

Bright Tomorrows

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

Obsessive-Compulsive Disorder: A Screenplay

By Marshal Myers

Introduction: Marshal Myers is a talented young writer with three published epic adventure fantasies of good versus evil books to his credit: "Sword Dreamer," "Lady of Naofatir," and his recent release, "Light Bringer." Marshal Myers was born with cerebral palsy and was homeschooled from age 8 to 16. At age 16 he was placed back in public school to afford him with better accommodations for his disability. After only about a month in the public high school system, he began to exhibit symptoms of obsessive compulsive disorder. The following is written as a short screenplay requiring the reader to imagine a theatrical presentation. Following this imaginative presentation, the reader will find on page four of this newsletter an article on the anxiety disorder known as obsessive-compulsive disorder.

* * * *

Fade into exasperated Marshal with his Dad in kitchen.

Marshal: If I can't get Mrs. Seeming Agitation to understand what I'm saying, I'm gonna fail math. And if I fail math in high school, there's no chance that I'm going to get into college. She's so dumb.... Now I'm just not being understanding of her.
GROAN!

Dad: Marshal, you've got a 91 in the class. Even if you failed everything between now and the end of course test, you'd still pass.

Marshal: But then I wouldn't be doing my best. The Bible says to do your best in everything. At night I get angry at Mrs. Seeming Agitation, but it's wrong to get angry at people for stupid reasons and she's a Christian. Not only am I sinning against God and sinning against her without treating her with brotherly love, but also if I don't repent of this sin in the right words, it'll cling to me until the Day of Judgment and I'll have to give account of it before Jesus and the whole world.

Title screen reading: "Three Hours Later"

Marshal loudly and incoherently: I'm gonna FAIL. You don't know how that school works. I'm gonna fail!

Dad: Marshal, you've said that at least three dozen times in the past half hour. You can't get it out of your head. You keep coming back again to the same old thing. Thinking about it again and again. I think it's time Dr. Understanding changed you to a different medication.

~ continued on second page ~

Obsessive-Compulsive Disorder: A Screenplay

Bright Tomorrows
is committed to
equipping 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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Marshal: You guys are treating me like a psycho. You don't see how spiritual this is. The fate of my soul hangs in balance. I have you all duped. You don't see that I've spiritually backslidden!

Title screen reading: "Later at Church"

Marshal is sitting in congregation. Guest speaker is speaking on stage.

Missionary Smileman: The epistle of John to the widow says of the Gnostics that they went out from us but are not of us.

Marshal, thinking: That's just like me. I'm not following God anymore. Not following God anymore. Not following God anymore. Lord Jesus I'm sorry. Forgive me. Forgive me. Did I really mean it this time? Did I say it right? No. I need to do it again.

Cut to Dr. Understanding's Office. Marshal appears restless.

Dr. Understanding: Marshal, I really can help you. I think these medications are just the right chemical balance for you.

Marshal, looking down with a moping visage: I don't know. It's all my fault, really. But I'll try it.

Fade to black. Fade into calm, smiling Marshal sitting at kitchen table with his Mom. Mom is holding grade reports.

Mom: Marshal, you got the highest grade in the class on your literature paper. Dr. English says you're the best student he's ever had. Mrs. Seeming Agitation says you're happier now. A totally different person.

Marshal: God has really taken me to a whole new place. Once I stopped trying to do it on my own and tried transforming my mind with help from my medications, I realized there is a physical side to it as well as a spiritual, and I'm much happier. Thank you for believing in me and not writing me off as a textbook case failure.

Marshal hugs Mom.

NOTE: Marshal graduated from high school with honors and is now working as a full-time novelist. He still struggles with OCD, and occasionally needs to re-evaluate his medications, dosage, and other courses of action. But he knows he has a loving family, loving friends and a loving God. He knows he's not on this journey alone. For more information about Marshal, visit his website: www.marshalmyers.com.

A Note from Marshal: I send a special thank you to Tim Reside of Bright Tomorrows Ministries, without whose encouraging e-mails and prayers I may not have stopped my destructive patterns of thinking. I love Rev. Tim "Coach Tim" Reside very much, and pray that this screenplay glimpse into my past will help the reader on their emotional journey.

MISSION UPDATE REPORT

BT continues to offer bi-monthly **Breakfast Seminars (7:30-9:00)** for professional and/or lay ministers and ministry leaders at no charge. Mental health related topics pertinent to church ministry and pastoral care concerns are presented and discussed with qualified presenters. For more information email or check our website.

BT's January 26th breakfast seminar, entitled **"Fostering Passionate Marriages,"** was presented by Bright Tomorrows Board Vice President, James "Jim" Grinnell, LMFT, ABCST. A significant part of Jim's ministry is devoted to helping couples develop a godly perspective on relationships, especially in the often distorted and potentially painful aspect of sexuality. Jim is a husband, father, grandfather, a pastor, Licensed Marital and Family Therapist and Certified Christian Sex Therapist. Jim's well researched and documented presentation was well received by pastors and ministry leaders, especially those responsible for marital and premarital counseling. The participants volunteered that not only did they find the information relevant and applicable for teaching and

counseling purposes, but personally meaningful as well.

BT's March 22 breakfast seminar, entitled **"How to Best Serve Congregants with Mental Health Concerns,"** was presented by Bright Tomorrows Board President, Tim Reside, M.A., M.H.C. Conservatively it is estimated that one in every four families in our churches are dealing with mental health concerns. For the past eleven years, Tim has spent his life assisting people of faith with mental health concerns while exploring ways in which pastoral care ministry can better serve congregants with these challenges. Tim's academic credentials are in the field of Practical Theology where he has completed 108 credit hours of study, inclusive of 36 hours at the doctoral level. Tim talked about his observation that mental health professional assistance best serves suffering congregational members when it is given in complement with well-informed and discerning pastoral care. Tim led a brainstorm discussion exploring possible ways in which church ministry leadership and mental health professionals can better

join together to express the compassion of Jesus Christ to those with mental health concerns.

BT's weekly **Christian Depression and Bipolar Support Group Meetings** take place Thursdays at 7 p.m. at Asbury United Methodist Church in Tulsa. On the **1ST Thursday Night** we offer an **Educational Seminar** to family and friend caregivers as well as to our support group participants. The **2nd, 3rd, and 4th Thursday Nights** are regular **Support Group Meeting** nights. There are no fifth Thursday night meetings.

BTSG MEETING LOCATION: The Bright Tomorrows Support Group Meetings take place at **Asbury United Methodist Church** at 6767 South Mingo in Tulsa across from Union High School. The meetings take place in **Room 2821** on the second floor of the main building (there is an elevator). Please enter through the main south covered walk entrance. This entrance is next to the "Faith Zone" children's entrance.

TIM RESIDE'S FIRST BOOK: Tim is half way through the writing of

his first book telling his personal story of severe mental illness survival. His wife Nancy is working together with him on this project. 90% of marriages that go through similar trauma with mental illness end up in divorce. This is a story of marriage and family survival as well as personal survival. This hope-filled and helpful story is presently being developed under the working title **From Insanity to Serenity: A Miracle Story**. The initial production and publishing related expenses is \$2500. So far \$1250 has been raised. *If you would consider a one-time contribution toward the realization of this goal,* please contact Tim Reside c/o Bright Tomorrows, 5630 So. Boston Ave., Tulsa, OK. 74105.

E-mail address:
treside@brighttomorrows.org

BT TOP TWO NEEDS:

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

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

My Statement of Support

(Please Check Boxes That Represent Your Support Intention)

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

- ☐ I am making a **one-time donation** of \$ _____
- ☐ I am making a **monthly pledge** of \$ _____

Make checks payable to
Bright Tomorrows
with memo notation.



☐ **Donation toward the initial \$2,500 cost for publishing Tim & Nancy's book, "From Insanity to Serenity."** ((\$1,250 has been donated to date.)

- ☐ I am making a contribution of \$ _____
- ☐ Notify me when the project is published.

**Please send this statement along with
your contribution to:**

**Bright Tomorrows
5630 South Boston Avenue
Tulsa, OK 74105-7725**

Donations are tax-deductible. Envelope provided.

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Obsessive-Compulsive Disorder

What OCD is not ...

There are many disorders that have been mistakenly labeled as OCD. Some of them are the eating disorders, compulsive shopping, kleptomania, alcoholism, trichotillomania, obsessive-compulsive personality, and body dysmorphic disorder. While there are similarities between OCD and these other disorders, there are also significant differences. People with OCD frequently suffer from unipolar or bipolar mood disorder as well, but not all.

What OCD is ...

While everyone double checks things sometimes, people with OCD feel the need to check and re-check things over and over. They have the same thoughts constantly. They feel a very strong need to perform certain rituals repeatedly and feel like they have no control over what they are doing. The thoughts (obsessions) and rituals (compulsions) associated with OCD cause distress and get in the way of daily life. Approximately 80 percent of patients with OCD have both obsessions and compulsions; 20 percent have only obsessions or only compulsions. For many people, OCD starts during childhood or the teen years. Most people are diagnosed by about age 19. Symptoms of OCD may come and go and be better or worse at different times.

OCD causes ...

OCD sometimes runs in families, but no one knows for sure why some people have it, while others don't. Researchers have found that several parts of the brain are involved in fear and anxiety. By learning more about fear and anxiety in the brain, scientists may be able to create better treatments. Researchers are also looking for ways in which stress and environmental factors may play a role.

OCD treatment ...

First, talk to your doctor about your symptoms. Your doctor should do an exam to make sure that another physical problem isn't causing the symptoms. The doctor may refer you to a mental health specialist. OCD is generally treated with psychotherapy (cognitive behavior therapy), medication, or both.

For More Information Contact: National Institute of Mental Health

Website: www.nimh.nih.gov; E-mail: nimhinfo@nimh.gov

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*Reflecting the Compassion of Jesus Christ
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Christian Depression and Bipolar Support Group Program

Thursday Evenings at 7:00 P.M.

This weekly event takes place at Asbury United Methodist Church at 6767 South Mingo in Tulsa, OK across from Union High School. Meetings are held in Room 2821 on the second floor of the main building (there is an elevator). Please enter through the main south covered walk entrance. This entrance is next to the "Faith Zone" children's entrance.

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

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when you provide us with your e-mail address.***