

I appreciate the practical tools and information that are provided by the BTSG. The practical prayer practiced produces powerful peace. — *BTSG Attendee*

I came to the BTSG overwhelmed with grief that my life was changed forever—bipolar. The hearing and love of members has freed me to be “whole even while broken.” — *BTSG Attendee*

Tim, I want to thank you for your quick and generous reply to my email. When I read your response this afternoon, I sat at the computer and cried ... tears of relief. Your honest answers and "real" words have been the first step in my healing/recovery ... I felt hope dawn Thank you again for writing me back and for the encouragement you and your website are to me. — *Emailed Message*

Thanks for sharing your time and yourselves. It was not only a pleasure to meet you, but a help to listen to your story for it was a comfort for us to hear from others who have experienced challenges similar to ours and who have successfully survived. — *Educational Seminar Attendee*

When I can't share my depression or crazy thinking with my own church family, I know that my BTSG family will be there for love and encouragement. God bless you for all you do. — *BTSG Attendee*

Tim, thank you for sharing your gift with our church! You were such a blessing and I look forward to working together in the future. Your testimony and life message is powerful and redemptive. — *Senior Pastor of a Tulsa, OK Church*

The strategies we learned through your “Compassionate Care Seminar” will help us meet the needs of those we are responsible for. The guidelines on ‘listening’ were especially helpful.” — *A Caregiver*

Tim, you always manage to pour yourself out and you encourage me so much. Thank you for being my teacher and yet my "equal" in the challenges we face. God bless Nancy. While not struggling with our challenges, her understanding encourages and gives me hope. — *BTSG Attendee*

Source: Tim Reside is the President of Bright Tomorrows. Tim holds a M.A. in Practical Theology from Oral Roberts University. With his wife Nancy's support, Tim has been successfully coping with and overcoming bipolar illness since 1979.



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Christian Depression and Bipolar Support Group

Thursday Evenings from 7:00-8:30 P.M.

This weekly event is held at Evangelistic Temple Church in the Fireside Room on the 2nd floor of the Family Life Center. E.T. is located at 5345 South Peoria Avenue • Tulsa, Oklahoma.

For a detailed map and complete driving directions please visit our web site.

To receive this free newsletter please call or e-mail us, or visit our website. We can also send this to you via e-mail when you provide us with your e-mail address.