

...from the copious correspondence of Movie Monday, a letter from an acquaintance at a mood disorders support group facilitators' workshop in Vancouver...

July 2 / 97

Dear Bruce + family

At long last I reply to your package of information and video that you sent me in Nov. 95! I used to be too embarrassed to reply after such a long delay but as part of my goal to reduce perfectionism I thought why not? A late reply is better than no reply at all.

I really appreciate your efforts in compiling all the information and sending me the video. You've ventured "out" in a most interesting and unique way. That's what I've learned so far in the MDA - is to appreciate the uniqueness of people in a common struggle. It is really inspiring, hopeful and uplifting. As bad as bipolar gets there are certainly worse things to be afflicted with. I admire your courage and candor regarding mental illness. You have risen to the challenge and become a pioneer to educate the public and work at breaking down the stigma. I agree that the stigma can be as much, or more, of a burden than the illness itself. I applaud your efforts and wish you continued success. One of the things that struck me the most about your case is the incredible support from your wife, Laurel, + your children. What a wonderful gift.

Always happy to get feedback, especially hard copy. What's your take on what Movie Monday means for you?

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