



BRIGHT *tomorrows*®

*Reflecting the compassion of Jesus Christ
to those with mental health concerns*

Let Freedom Ring!

As this newsletter is being prepared, we are celebrating the 234th Independence Day anniversary of the birthing of the United States of America. "Let Freedom Ring!"

The second sentence of our Declaration of Independence famously reads: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness." This Declaration justified the independence of the United States by listing colonial grievances against England's King George III, and by asserting certain natural rights, including the right to revolt against tyranny and the denial of representation.

Through the course of years, this famous passage has often been used to promote the rights of marginalized groups, and has also come to represent a moral standard for which the United States should strive. For Abraham Lincoln, the Declaration was the foundation of his own political philosophy. He promoted the idea that the Declaration is a statement of principles through which the Constitution and its Bill of Rights should be interpreted.

Throughout human history there have always been people who have been tyrannically oppressed, cruelly marginalized and enslaved. In all sorts of ways there have always been people in need of soul-saving, dignity-redeeming, hope-kindling and future-granting declarations of freedom from oppressive and binding shackles.

Bright Tomorrows is committed to equipping churches to better declare (and fight representatively for) the rights to life, liberty and the pursuit of happiness that are no less the birthright of those with mental illnesses. We thank God for the "faith community."

In his inaugural days of public ministry, Jesus of Nazareth stepped into a synagogue in his hometown of Nazareth and there opened an ancient scroll. Before that small audience, He read His declaration of independence for those he'd come to emancipate in spirit, mind and body. Through the course of His public ministry, this declaration would prove to be the statement of principles by which He would interpret the constitution of religion and its response to the rights of humanity: "The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor ..." (Isaiah 61:1-2 & Luke 4:18-19).

Our Bright Tomorrows daily work and ministry mission is to reflect the compassion of Jesus Christ by assisting those struggling with mental illness and promoting mental health. Recently the Bright Tomorrows board changed our mission moniker to "reflecting the compassion of Jesus Christ to those with mental health concerns."

Article Attribution: Tim Reside, M.A., President of Bright Tomorrows, has completed 108 credit hours in Practical Theology, including 36 hours at the doctoral level. Tim has been successfully coping with and overcoming bipolar illness since 1979.

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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In a February 17, 2010 news release it was reported that the National Alliance on Mental Illness (NAMI) has launched a new health education program called “Hearts and Minds.” In order to better promote the physical well-being of people with serious mental illnesses, this program takes aim at risk factors for major conditions such as heart disease, cancer and diabetes. NAMI cites statistics showing people with illnesses such as bipolar disorder and schizophrenia live on average 25 years less than other people being more prone to risk factors including high blood pressure, high cholesterol, smoking and obesity.

“Hearts and Minds” focuses on behaviors such as diet, exercise and quitting cigarettes. Pages on the NAMI website (nami.org) offer information, resources, advice and the opportunity to join discussion groups.

In a separate news release (May 5, 2010), it was reported that Dysthymic Disorder (a form of milder but persistent depression) will be renamed under the proposed May 2013 update of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V). The DSM is the American Psychiatric Association’s handbook of psychiatric conditions used by psychiatrists worldwide to diagnose mental illnesses.

Dysthymia, a long-lasting type of depression generally considered less severe than Major Depressive Disorder (MDD), would be renamed Chronic Depressive Disorder (CDD). Diagnosis would require a depressed mood for most of the day, for more days than not, for at least two years in adults, as in the current DSM-IV, but would exclude a major depressive episode. Also new will be what is called “dimensional assessment” of symptoms, which takes severity into account. For instance, a diagnosis of a major depressive episode would also be classified as mild, moderate, severe without psychotic features, or with psychotic features.

MISSION UPDATE REPORT

BT continues to offer bi-monthly Breakfast Seminars (7:30-9:00 a.m.) 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.

BT's June 24th **Breakfast Seminar** introduced breakfast attendees to Mike Brose (Executive Director, Mental Health Association) and Bob Althoff (Abba's Family). They are a part of the Housing Faith Alliance that is building bridges between hurting, disenfranchised people and churches in their neighborhoods. They shared transformational results that are taking place in the lives of Tulsa's homeless (inclusive of those who are mentally ill), involved members of congregations, and in neighborhoods. A terrific hot breakfast was served and all had an opportunity to tour the facility. For more information about our seminars (future dates and topics), we invite you to: view our website or e-mail Tim Reside your questions.

BTSG PROGRAM RENEWED: Bright Tomorrows offers an adult Christian depression and bipolar

support group program to men and women who: (1) have been diagnosed with a unipolar disorder (a chronic depressive disorder) or a bipolar disorder (a manic-depressive disorder); (2) have a current medical, clinical and/or therapeutic care connection; (3) are current with their medications; and (4) are sufficiently stable to handle an interactive small group event. In practical ways this program seeks to empower and equip participants who want to proactively embrace healing-recovery as an overcoming survival lifestyle. Information, inspiration, education and support for the person learning to manage their disorder within the context of their faith are offered.

The weekly **Christian Depression and Bipolar Support Group Program** takes place Thursdays at 7 p.m. at Evangelistic Temple in Tulsa. 1st and 3rd Thursdays are **Educational Nights**, whereas 2nd and 4th Thursdays are regular **Support Group Meeting Nights**.

The 1st Thursday is an open-to-the-public **Educational Seminar Night** (7-9 p.m.) for support group participants and supportive caregiving family and friends alike. The series is entitled: *How To*

Survive & Overcome Depression & Bipolar Disorders. The monthly topics for presentation and discussion can be found at the Bright Tomorrows website.

The 3rd Thursday is an **Educational Workshop Night** (7-8:30 p.m.) for support group participants ONLY. Cognitive-behavioral "tool-sets" are taught, modeled and practiced for self-monitoring and self-managing and as serviceable to one's daily faith and spiritual practices. It is emphasized that such equipping can effectively supplement but not substitute for the physician's diagnostically determined therapeutic protocols.

The 2nd and 4th Thursdays are **Support Group Meeting Nights** (7-8:30 p.m.). While not to be confused with clinical group therapy sessions, these meetings are nonetheless often beneficially therapeutic. As participants begin to feel safe and secure enough to interact with others of paralleling life-challenges, they begin to experience the unconditional support and encouragement of people learning together what it means to embrace healing-recovery as a life-style. As people of common Christian faith, these participants enjoy singing together

and are inspired by Scripture-based encouragement. As they share their *praise and progress reports*, as well as their *requests for prayer*, they are heartened by their shared joy as well as encouraged by the compassionate and caring prayers of understanding and support that they receive.

For further information about the BTSG PROGRAM and other BT current offerings, we invite you to: view our website or e-mail Tim Reside your questions.

Website:

www.brighttomorrows.org

E-mail:

treside@brighttomorrows.org

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-deductable. 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.

Either/Or vs. Both/And

A Bible Story

Recently a friend reminded me of the Bible account of King Asa of Judah. In re-reading the story, I was reminded of a question that I often hear from other Christian believers who are dealing with chronic health challenges: “Does it demonstrate a lack of faith in God and God’s capacity to heal (cure) me to acknowledge (as a body weakness) a mental health challenge and a need for medical assistance?”

It is chronicled that King Asa “*in the thirty-ninth year of his reign ... was afflicted with a disease in his feet [possibly gout]. Though his disease was severe, even in his illness he did not seek help from the LORD, but only from the physicians. Then in the forty-first year of his reign Asa died and rested with his ancestors* (2 Chronicles 16: 12-13).

The Biblical record notes that King Asa, in his earlier years of rule and reign, was whole-hearted in his devotion and obedience to the LORD. In his latter years, it is observed that the King became compromised in this regard. For many, this passage seems to suggest that the LORD was displeased that the suffering King was seeking the help of physicians rather than seeking the LORD. I would like to suggest a different perspective.

I suggest that to conclude that the LORD was displeased with King Asa for “seeking physicians” results from an *either/or* perspective. In looking at this account from a *both/and* point of view, I notice that in fact the text does not say that the LORD was displeased with King Asa for seeking out of physicians. It is the King’s choice to leave the LORD out of the healing-recovery process that displeases the LORD. The historical Judeo-Christian perspective is that the LORD is the source of all the grace gifts made available to us in life. It is not a lack of faith to embrace the LORD’s provision, but rather an expression of wisdom and gratitude.

Article Attribution:

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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 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.*