

# Bright Tomorrows

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

## Thanks For The Memories!

On May 9th some 150 friends of Tim and Nancy Reside and Bright Tomorrows found their way to the campus of Laureate Hospital for a gala event celebrating Tim and Nancy's 40th wedding anniversary and 10th anniversary of work and ministry through Bright Tomorrows.



In the banquet room the guests enjoyed a wonderful variety of homemade desserts made professionally by Laura Grinnell and Deborah Hoffman, wives of BT board members, Jim Grinnell and Jay Hoffman. Tim and Nancy were presented with a beautiful anniversary cake made by Laura. Guests caught up on old friendships and made new acquaintances. Also enjoyed was a special multimedia booth created by Joshua Watson Fisher of JEWf Productions and Matt Reside of Lone Wolf Audio LLC.



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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*

## *Thanks For The Memories, continued...*

The guests moved into the auditorium for the screening of an entertaining, inspirational and informative film produced by JEW F Productions. This presentation afforded a biographical overview of Tim and Nancy’s life journey, the work and ministry of Bright Tomorrows, an introduction to the BT Board, and meaningful interviews with support group participants.



Rachelle Renee Carrillo, Tim and Nancy’s daughter flown in from New York, emceed the program. Known for her singing, comedic and theatrical talents, Rachelle insured that throughout the evening the audience experienced equal parts inspiration and laughter. Production lighting and sound enhancement were provided by Matt Reside of Lone Wolf Audio, LLC.



Tim and Nancy publicly expressed their gratitude for the love and support of family, friends, supporters, board members, support group participants and their caregivers through the years.



BT Vice President, Jim Grinnell, shared BT’s history from its birthing in 1996 until Tim and Nancy’s joining in 2001. In his presentation of BT’s history from 2001 to the present, Jim shared that Tim was installed as BT Board President, and Nancy as its Secretary-Treasurer, in January of 2009.



Tim and Nancy shared that they are writing their first book together entitled, [From Insanity to Serenity](#). This will be a straightforward story about pain and suffering but also one of perseverance, endurance, grace, mercy and love—it's their love story. Nancy gave the audience a poignant, albeit brief, glimpse into her life experience of living with a husband that she found herself not even recognizing during his periods of extreme mental illness. In introducing Tim to share his story, Nancy saluted him for his overcoming courage and expressed her respect and love for him.



Tim had a two-part presentation. He shared some life principles behind the daily healing-recovery practices he has found essential to continued survival and thrival as a man with a bipolar disorder. Then Tim took the audience on a brief "time-machine" journey back to his initial mental health breakdown in 1979. He shared part of his experience with psychotic euphoria that ultimately crashed him into darkness, pain, suffering and despair. In conclusion, he shared a revelatory message of hope for healing-recovery that he received while still in the psychiatric unit.



Tim Peterson and Jay Hoffman, BT Board Trustees, handed out information packets to all in attendance. The packets included a preview segment of Tim and Nancy's upcoming book, a copy of BT's history, and a BT Income & Distribution Statement. Tim explained that the BT Board underwrites a conservative five-hundred dollar per month operating budget. He further explained that Tim and Nancy receive no salary but raise their own support. Family and friends' donations resulted in a \$9.50 per hour average income in 2010. Nancy works outside the home to make up the difference. Affirming their work and ministry, Tim invited those in the audience supporting the Resides to continue to do so and others to consider becoming investors in their future as well as that of Bright Tomorrows. The BT Board, together with Tim and Nancy, look forward to the day when income support for the Reside work and ministry is sufficient to allow Nancy to come home from outside employment.

Two memorable moments served as the evening's finale. Tim's eighty-six year old father, John Reside, also his Pastor while growing up, joined by Dr. Thomson Mathew, Dean of the College of Theology and Ministry at Oral Roberts University, led in a special re-commissioning prayer. Additionally, they were joined in the ceremony by Pastors Norman Wilkie and Jerry Morris along with the Bright Tomorrows Board.



Following this special ceremony, Jim Grinnell presented Tim and Nancy with a beautiful plaque commemorating the evening and in celebration of their tenth anniversary with Bright Tomorrows. The plaque depicts the March 22, 2001 front page Tulsa World feature article, entitled "Saddling Mood Swings," telling the Tim and Nancy story. The Tulsa World Religion Editor and writer of that article, Bill Sherman, was present for this presentation. The plaque read: ~ Presented In Loving Honor ~ Pastor Tim and Nancy Reside, M.A., M.H.C., May 9, 2011.

# MISSION UPDATE REPORT

BT offers bi-monthly **Breakfast Seminars (7:30-9:00)** to 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 June 16th breakfast seminar was presented by Bright Tomorrows Board Trustee, Tim Peterson. The session was entitled **Understanding Obsessive Compulsive Disorder: What Every Minister Should Know**. Tim is a Licensed Marital and Family Therapist and a Licensed Professional Counselor. OCD is an anxiety disorder that plagues millions of Americans each year. In addition to an overview of pertinent descriptive data and statistics, Tim observed that OCD tends to insidiously infiltrate a person's life at the point of what matters to them. Among Christian believers

religious obsessions and corresponding compulsions can become for them very painful. Tim shared poignant examples from his 26 years of treating Christian clients pointing participants toward therapeutic remedies that are bringing help, hope and healing.

BT's weekly **Christian Depression and Bipolar Support Group Program** takes place Thursdays at 7 p.m. at Asbury United Methodist Church 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. On the **1ST Thursday Night** we offer an **Educational Seminar** for mental health consumers and family and friend caregivers. On the **3RD Thursday Night** we offer our support group participants an

**Educational Workshop.** There are no fifth Thursday night meetings.

**NEW BTSG PROGRAM LOCATION:** The Bright Tomorrows Support Group Program's new location is at Asbury United Methodist Church at 6767 South Mingo in Tulsa across from Union High School. The program 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 & NANCY RESIDE'S FIRST BOOK:** It was announced at the **May 9th Anniversary Celebration** that Tim and Nancy are co-authoring their first book to tell their personal story of severe mental illness survival. 90% of marriages that go through such trauma end up in divorce. This is a story that will offer hope

and help. The present working title is: **From Insanity to Serenity**.

This project will produce a book together with a complementary DVD and CD. The initial production and publishing related expenses is \$2500. So far \$1200 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 or at email address: treside@brighttomorrows.org.**

- 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:**

**Bright Tomorrows  
5630 South Boston Avenue  
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 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.

**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.**

# My Statement of Support

(Please Check Boxes That Represent Your Support Intention)



**Yes! I would like to prayerfully support the continued work and ministry success of Tim and Nancy Reside and Bright Tomorrows.**

**Tim & Nancy Reside Work and Ministry Support** (Make checks payable to Bright Tomorrows with memo notation)

I am making a **one-time donation** of \$ \_\_\_\_\_

I am making a **monthly pledge** of \$ \_\_\_\_\_

All who make a \$25 monthly pledge of support or give a one-time minimum donation of \$300 will receive, as our thank you gift, a DVD entitled:

**"THANKS FOR THE MEMORIES: The May 9, 2011 Tim & Nancy 40/10 Anniversary Celebration."**

**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.

**Total Enclosed \$** \_\_\_\_\_

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

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

*Donations are tax-deductible.*