

# Bright Tomorrows

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

## A BRIGHT TOMORROWS CELEBRATION EVENT

On May 9th at the Laureate Conference Center in Tulsa, BT is celebrating Tim and Nancy Reside's 10th anniversary with Bright Tomorrows and their 40th wedding anniversary. In 2001 Tim became BT's Executive Director and in that same year Tim and Nancy began facilitating a support group for adults living with bipolar disorder and major depression disorder. Increasingly, through the subsequent decade, the BT Board recognized that BT had become an expression of Tim & Nancy's life-story, work, ministry and mission. In January of 2009, the BT Board installed Tim as the President of Bright Tomorrows and Nancy as Secretary-Treasurer.

Bright Tomorrows had its birthing in the fall of 1996 when a returning missionary saw a need in her sister's life that had a bipolar disorder. While taking advantage of many community services, the missionary longed to see her sister access services that would be tailored to her sister's needs as a Christian. She gathered friends, family members and interested clinicians together to share ideas and consider what might be done. As a result of those meetings, BT was born.

In 2000 the BT Board asked Tim to consider becoming involved with BT. He and Nancy made this a matter of prayer and consideration. Since 1979 they have lived with and survived significant episodes of mental illness and relentless mental health challenges as Tim deals with a bipolar disorder. Over that period of time, they came to realize the need for adopting healing-recovery as a proactive lifestyle of persistent response to chronic mental health challenges.

After decades of professional ministry within the four walls of the church, in 2001 they stepped out to explore through BT how they might assist an often misunderstood and marginalized group of people with challenges similar to their own. Over the past ten years, they have sat with men and women with mental health challenges in order to identify with them in their pain and suffering and to offer support, help, hope and healing-recovery lifestyle assistance.



In March of 2001, Tim shared his personal story with a gathering in Tulsa's Laureate Conference Center. The following week, Tulsa World published his story, Saddling Mood Swings, on its front page. Ten years later on May 9th, Tim is coming full circle and returning to the Laureate Conference Center to re-tell his story. To request a R.S.V.P. invitation, see "Contact Us At" on back page.

TIM RESIDE has completed 108 credit hours of study in Practical Theology, inclusive of 36 hours at the doctoral level, and holds an M.A. in Practical Theology. He has spent over forty years in church related pastoral work and ministry.

NANCY RESIDE has served in many administrative assistant roles in companies and ministries since she was seventeen years of age. She currently serves as a Sr. Administrative Assistant in Human Resources with T.D. Williamson, Inc. and has been employed with them since May, 2003. Tim and Nancy have been married since 1971 and they have two children and four grandchildren.

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.”

### **BOARD OF DIRECTORS:**

**TIM RESIDE**  
*President*

**JIM GRINNELL**  
*Vice President*

**NANCY RESIDE**  
*Secretary-Treasurer*

**TIM PETERSON**  
*Board Trustee*

**JAY HOFFMAN**  
*Board Trustee*

## **MEET THE BRIGHT TOMORROWS VICE-PRESIDENT AND TRUSTEES**



his wife, Laura, have been married since 1978 and have four children and nine grandchildren.

JIM GRINNELL is the Vice-President of Bright Tomorrows. Jim is 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. He is a clinical member of the American Association for Marriage and Family Therapy. Jim also is certified as a sex therapist with the American Board of Christian Sex Therapists. His specialties include marriage and pre-marital counseling, affair recovery, and treating sexual issues. Jim has served as the past president of the Christian Association for Psychological Studies, Tulsa chapter. Jim and



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

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



exceptional woman for 30 years who went to be with the Lord in December of 2005. He attended and became one of the leaders of a Widow / Widowers Support Group at Christ United Methodist Church. God brought Deborah into his life and they were married in October of 2010. He has three children, five “GrandGirls” and a “GrandSon.”

HARRY “JAY” HOFFMAN 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 including the positions of Youth Leader, Church Deacon, Sunday School teacher, Bible Education Program Leader, Family Share Group Leader and a Church Board Member. Jay was married to an

Finding the BTSG has given me so much hope. ... I look forward to EVERY Thursday!

*Nancy, while not struggling with bipolar challenges, your understanding encourages and gives me hope.*

Tim, you always manage to pour yourself out and you encourage me so much as both BTSG teacher and yet my "equal" in the challenges we face.

Tim, thank you for sharing with our church! Your testimony and life message is powerful and redemptive.  
— Roger Nix, Senior Pastor of Believers Church, Tulsa

At BTSG I feel safe and accepted  
—I can share openly and freely.

I'm so thankful for your ministry, Tim and Nancy. Bless you both, Happy Anniversary!  
— Dr. Stuart Holderness, Ph.D., Counselor

*Thanks, Tim, for coming to share your story with our medical students.*  
— Richard H. Bost, Ph.D. ABPP, O.S.U., Tulsa, College of Osteopathic Medicine Dept.

Tim, I want to thank you for your quick and generous reply to my email. I cried tears of relief. Your honest and "real" words are the first step in my healing and recovery.

*I came to the BTSG overwhelmed with grief ... listening to others and receiving their love has freed me to be "whole even while broken."*

Congratulations, Tim & Nancy on your 10th & 40th! Have fun and enjoy!  
— Mike Brose, MSW, Executive Director of the Mental Health Association in Tulsa

It comforted us, Tim and Nancy to listen to your story and realize that others have experienced challenges similar to ours and successfully survived.

Tim, thanks for sharing your story with our Rhema Bible Training Center 3rd year "Specialized Issues in Pastoral Care" students.  
— Professor Rick Fern

The time you spent with my client, Tim, was encouraging and helped convince them to choose recovery.  
— Mental Health Professional

*Tim and Nancy, it is because of you and your story that I'm beginning to understand what life is like in the world of those challenged with bipolar disorder.*  
— Director of Education and Communication for the Mental Health Association in Tulsa

The BTSG is better than suicide today.



**B.T.S.G.**  
(Bright Tomorrows Support Group)



# 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 February 15th breakfast seminar topic entitled **What Every Minister Should Know about the Twelve Steps** was presented by Roger Nix, a Tulsa pastor with a MA in Counseling Psychology. As always, the attendees were served a delicious breakfast as they fellowshiped with each other.

BT will be co-sponsoring the **10th Annual Caring for Your Congregations Mental Health Symposium** on April 8 for pastors, staff, and lay leaders. This

will be BT's ninth year co-sponsorship with the University Village, Mental Health Association in Tulsa, Laureate, and Cleveland Area Hospital Senior Life Program. This year's seminar topic will be **HEALING THE WOUNDED: Veteran and Military Family Support**. It is intended that the attendees will go away with a better understanding of the critical issues faced by veterans and military families, including increased risk of suicide, traumatic brain injury, PTSD, and the impact of multiple deployments. They will also take away an enhanced awareness of strategies and resources available for helping ease transition from active service back into civilian life and for supporting families of the currently deployed.

BT's weekly **Christian Depression and Bipolar Support Group Program** takes place Thursdays at 7 p.m. at Evangelistic Temple

in Tulsa. By offering information, inspiration and support, this program seeks to empower and equip persons learning to manage their mental health disorder within the context of their faith. The **2nd & 4th Thursday Nights** are regular **Support Group Meeting** nights. The **1st Thursday Night** we offer an **Educational Seminar** for mental health consumers and family and friend caregivers. The **3rd Thursday Night** we offer our support group participants an **Educational Workshop**. There are no fifth Thursday night meetings.

**BT President Update Report:** On January 24, Tim was part of a "Mood Disorder Panel" sharing with 2nd year medical students at the Oklahoma State University Center for Health Sciences College of Osteopathic Medicine, Tulsa. On February 17, he attended the

"Bipolar: An Updated Slant On the Disorder" educational seminar with nationally recognized BiPD expert, Dr. Jay Carter. On February 21st and 23rd Tim presented lectures on "Bipolar Issues" to the 3rd year Rhema Bible Training Center's **Specialized Issues In Pastoral Care** students.

BT would like to thank **Robert and Janet Taylor** for donating to BT a 1987 Honda for Tim's work and ministry transportation needs. It is in excellent shape and has only 88,000 miles on it. Thank you!

## BT TOP TWO NEEDS:

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

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

Bright  Tomorrows

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

## Contact us at:

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**Tulsa, Oklahoma 74105-7725**

**Phone:** (918) 744-5761 (Information Only)  
**E-mail:** treside@brighttomorrows.org  
**Website:** www.brighttomorrows.org

## Christian Depression and Bipolar Support Group Program

**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 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.*