

# Spirit of Hope Update

(long overdue!) —Fall 2008

Written/Edited by Jerry Seiden, M.A.

## Dear Friends & Supporters of *Spirit of Hope*,

*You haven't heard much from me lately for lots of reasons....*

Life has been a challenge (*more like the perfect storm*), and all of life and ministry has been affected. Everything from the bookstore website, podcasts, newsletters, new meetings, workshops, etc. all took a back seat. But, in the end, it is all working for good, and we're (I'm) back up again. I'll spare you the dirty details and just hint at the hardships. Good stuff happened during this time—I'll share that, too!



## Good News!!! New Grandson!!!

Luke was born July 5th, 2008 at 6:28 p.m. He was 6 lb. 5 oz. and 19.5 inches long. Mom and baby are fine. Brother and sisters are good helpers.



My wife went to be with daughter Brooke and family a day before the delivery, and she stayed for several days afterward to help.

## Web Woes

Since our web woes happened, many others friends and family have told me that our problems are not uncommon. *What happened?*

**Bottom line....** Our online publishing-site, bookstore, and [seiden1@cox.net](mailto:seiden1@cox.net) (email) were compromised, cloned, and used to scam the public. At the moment I got the word and understood. I shut down every website, podcast, and affected email address. I notified PayPal—they froze our account and did an in-depth security audit and check. I informed our board of directors, webmasters, banks, and email servers. Then we tried to figure it all out.

**The goodnews....** The set-backs and losses in time, money, support,



and innocence wounded and crippled this ministry and myself, still God brought good from it. I realized that I needed to ask for more help. The board and I button-up many things to ensure proper organization, order, legality, policy, and status with the state and IRS. We updated bank/PayPal info and security, and fine-tuned the board members' positions/portfolios. Dennis and I are rebuilding websites and podcasts. It's slow, but secure and safe. We'll grow back in steps—as needed.

✓ Visit the new bookstore now at: [www.SpiritofHopePublishing.com](http://www.SpiritofHopePublishing.com).

✓ Also [www.ADDChurch.org](http://www.ADDChurch.org) is back with a "donation" button to our non-profit account.

**IMPORTANT NOTE:** "*Web Woes*" Although I still don't understand all the technical stuff that happened, I blame no one but **me**. I wasn't careful to monitor and manage the sites as I should have. If I'd watch things closer or asked for help, I would have caught the clues in time.

**ADD,  
Christianity,  
& the Church**  
—book finally  
in print &  
published!!!



\$12<sup>95</sup> / paperback  
208 pages / size 8.5" x 8.5"  
ISBN: 1-929753-22-5

Thanks to the generous gift of a podcast listener, it's done, in print, & published!!! (& *The Reality Checkbook for Life in the Stormtrack: ADD/adhd Edition* is at the door). We have been working to get this in print for more than 5 years!

Both the book and audiobook are available at [www.spiritofhopepublishing.com](http://www.spiritofhopepublishing.com). The bookstore website is up so you can send others to get the book. But our goal is really not commercial. We hope to reach and educate local pastors, Church leaders, Christian therapist, pastoral counselors, spiritual-life coaches, educators, and people of faith who care for others in their communities.

Spirit of Hope Christian Fellowship—Rev. Jerry Seiden, M.A.

MAIL: PO Box 53642, Irvine CA 92619 —OFC&MTG: 3183-E Airway Ave, Costa Mesa CA

CELL: 714-308-2494 & OFC/FAX: 714-549-5735 / EMAIL: [jerryseiden@gmail.com](mailto:jerryseiden@gmail.com) / WEB: [www.SpiritofHopePublishing.com](http://www.SpiritofHopePublishing.com) & [www.ADDChurch.org](http://www.ADDChurch.org)

*I am so grateful to all those who have been patient with us during all this! When podcasts were rare, websites non-operational, returned mail, emails, phones, and faxes not returned . . . I thank God for the few that continued to reach out to and support us with encouraging words and financial support.*

## ADD Church A Divinely Distracted Fellowship of Believers

Spirit of Hope Christian Fellowship—Pastor Jerry Seiden

*A Safe Place to Find Hope!*

**WHEN:** Every Sunday 11:47 a.m.

**WHERE:** 3183-E Airway Ave, Costa Mesa CA  
(in the building & board room of Brewer&Brewer next to KBRT)

**CONTACT:** Pastor Jerry Seiden CELL:714-308-2494  
PHONE/FAX: 714-549-5735 EMAIL: jerryseiden@gmail.com

**WHAT:** **ADD Church** a unique mix of folks who share many of the following experiences, backgrounds, & characteristics:

- desire for spiritual growth (openness to Christian things)
- appreciation of or experience with recovery/12-step programs
- tendency to be a little bit... distracted (divinely or not), impulsive, restless, overwhelmed, daydreamer, bored by most church, procrastinator & sometimes shows up late.
- allergy to religious people & things—especially those self-appointed moral umpires!
- aversion to others who accuse... shame, condemn, judge, give-advice, & homo-phobics
- we are open to charismatic/Spirit-filled worship & ways
- we may get up and down, walk around, get coffee, or go potty—whenever!
- we come from all sorts or church backgrounds: Lutheran, Catholic, Methodist, Calvary Chapel, Assembly of God, etc.
- But very important: the core members and leaders all share a common Christian faith in Jesus Christ and the Divine Inspiration of the Bible—to receive a copy of our "Statement of Faith" just email or call Pastor Jerry.

**Spirit of Hope/ADD Church** was born because of **our** need for safe, supportive, and spiritual Christian fellowship. We maintain and guard that safety in every meeting. The following *Guidelines for Sharing* is one way that safe support is established and encouraged. The handout is read and referred to every time *Spirit of Hope* meets:

A sharing time is like a potluck. We bring something to share, and we expect to receive good things in return. The Apostle Paul said: *What then shall we say, brothers? When you come together, everyone has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. All of these must be done for the strengthening of the church* (1 Corinthians 14:26 NIV). To ensure that all have the opportunity to share and receive in safety, we follow these *Guidelines for Sharing*:

- ✓ limit sharing so that others will have time
- ✓ speak personally: I, me, my—not you, we, they
- ✓ avoid gossip and refrain from criticizing others
- ✓ take responsibility—don't blame or judge others
- ✓ be honest, sharing both successes and struggles
- ✓ respect each person's right to self-expression
- ✓ accept what others say without comment
- ✓ avoid cross talk—speak to the entire group
- ✓ don't fix, advise, or rescue others
- ✓ share currently—in the here-and-now
- ✓ anyone may pass and remain silent
- ✓ keep confidence

## From New Life!!! ... to ... Saying, "Good-Bye."

A few weeks before Luke's arrival, my wife went to the Vancouver, Washington area to be with her brother Jim. She wanted to spend some quality time with him and encourage him in his long battle with liver cancer. The time was good, and they were able to talk. When Kay's brother Tom came up, she was free to go to Colorado for the Baby's arrival.

Then on July 9th—while Kay was with the kids in Colorado—Kay's brother Tom awoke from a dream. In the dream, he climbed the stairs to check on Jim. But coming down the stairs was their father (gone 5 years now). As they passed each other they paused. Dad smiled and said, "He just fine, now." When Tom was fully awake, he knew Jim was gone. Then he climbed the stairs, and so it was.



**The Columbian**

Serving Clark County, Washington | July 15, 2008

(Jim's Obituary in local newspaper)

**Eastman, James S.**

James S. Eastman - born October 9th, 1953 to Robert and Teddy Eastman. Jim passed on July 9th, 2008 after a long illness. After high school, Jim was accepted into the Alexander Naval Academy in 1973. Due to medical reasons, Jim left the academy and went to complete his education at the University of Washington with a double bachelor degree in forestry and civil engineering. Jim worked with the Dept. of Forestry for three years following graduation. From there, he accepted an engineering position with the Department of Transportation. Through the years he worked in various positions with the DOT that included the railways and Tacoma Narrows Bridge. In 2005 Jim accepted a position as an Assistant State Design Engineer. His tenure with the WACDOT extended for 29 years. Jim is survived by his wife, Wendy, his mother, Teddy Eastman, his brother, Tom Eastman, his sisters, Nancy Burd, Kay Seiden, Susan Eastman, and his stepson, DJ Johnson. A Celebration of Jim's life will be held at New Heights Church on 7913 NE 58th Ave. Vancouver, WA. 98665 on Saturday, July 19th at 11:30 AM.



My wife left Colorado a few days later, I and flew up to conduct the memorial service in Washington. Later in August, family gathered at Jim's old ski cabin in SunRiver, Oregon for his committal service. It was the first "Ashes" ceremony that I'd ever conducted. Jim wanted his ashes scattered off their favor bridge in SunRiver.

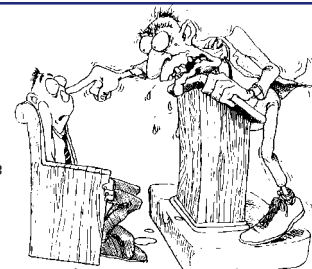


Jim's Mom & Wife Committing the Ashes to Sun River

I wanted to share my hope and faith, yet be sensitive and simple. So I adapted a favorite parable from Soren Keirkegaard (the beloved Danish Pastor—I used *The Dragonfly*). If you'd like a copy of the service, I'd be happy to email or otherwise send it.

## Uncomfortable at Church? You're Not Alone! Ever Wonder: Why go to church?

- \* I don't feel safe there.
- \* I have no say in what happens.
- \* I want intimacy, but I'm afraid to be honest there.
- \* I see the weak & wounded get shamed or shot!
- \* I struggle with the 'audience-entertainment-atmosphere'--it's like a theater (impersonal too).
- \* I see funds feed the performance & not care for the people.
- \* I hear confrontation & condemnation with too little comfort, caring, or compassion.



### What about meeting with a small group of people who...

- ... believe the church is people, not a place or particular time
- ... value openness and honesty
- ... understand the wounded—those in recovery
- ... cherish hope and encourage healing
- ... practice acceptance, mercy, and love in Christ
- ... believe everyone has something to share not just "professionals"
- ... think politics doesn't belong in church but in the Christian's conscience

*A Gathering of  
the Church in a  
Spirit of Hope!*

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### On a Personal & Honest Note:

Ever since Hurricane Katrina, life has been really tough for me and the ministry of *Spirit of Hope*. The real economic down-turn for non-profit ministries began after that big storm.



I don't understand all the reasons, but I know many ministries that have failed and churches that have closed, merged, or down-sized and reduced staff. We too have seen donations and support all but disappear.

I had used my writing, editing, and publishing work to support the ministry. But our web woes and one other cruel hardship hit and harmed us. It left me weary, worn, and wounded. And I haven't been in a position to get up, dust off, and try again.

For some time a wealthy contributor and parishioner threw money at our small church & ministry. He got us an office, helped in some tight spots. He promised a sizeable grant when his business sold. I even helped him start a foundation (we were not a part of the foundation...I just helped). When his business sold, the promised grant of shares didn't come and didn't come.... He kept saying "any day" for nearly two years. Then when it came, his daughter, who had taken over his financial affairs to help him with details, changed everything. She did not share his faith nor understand his charitable contributions, and she demanded the money back. She said, it had already been given through what we understood to be his regular tithes and offerings over that time.

Their demanding, pestering, and intimidations were unrelenting. I was wilted and worn. Our board was well aware of everything. **To end the strife, struggle, and stress, we returned all but \$7,500 of the donation—we gave back the amount she wanted. I wish we could have returned every penny.** One day if I can ever afford it, I will give back even that last little part.

But if I we'd given back that \$7,500, *Spirit of Hope* and my family would literally be on the street. As it is, we be there in little over a month.

I was truly foolish to set my hope on the promised grant. I was even more foolish to cut back my other income producing effort in editing, writing, and publishing. I foolishly believed that money would be there to help us with our meeting facility, printing our final few projects, promotion of those projects, etc.

Some time ago, the Lord gave me an important Bible verse that I was to memorize. It happens to be the very middle verse of the Bible: Psalm 118:8. I should have taken it to heart.

***"It is better to trust in the LORD than to put confidence in man."***

I am in a very humbled, broken, and needy place right now. But I and the core leaders of our ministry have learned a lot from the trouble and pain of this ordeal. I know that I did foolish things, still, I also know that spiritual conflict is real and there is a devil who does not want to see this or any ministry succeed. So please pray for us.

In the midst of all this, our small flock has begun to grow again. We have new meetings separate from those who manipulated us with money. We meet in our office (the boardroom/law library @ Brewer&Brewers). The most hurting folks are coming back now that we've separated from the wealthy ones who made the weak, wounded, and most hurting feel unwelcome.

We're living the *Beatitude* of Jesus because we're the blessed poor, needy, hunger, and so on.... Those who come now truly encouraged me. They have shared the load and blessed me in spiritual ways. They visit to just pray, they volunteer to help, they bring friends, they give rides to others, they proofread/copy-edit, and they give of their finances—it's small but sacrificial.

### ***What now for Spirit of Hope???***

For some months I have done what I tell others to do: **1) redefine, 2) restructure, and 3) renegotiate.** I worked the 3 R's for my life in light of what I know is true about myself. And the core leaders of *Spirit of Hope* have helped me do the same for the church and our outreaches. We know that true **spirituality is being in proper relationship to the truth.**

***And the truth is*** that without an immediate donation or gift of 5-to-\$10,000, we will have to leave this office, stop all publishing projects (from printing to press-releases and promotion), and I'll have to take outside work. We'll continue our Sunday meeting and to maintain some podcasting—nothing is certain at this point. But I and the leaders are at peace with letting everything go. It's up to God whatever happens. **So your prayers and support are more important than ever. Ask God to direct us or provide the miracle.**

You can help if you know some local (Orange County) like-minded-ministry or outreach or even Christian business that might partner/cooperate with *Spirit of Hope*. We would rather not legally "merge;" however, we have a lot to offer another Christian organization: 1) we are incorporated as a non-profit church, 2) we have an established/recognized publishing outreach, and 3) we have local and national media contacts and lots of web-savy & know-how. We just need a place to meet, a little office space, and a little financial help for a couple months. (And to know what we're like—take a look at the info about ADD Church on page 2).



# Pastoral Counseling

What is it?  
How does it help?



“In times of trouble, growing numbers of people take comfort in faith-based therapy. Pastoral counseling is often the choice of high-profile figures....”

Alison Buckholtz, *The Washington Post* from  
“**HELP FROM ABOVE**”\*



✓ **75% of Americans** said it's important to incorporate faith in counseling to overcome serious emotional or mental problems.

✓ **81%** wanted their own spiritual values respected and integrated into the counseling process.

Research by *The Gallup Poll*\*



## What is a Pastoral Counselor?

The *American Association of Pastoral Counselors* (AAPC) describes pastoral counselors as “clergy who have received graduate training in both religion and behavioral science for a clinical practice and/or a counseling ministry that integrates psychological and theological disciplines.” Pastoral counselors may practice/minister in private offices and institutions other than their local congregations and faith communities. They often do consultations for clergy in the community, and they may serve local law enforcement, health care agencies, hospitals, and educational institutions with the title “chaplain.”

In most states (including California), no license is required to perform pastoral counseling. However, clergy (i.e. ministers, priests, or rabbis) who practice/minister as “pastoral counselors” must maintain ministerial credentials/certification (e.g. ordination) within their established religious organizations, and they are accountable to their faith communities.\*

\*Non-clergy pastoral counselors are affiliated with professional associations, require certification, and are subject to state regulation. Moreover, they lack the rights and privileges which the federal government and most states grant to clergy (e.g. solemnize legal marriage, priest/penitent confidentiality privilege, administration of sacred rites such as “sanctuary,” death rites, spiritual proxy and mediation, tax/financial benefits and exemptions, etc.).

## The Oldest Profession

Dr. Harold G. Koenig, professor of psychiatry and behavioral sciences at *Duke University Medical Center* is the author of *The Oldest Profession*. He wrote:

For most of our country's history, counseling has been done by pastors. A tremendous amount of counseling is still conducted by clergy in one-on-one sessions with congregants and members of the community.

The estimated 350,000 clergy in the United States spend an average of 15 percent of their time on counseling. This adds up to more time spent on counseling than the entire membership of the *American Psychological Association* working 40 hours per week.

## Public Opinion

*Greenberg-Quinlan-Rosner Research* conducted recent polls in America and stated:

The public sees a clear link between the strength of one's spiritual faith and the status of one's mental health.

✓ 83% agreed strongly that “spirituality is an important ingredient to mental health treatments including psychotherapy.

✓ an overwhelming number of Americans recognize a close link between spiritual faith, religious values, and mental health.

✓ 75% percent would prefer to seek assistance from a mental health counselor who recognizes and integrates their spiritual values into the counseling process.

✓ 69% mentioned “pastoral counselors” as the type of counselor they would seek out if they had a “serious problem” that required a mental health counselor.

*The Gallup Poll* has surveyed Americans' view on the counseling profession for many years. They've found that Americans continue to express a “strong level of support for pastoral counselors.”

✓ 66% said they would prefer to receive counseling from a person who represented their spiritual values.

✓ 81% said they wanted their own spiritual values respected and integrated into the counseling process.

✓ 75% said it was important to incorporate faith in the counseling process to overcome a “serious emotional or mental problem.”

For more: [www.galluppoll.com](http://www.galluppoll.com) &  
[www.greenbergresearch.com](http://www.greenbergresearch.com).

## Help From Above

Alison Buckholtz of *The Washington Post* wrote *HELP FROM ABOVE: In Times of Trouble, Growing Numbers of People Take Comfort in Faith-Based Therapy* (12/2005). The following exact quotes are selected portions of her article:

When Mary Bailey of Takoma Park sought help for stress and anxiety, one thing was clear to her: She didn't want to see a psychologist or psychiatrist.

A health care worker, mother and evangelical Christian, Bailey says that “being a Christian guides the choices I make and how I make sense of the world. I didn't think a psychologist or psychiatrist would be sensitive to that.”

So Bailey, like increasing numbers of people seeking help with personal problems, called a pastoral counseling center. She was matched with a therapist with an MA in psychology and “enough religious background to know what I was talking about and guide me,” Bailey said. While their discussions were not overtly religious, “we both knew that there's a purpose for the different challenges I was dealing with,” Bailey said. “We could say things like, ‘Let's leave it to God.’”

Pastoral counseling is often the choice of high-profile figures who find themselves in trouble. Seeing a pastoral counselor demonstrates that they are dealing with their lapses while avoiding the stigma often attached to treatment by psychologists or psychiatrists. When Bill Clinton, the Rev. Jesse Jackson, former U.S. House Speaker Bob Livingston and Fox TV personality Bill O'Reilly faced scandals prompted by their personal behavior, each sought help from pastoral counselors.

This entire article: [www.washingtonpost.com/wp-dyn/content/article/2005/12/02/AR2005120202402.html](http://www.washingtonpost.com/wp-dyn/content/article/2005/12/02/AR2005120202402.html).

### Mended Hearts

The wounded heart won't lie  
—pain has laid it bare.  
The broken soul can't boast  
—sorrow has stripped all airs.

The suffering man or woman,  
cannot judge or scold.  
The honesty of scars revealed  
tell the story—bare the soul.

The torn, the tempted, the crushed  
have found new ears to hear.  
They listen now and understand  
—in comfort, in care, in tears.

They will not fix, advise, or counsel.  
No imperative, no sermon, no wind.  
They are blinded by love and only point  
to the One who mended them.

Jerry Seiden

*The Association of Christian Therapists*  
www.act-therapists.org

**Jerry Seiden, M.A. is a member ACT**  
—Association of Christian Therapist

*A Fellowship of Christian Health-Care Professionals & Associates*  
“Toward Wholeness & Holiness through Prayer in the Healing Professions”

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