

# Bright Tomorrows

*Reflecting the Compassion of Jesus Christ  
to Those with Mental Health Concerns*



## *A Broken but Cherished Ornament!*

*by Nancy Reside*



Christmas is my favorite time of year. I love the lights and the warm feeling of being with family and friends and hearing the laughter of loved ones—especially our grandchildren. I love singing and listening to Christmas music. I love decorating our Christmas tree.

I begin by hanging the lights which symbolizes to me that Jesus is the Light of the World and that in His death on the cross, the love of God's light shone forth for all the world to see. When some of the lights on my tree burn out (which is very frustrating—especially on the pre-lit trees!), I take the time to remember loved ones who are no longer with us, but have left footprints in our hearts. Because of Jesus, I have hope that we will one day be reunited.

The ornaments come next and this is when I find myself smiling and laughing as I recall memories connected to them. One of the things I love about traveling is collecting ornaments from all the places that we visit. We have ornaments that span our 46 years of marriage. It's fun showing our grandchildren some of the works of "art" that their mommy and daddy made for the tree when they were little!

As I pull an ornament out of its box and hold it in my hands, I think about where it came from or who might have given it to me. Even though some are old, tarnished, cracked and fading in color—because of fond

memories, I still put them on the tree.

Some years ago while decorating, I started wondering—if I have fond memories when I place ornaments on my tree, I wonder what God thinks of me as He holds me in His hands? Does He remember when He first chose to create me? Does He remember what He chose to place on the inside and outside of me? Does He have fond memories of me growing up? Does He remember how many times He's had to mend me due to something that broke? Does He smile and laugh out loud at the many scrapes I've gotten into that He's had to get me out of? Is He proud of me? What does He think of me now that I'm older and broken and tarnished in some ways?

The Bible says in Psalm 40:5 that God's "thoughts toward us cannot be recounted to Him...they are more than can be numbered." Psalm 139:17-18 says, "How precious are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand."

WOW! I believe God looks at me much like I look at my ornaments. Sometimes I have to add a little glue here and a ribbon there before I can hang it on the tree. Isn't that what God does for us?

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Bright Tomorrows is dedicated to reflecting the compassion of Jesus Christ by promoting mental health, helping those struggling with mental illness toward a healing-recovery lifestyle, and by assisting churches in their mission to better serve those with mental health concerns.



#### JEREMIAH 29:11

"For I know the plans I have for you, declares the LORD, 'plans for wholeness and not for evil, plans to give you hope and a future.'"



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## August 13—Houston Message Well Received!

*Tim Reside shared a message at the Living Word Nazarene Church entitled Chronic Mental Illness and Divine Healing: A Pastor's Personal Journey.*

Here are a sampling of comments received:

Having loved a child with bipolar disorder who passed away all too early in life — this message gave us hope for others suffering mental illness and their loved ones.

As Senior Pastor, I want to tell you that you did a great job. Our people are still talking about your message—it stimulated an important conversation. I want our congregation to know that at Living Word Church here in Houston, we care about the concerns of our people. Thanks for being a good friend.

*Tim, I watched the Houston Vimeo. Thank you for this! I will play it over and over—so much to absorb at once—things I had no idea about. It was great — you need to make more videos!*

*As a clinician, I see that God is using your mental health difficulties story to minister hope and encouragement to others.*

You're an excellent communicator! You're fun, natural, and engaging to listen to ... I'm taking notes!!!! What I loved about your Houston message (and what resonates with me) is that you have such a humility to not only share about the challenge, but you don't make the church feel guilty as though it doesn't care. ... I love that you didn't make it a Mental Health Agenda issue - but a natural thing as anything else we need to understand! Way to go!

I am glad for this message ... I always secretly believed I'd get over "it" but at last realized I have a brain that doesn't work as I want. Unfortunately [I had been told] that mental illness is a moral/spiritual deficiency.

NOTE: Vimeo posting found at [www.brighttomorrows.org](http://www.brighttomorrows.org) "Articles/Videos" page.

# *A Broken but Cherished Ornament!*

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Jeremiah 18:4 says, “The vessel that He made of clay was marred in the hand of the Potter so he made it again another as it seemed good to the Potter to make.” We are His ornaments—His inheritance! And He is ours! Nothing can destructively snatch us out of His hands (Ephesians 1:18; John 10:28-29).

It has been an honor and privilege for Tim and me for the past sixteen years to serve as God's hands extended to those he brings our way—broken but so dearly loved. We are all broken in some way. These we

serve, however, happen to suffer challenges related to brain-based brokenness. It is not our role to try to fix these “cherished ornaments” but rather to show them the love and compassion of Jesus Christ. It is also our desire to offer them support as they pursue a lifestyle of “healing-recovery.”

Tim and I invite you to join with us as we “recount and tell aloud” (Psalm 9:1) God's blessings in our lives as a meaningful way to prepare for the New Year. Merry Christmas!



## MISSION UPDATE REPORT

**BT** offers **FREE Bi-Monthly Breakfast Seminars** to ministry leaders. See our website for details.

**BT's** June Breakfast Seminar, conducted by Chris Hogue, M.A., LMFT, was entitled *What are Autism Spectrum Disorders ... and what should I know about them?* Attendees left with a better sense of how to identify symptoms of ASD, strategies for managing individuals with ASD in a church setting, resources available to refer church members to, and awareness of some of the more prevalent challenges to families affected by autism. Repeated comments were: “We didn’t want this session to end.”

**BT's** August Breakfast Seminar presenter, Steve Phelps, LMFT, LADC, talked about *Understanding the Emerging Drug Epidemic*. Manager of the Laureate Chemical Dependency Intensive Outpatient Program, Steve discussed treatment approaches and presented ministry

leaders with a practical tool that they could immediately adopt for the purpose of need assessment and referral recommendations. A man of many talents, Steve was not only engaging—he was as entertaining as he was educational.

**BT** in November co-sponsored a special 3-hour Breakfast Seminar *“The Struggle is Real – How to Minister to Mental and Relational Needs in The Church.”* Jared Pingleton, Psy.D., M.A., the Vice President of the 50,000 member American Association of Christian Counselors and formerly the Director of Counseling Services at Focus on the Family, presented with warmth, wit and wisdom. Ministry leaders appreciated that he was a credentialed minister as well as a clinical psychologist. Competency skills were enhanced by this equipping training that provided practical tools, resources and methods.

## Opportunities of Support



**Tim & Nancy Reside**  
**Work and Ministry Support**

Please indicate on check whether you are making  
**a monthly pledge** OR **a one-time donation**.

Make checks payable to Bright Tomorrows.

**Donations are tax-deductible.**

If you prefer to make one-time credit card donations or recurring monthly donations online by way of your PayPal account, please visit us at [www.BrightTomorrows.org](http://www.BrightTomorrows.org) then click the “Donate” link at the top of the web page.





# "HOUSTON, WE HAVE A PROBLEM."

By Tim Reside

At the Living Word Church in Houston on August 13, 2017 I shared with the congregation some critical facts: 27% of church congregants are dealing with mental health concerns on any given Sunday; 66% of church leaders (pastors/ministers) rarely or never talk about these issues; and 65% of families and 59% of individuals living with these issues want the church to talk about them.

I believe in Divine Healing—the possibility of healing cures. Nevertheless, my brain-based bipolar disorder and mental health challenges have remained chronic. Based upon Scripture, observation and experience, not all healings are cures nor all cures healings—but all healings are healings! Healing is about the ongoing process of becoming whole. We are all broken in some way. Healings are Grace-gifts that promote rejuvenation, resiliency, and healing-recovery— which is always about process and progress.

**HEALING LESSON ONE:** “Those who have a WHY-TO-LIVE can bear with almost any HOW-TO-LIVE.” (SEE: Mark 15:34; Psalm 22:1) — Quote Attribution: Viktor E. Frankl

**HEALING LESSON TWO:** Personal sins are not necessarily immediate CAUSE-TO-EFFECT explanations for personal pain and suffering! (SEE: John 9:1-3)

**HEALING LESSON THREE:** God wills GRACE not SHAME: We can shed shame by converting humiliations to humility. Humble self—and grace as help shows up. (SEE: Heb. 2:1-4; 1 Peter 5:5-8)

**HEALING LESSON FOUR:** VULNERABILITY & TRANSPARENCY plus SURRENDER & ACCEPTANCE (not capitulation) can be our Super Powers & Secret Weapons. (SEE: 2 Corinthians 12:8-10)

**HEALING LESSON FIVE:** The best healing gift we can give to another is LISTENING PRESENCE & PEACE. (SEE: John 14:27)

**See Vimeo:** “Chronic Mental Illness and Divine Healing: A Pastor’s Personal Journey”

<https://brighttomorrows.org/articles-of-inspiration>

**Stat Sources:** Rogers, Stanford, Garland. Mental Health; Religion & Culture 2011; LifeWay Research 2014

## Contact Information & Resources

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### CHURCH MENTAL HEALTH RESOURCES

**NAMI FaithNet:** [www.nami.org/namifaithnet](http://www.nami.org/namifaithnet)

**Pathways to Promise:** [www.pathways2promise.org](http://www.pathways2promise.org)

**Mental Health Ministries:** [www.mentalhealthministries.net](http://www.mentalhealthministries.net)

**Intl. Bipolar Foundation:** [www.internationalbipolarfoundation.org](http://www.internationalbipolarfoundation.org)

**Mental Health Grace Alliance:** [www.mentalhealthgracealliance.org](http://www.mentalhealthgracealliance.org)

### Bright Tomorrows Support Group (BTSG)

(Adult Bipolar & Depression Support Group)

1st & 3rd Thursdays at 7 P.M.

### Bright Tomorrows Family Group (BTFG)

(Family & Friend Support Givers Group)

2nd & 4th Thursdays at 7 P.M.

These 7:00 P.M. Thursday Evening Christian Support Group Meetings take place September thru May at Asbury United Methodist Church, 6767 South Mingo in Tulsa. OK. For meeting descriptions, a detailed map and complete driving directions, please visit our website.

To receive this free newsletter please e-mail us or visit our website. If you prefer postal delivery, please provide us with your mailing address.