

Spirit of Hope

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Tense & tough times hit ADDers HARD!!!

...for lots of reasons

Join us to...

- ✓ get past brain-fog, fear, & the feeling that you're lost.
- ✓ rediscover yourself as you share in safety w/ others.
- ✓ remember who you are & what you want.

On Friday nights we'll understand & do something about our repeated mistakes & the wound in our hearts that keeps us in low-paying job & all alone!

On Sunday morning in our **ADD Church** meeting we'll learn how to "Guard Our Hearts," rebuild our walls/defenses, & re-establish the boundaries of our lives. Pastor Jerry will share (w/ illustrated handouts) from the Old Testament book of Nehemiah. Go to www.ADDChurch.org

Relate to ADD/adhd Symptoms?

- easily distracted
- impulsive
- restless
- disorganized
- easily overwhelmed
- hyperactive or hypoactive
- daydreamer
- procrastinator
- 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/under-achievement
- difficulty in relationships
- difficulty in workplace/career
- low self-esteem
- sudden outburst of anger



Wounded Hearts... Walk In Circles

Reasons & Remedies for Repeated Mistakes



For those of us who wonder...

- Why can't I change?
- Why do I feel so lost?
- Where did I miss the signs?
- Did I lose the directions...or not get any?
- Why do I choose the wrong way every time?

Wounded Hearts...are weary souls caught in painful patterns of failure, loss, & low self-esteem. We're so beaten down, broken, lonely, & lost that we don't know...

- ...what we want,
- ...who we are,
- ...where we are to go, &
- ...what to do w/ our lives.



At our new location...
740 W. Wilson St, Costa Mesa CA
In the facilities of...
Harbor Christian Fellowship

A Special Group:

8 weeks
every
Friday, 7 to 9p.m.
NOW ...begun
Fri. Feb. 13

GROUP FACILITATOR:

Jerry Seiden, M.A.,
Pastoral Counselor &
Author of the book:

**WOUNDED HEARTS
WALK IN CIRCLES:
Reasons & Remedies for
Repeated Mistakes!**

On which the meetings are based—
see contact info below for Jerry.

We Will...

- ✓ see **why** repeated mistakes.
- ✓ get remedies, structures, strategies, & spiritual support.
- ✓ learn how to "guard our hearts" from future harm/abuse.
- ✓ gain new direction from past mistakes.
- ✓ shifts paradigms, leave barnyards, & find our swans.
- ✓ transform vexing values into new vision for our hearts.
- ✓ outgrow survival & journey toward success.
- ✓ leave the **need-to-produce** to rediscover **the-power-of-play!**
- ✓ transform vexing values into new vision for our hearts.

OTHER DETAILS:

- ✓ open to all
- ✓ space is limited
- ✓ sorry no childcare
- ✓ all materials provided
- ✓ no charge—donations accepted
- ✓ feel free to bring a snacks to share
- ✓ brings friends

Sponsored by

Spirit of Hope Christian Fellowship

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