



# BRIGHT tomorrows®

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

We are dedicated  
to reflecting  
the compassion  
of Jesus Christ  
by promoting  
mental health  
and assisting those  
struggling with  
mental illness.



"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."

**Jeremiah 29:11**



## BOARD OF DIRECTORS:

TIM RESIDE  
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GARY FISHER  
In Memoriam

## A "Ministry Between Miracles" An Eight Year Journey

By Tim Reside

In 2008 actor Tom Cruise starred in a historical thriller film that portrayed the Valkyrie Operation effort to assassinate Adolf Hitler during WWII. Dietrich Bonhoeffer, a Christian theologian, was a part of that effort to withstand Hitler's dehumanizing evil oppression of innocent millions. As a consequence of the failed plot, Bonhoeffer was jailed. In a rage, just before the end of the war, Hitler ordered the torturous hanging of this noble and heroic Christian.

Dietrich Bonhoeffer wrote:  
"Perseverance, translated literally, means:  
remaining underneath, not throwing off the load,  
but bearing it. ... Bearing not shaking off; bearing,  
but not collapsing either; bearing as Christ bore  
the cross, remaining underneath, and there  
beneath it—to find Christ. ... Remaining  
steadfast, remaining strong is meant here too; not  
weak acquiescence or surrender, not masochism,  
but growing stronger under the load, as under  
God's grace .... God's peace is found with those  
who persevere."<sup>1</sup>

The capacity to persevere while yet  
suffering affliction and oppression is one of God's  
unique ministry between miracles grace gifts to  
human beings—a miracle in its own right (Romans  
5:3-5; James 1:2-4). Suffering has been defined as

that internal anguish of soul that comes "whenever  
I am not in control."<sup>2</sup> Affliction is understood to be  
the unique circumstantial particulars that are  
causing pain. "Oppression is perhaps best  
understood as a power or force that prevents a  
person from becoming fully human and thus fully  
reflective of the image of God. Forces of oppression  
are precisely forces that rob human dignity because  
they rob human freedom, human community, and  
human creativity. To oppress others is to  
dehumanize them."<sup>3</sup>

The word "poor" in its breadth of  
application refers to those among us suffering  
affliction and oppression. In some form or fashion,  
for all those not in denial, the word applies. Jesus  
seems to suggest that those who presume  
themselves to be "rich" and not in need are those  
who will miss out on the blessing of spiritual  
resources: "Blessed are you poor, for yours is the  
kingdom of God" (Luke 6:20). Significantly, "those  
regarded as mentally disordered (a substantial, if  
often unnoticed, minority in the population) can be  
seen as the poor in our society." It has been said that  
"they should be regarded as the poorest of the  
poor."<sup>4</sup> Jesus went about "healing all who were  
oppressed by the devil, for God was with Him"  
(Acts 10:38).

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## THE FACES OF BRIGHT TOMORROWS: The Organization

Bright Tomorrows is dedicated to reflecting the compassion of Jesus Christ by promoting mental health and assisting those struggling with mental illness toward healing and recovery. Interdenominational in nature, Bright Tomorrows respects the diversity of faith traditions within the unity of Christianity. BT is a 501(c)3 non-profit organization composed of clergy, mental health professionals, individuals with mental health concerns and their family members.

**Tim and Nancy Reside** joined the ranks of Bright Tomorrows in 2001 and Tim became BT's executive director. Through the years BT has increasingly become an expression of Tim & Nancy's life-story, life-work, life-ministry and life-mission. In January of 2009, Tim became the President of Bright Tomorrows.

Tim is an ordained minister who holds an M.A. in Practical Theology and is currently fulfilling requirements for a Doctor of Ministry degree. Diagnosed with a bipolar disorder that he has successfully coped with since 1979, Tim is known for his clear "overcomer" message of hope and inspiration.



Nancy joined the BT board as Secretary-Treasurer in January of this year. While new to the Board, she is not new to the responsibilities of this position. In addition to working and ministering alongside Tim, Nancy has been integrally a part of keeping and processing the business records for several years. She has been working together with accountant and financial consultant, Rob Sellers. Over the years Nancy has held numerous positions which include being secretary to the President of a major Church Denomination; a national minister's conference secretary, a pastoral administrative assistant, and currently she is a Senior Administrative Assistant in Human Resources with a major Tulsa company.

Nancy is respected for her practical wisdom and much loved for her sensitive compassion. These qualifications are in great measure attributable to her life-choice to devote herself to being a faithful wife, mother, caregiver—and now her favorite role, grandmother of four.



**Jim Grinnell** is the Vice-President of Bright Tomorrows. Jim is also a pastor and Licensed Marriage and Family Therapist. He attended ORU where he obtained a Master of Divinity degree and later OSU where he also obtained a Master of Science degree in Family Relations. Jim is a clinical member of the American Association for Marriage and Family Therapy, and has served as the past president of the Christian Association for Psychological Studies, Tulsa chapter. Most recently, Jim has completed a licensure in Christian sex therapy with the American Board of Christian Sex Therapists. His specialties include marriage and pre-marital counseling, affair recovery, and treating sexual issues. Jim and his wife, Laura, have been married since 1978 and have four children and eight grandchildren.



**Tim Peterson** is a Bright Tomorrows Board Trustee. Tim has his master's degree in Counseling Psychology from Northeastern State University and completed a two-year post graduate program in Marriage & Family Therapy through the Karl Menninger School of Psychiatry and Mental Health Sciences. Tim has provided Christ-centered counseling in Tulsa since 1985 in private practice and as a program director for psychiatric and chemical dependency treatment programs at three local hospitals. He was the founding director of Rapha in Tulsa, a position he held from 1993-2001.

Tim is a Licensed Marital and Family Therapist and a Licensed Professional Counselor. He currently works at Laureate Clinic where he specializes in the treatment of anxiety and depression in addition to marital counseling. Tim serves on the Executive Board of the Mental Health Association in Tulsa and on the local and regional boards of the Christian Association for Psychological Studies. Tim and his wife, Diane, have been married since 1982 and have three sons.

# 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** October 30th breakfast seminar presenter was Davies Vanpool, M.R.E., M.Div., the Chaplain of the 45th Infantry Brigade, Oklahoma National Guard. During the four weeks prior to the seminar, 800-900 National Guard troops had returned to NE Oklahoma and 800 more had just left for Iraq. Sharing from out of his personal experiences, Chaplain Vanpool demonstrated to the attending pastors and ministers how their churches might reach out and help the Vets and their families with adjustment challenges. Vanpool provided valuable resource information.

**BT's** Jim Grinnell, M.Div., LMFT, ABCST, February 26th presentation, **Beginning the Dialogue: Addressing Sexual Issues**, responded to the fact that more and more people are experiencing sexual brokenness and are requesting help

from their pastors. In relevant and practical terms, Jim discussed ways within the church to promote healthy dialogue on sexuality from a biblical perspective. Jim presented current research regarding the nature of the issues that people are facing. Additionally, Jim also shared some of the common misunderstandings that discourage people from the freedom that God offers.

**BT**, on March 27, 2009, once again co-sponsored with University Village (in Association with Hillcrest HealthCare System), as well as Laureate, Alzheimer's Association, and the Mental Health Association in Tulsa, what was the **8th Annual Caring for Your Congregations Mental Health** symposium. This year's topic of focus was **The 3 D's: Depression, Dementia and Delusions**. Bright Tomorrows trustee, Tim Peterson, LPC, LMFT, of Laureate Psychiatric Clinic and Hospital, was one of this year's presenters. His topic: **The Many Faces of Depression and Mental Illness**.

**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) 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 \$300. 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.

## PRESIDENT'S UPDATE:

Tim Reside is working on an applied research project to complete a Doctor of Ministry program. If you would like to invest in this educational effort, please make checks payable to Bright Tomorrows, designated "Education Fund." Tim has had several unique speaking opportunities since the beginning of the year that included: (1) a "Specialized Issues" class for several hundred Rhema Bible Training Institute students; and (2) a Psychiatry II class for second-year Oklahoma State University medical students.

## 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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## A "Ministry Between Miracles" An Eight Year Journey

The Bible says that every "good and perfect gift" comes from above (James 1:17). However, not all packages that come to us in life come wrapped up as good and perfect gifts. For me, and my loved ones, the bipolar disorder package I received in 1979 was one full of pain. I felt betrayed, humiliated, and ashamed. I felt robbed—I felt oppressed! While as a young man I had thought that it would be a noble thing to suffer for a purposeful cause—there was nothing glorious, good or meaningful about this suffering. I was angry, bitter and resentful. I begged God for a miracle that would undo this or for a death with dignity that would release me. Neither a healing-cure nor a dignified death came to my aid. I felt trapped.

By way of analogy, I relate to Dietrich Bonhoeffer and his prison with doors that refused to open. No matter how I called upon God, yielded to medical protocols (or to the well-meaning ministrations of others)—my prison doors wouldn't budge. I simply couldn't imagine a lifetime of suffering this distressing condition and what for me was its accompanying indignity. With help I worked through my anger and depression and came to accept that my healing-recovery deliverance would require a lifetime of daily vigilance and perseverance.

Dietrich Bonhoeffer's idea of God "imposing" a burden may be uncomfortable for some; nonetheless, Bonhoeffer's words tend to speak to believers who feel trapped. I found myself captivated by his suggestion that we can find Christ while under the load. I was equally captivated by his suggestion that we can grow stronger while under the load. Instead of obsessing about why I was "unfairly" suffering and why I wasn't getting cured—I

began to ask whether or not it was possible to learn how to live bigger than the prison of my body brokenness.

I am daily learning that it is helpful to distinguish between the affliction of challenge that needs to be understood and managed and the experience of suffering itself. I am discovering a pattern in my suffering and for dealing with my suffering. When there was no discernible pattern and no hope, there was no desirable future because the affliction and the oppressing afflicter were calling all of the shots. For me prayer is the way: (1) by which to surrender control to God; (2) to exercise appropriate personal control over the affliction and the oppressing afflicter; and (3) to purposefully transform my suffering into opportunities for a deepening of spirituality, a maturing of character and an advancing of healing-recovery.

Eight years ago my wife, Nancy, and I responded to a calling to give the rest of our lives to the work and ministry represented by Bright Tomorrows. We have been called to bring to others the same *ministry between miracles* help, hope and healing that rescued us. This is our calling and this is our mission. We are grateful for our Bright Tomorrows Board—their vision, their embrace of mission, their faithfulness of service and all who prayerfully support us.

**Note:** The article title from Dr. Thomson K. Mathew's book, *Ministry Between Miracles*.

1 Quoting Bonhoeffer as cited in *A Testament to Freedom: The Essential Writings of Dietrich Bonhoeffer*.

2 Referencing the insight of Richard Rohr from *Things Hidden: Scripture as Spirituality*.

3 Quoting Dr. Bryan Stone, *Compassionate Ministry: Theological Foundations*.

4 Quoting Stephen Pattison cited in John Swinton's book, *Resurrecting the Person: Friendship and the Care of People with Mental Health Problems*.



**BRIGHT**  
*tomorrows.*

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those with mental health concerns"

### Contact us at:

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**Website:** [www.brighttomorrows.org](http://www.brighttomorrows.org)

## 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.