

What Is Spirit of Hope?

Some individuals and families seem plagued—even enslaved—by addictive behaviors or a host of other chronic troubles such as problems in their relationships, employment, health, and emotional stability.

According to the experts who study the genetics behind chemical dependency and other addictive behaviors,¹ about 5% of the general population are genetically predisposed to alcoholism, addiction behaviors, chemical dependencies, impulse control, and a host of other disorders—including learning disabilities, add/adhd, Tourette syndrome, obsessive/compulsive behaviors, etc.²

They are often misunderstood. Like round pegs in square holes, they spend their lives trying to fit or pass for normal. Family, friends, and teachers often make a moral diagnosis and add shame to their many difficulties. *Spirit of Hope* is a ministry to individuals and families like these.

Jerry began the ministry and outreaches because he understanding the struggles. And he found the healing insights to help. He and other *Spirit of Hope* participants offer the hope they have found and continue to find on our journey together.

Spirit of Hope offers help through education, medical referrals, structures, support, counseling, mentoring, life coaching, 12-step-support, and spiritual direction and encouragement. Jerry has found that *spirituality* has been his greatest healing resource. And his definition for spirituality is *being in proper relationship to the truth*.

This outreach is an outreach of *Spirit of Hope Christian Fellowship*, Pastor Jerry and his core leaders are all recovery and 12-step friendly. Each with his/her own personal recovery experience.

¹ See *The Gene Bomb* by David E. Comings, M.D. (Director of Medical Genetics at The City of Hope, National Hospital, Duarte, California). Hope Press, 1997.

² See *Overload: The Addictive Brain* by Ken Blum, Ph.D. and David Miller. Also see *The Link Between ADD & Addiction* by Wendy Richardson, M.A. Pinion Press, 1997.

Spirit of Hope relies upon the donations and offerings of those who participate in and support the ministry and outreach of this fellowship. *Spirit of Hope Christian Fellowship* is a non-profit religious organization—IRS 501(c)(3) approved.

How Spirit of Hope Helps

The work and ministry of *Spirit of Hope* takes many forms:

✓ Conferences, workshops, seminars, and small group meetings for healing damaged emotions & wounded hearts, impulse control, religious abuse, relationships, marriage, & family, personal recovery & related topics, 12-Step meetings, and special topics on add/adhd, learning disabilities, ADA & legal rights at work & school, etc.

✓ Individual and family pastoral counseling. Private times of coaching, spiritual direction, encouragement, confession, and prayer.

✓ Pastoral ministry for pre-marital counseling, weddings, baptisms, and dedications. And ministry in times of crisis, illness, death, and personal or family loss.

✓ Published materials in the form of newsletters, resource guide, booklets, tracts, and audio/video tapes, and professionally produced books.

✓ Podcasting.

✓ Christian fellowship.

Relate to the following struggles?

- easily distracted
- impulsive / restless
- disorganized
- easily overwhelmed
- hyperactive or hypoactive
- daydreamer
- lack of motivation
- procrastination
- easily bored
- impatient
- many projects at once
- trouble following through
- tendency to say what comes to mind
- tendency toward addictive behavior
- mood swings—anxiety / depression
- sense of doom
- sense of failure or under-achievement
- difficulty in relationships
- difficulty in workplace / career
- low self-esteem
- sudden outburst of anger or cry easily

Where There's Hope— There's Life!

That's not the way it usually goes. Most folks say, "Where there's life, there's hope."

We who have faced addictions, *disease*, and the struggles of everyday existence know better. When hope was crushed and spent, life had little meaning. We can recall the names and faces of those who could not face another day without hope. The pain was too much—they ended the gift God gave them.

Researchers at Cornell University discovered the power of hope through an experiment with rats. They put some rats in a vat of water and left enough space for them to swim and breathe, but they put a lid over the vat. All the rats died and sank to the bottom within about six minutes.

Then they put the same number of rats in an identical vat, but this time they left off the lid. The rats swam and survived for thirty-six hours! The researchers pulled them all out alive. What was the difference? They had daylight—they had hope!

We, who struggle with damage emotions, addictive behaviors, and the overwhelm of each day when life is broken, have lived in hopelessness. Like kids who play hide-n-seek, we hid for most of our lives. We believed that we were unacceptable and that no one would love us—and all would reject us—if the truth were known.

Like all kids who play hide-n-seek, we secretly wanted to be found. But we hid too well. Our caves were too dark and deep. No one could find us—none dared venture in. We were lost even to ourselves.

But in our darkness, hope found us because God was playing the game! When we thought we were beyond reach, God came to us. In our darkness, God opened up the lid and gave us hope. The hope is God's light—the light of life. He shined on us, and we will never be the same!

Spirituality—Your Healing Resource
Spirit of Hope Christian Fellowship
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Rev. Jerry Seiden, M.A.

Pastor of Spirit of Hope Christian Fellowship

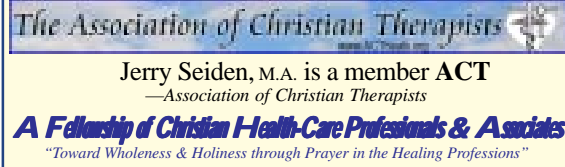
Jerry Seiden is an ordained minister and a former chaplain for the Los Angeles County Sheriff's Department. He is a farm boy from Illinois, a Vietnam veteran, an alumni of Vanguard University, the father of two (Brooke & Timothy—both young adults), the grandfather of four, and the husband of one (Kathleen) for 34 years.



In his 28 years of ministry, Jerry has pastored congregations in Paramount, Ventura, and Costa Mesa. He is currently pastor of *Spirit of Hope Christian Fellowship*, a special ministry for those who struggle to fit in a traditional congregation due to a variety of emotional or behavioral needs, past abuse, problems with ADD/adhd, learning disabilities, addiction, recovery issues, or related problems.

As an inspirational speaker and small group facilitator, Jerry relies on spirituality as his primary healing resource. He teaches the effectiveness of the 12-Steps as a spiritual model for life. He focuses on the daily, practical, spiritual application of the steps, and teaches an easy-to-use method of mood management to stay “emotionally sober” and “spiritually connected” in the face of life’s craziness. Jerry knows from first-hand experience how the 12-Steps offer sobriety, spirituality, structure, safety, simplicity, serenity, mood-stability, improved self-esteem, and the support of others.

Those whom Jerry counsels, coaches, or mentors soon understand that he defines “**spirituality**” as *being in proper relationship to the truth*. Jerry teaches practical tools to guard hearts and heal souls. Participants and parishioners learn to use the common chaos of current crisis to discover the truth about themselves. They see how their own vexed values have confined their choices and redefined their identity as victims, survivors, and martyrs. Those who work Jerry’s **Reality Checkbook** rediscover their true values, find safety from spiritual and emotional abuse, learn to manage moods, and develop a new level of spiritual awareness.



Our Publishing Outreach

The core members/participants of *Spirit of Hope Christian Fellowship* is a small but very committed group of believers each with a heart for ministry—none much cash to spare. And those we seek to reach have struggles related to recovery needs, addictive behaviors, add/adhd, learning disabilities, TS, emotional problems, wounded/broken souls, and—the most common problem—finances. So in 1999 Pastor Jerry Seiden began *Spirit of Hope Publishing* as an outreach of the church to share our message of hope, inspiration, spirituality, and faith in Christ as the best healing resource. But also it began to support the nonprofit outreaches and ministries of *Spirit of Hope Christian Fellowship*. See our website for titles, links, and more: www.SpiritofHopePublishing.com.



Pastor Jerry set this example through his form of “tent-making.” He’s written, ghostwritten, compiled or developed/edited more than 60 published titles related to recovery, self-help, inspiration, and spirituality. Most of that work has most often been behind the scenes as a contract-writer (ghostwriter). See his website for more about his work and those

for whom he’s written: www.JerryTheWriter.com.

What we hope to share and say: The goal of all of our titles and topics is to offer hope. We share our stories, insights, expertise, and inspiration—all without pompous imperatives or plastic platitudes. Our authors open up their lives and invite readers in to see their struggles and to share their discoveries and hope. Our focus is “recovery friendly” and filled with a spirituality that welcomes other people of faith. Other spiritually-minded people of faith, whatever their stripe, will find a safe and shame-free resource in all our materials.



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 can only point
to the One who mended them.

JerrySeiden

Spirit of Hope



Rev. Jerry Seiden, M.A.

Pastor & Director



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There's Life!*

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