

[from a meticulously hand-written letter received Mar.5/98]

Dear Bruce,

At the MDA meeting, you asked how Movie Monday was helpful to me. Immensely is a word that comes to mind. The last (seventh at the EMP) time I was hospitalized, I was so manic I went psychotic and paranoid, and I was unable to leave certain sections of 3B, and felt that the staff and some of the patients were plotting against me, and had they been holding Bowie knives I could not have felt more threatened.

I'd been to two or three movies before that night, and despite the noise and darkness, I felt it to be a safe place, with no nurses, security guards or police of which I was very scared of at the time. I'm no Trekkie but that night I decided to go despite my fear and panic attacks and after a gut-wrenching 30 min. I found myself relaxed and enjoying myself, even laughing, which was something that seemed such a remote impossibility I have periods I would have sneered at the thought.

The atmosphere that you provide of safety and of camaraderie especially between patients really helped me. Did you know that this atmosphere exists? When the movie was over I dreaded having to go back to the ward but it was easier and my delusion that they were all out to get me had reduced to the point where I could recognize the feelings were false.

This is the most dramatic show of Movie Monday helping me. The other times I went when hospitalized were not as dramatic but important nonetheless. Sometimes it feels as if that clock is ticking backwards, time goes so slowly. Movie Monday provides a welcome relief from the stagnation - and we have something new to talk about. As far as the few (3 times so far) I've gone to Movie Monday from living alone in the community, I find it gives me a great sense of acceptance of who I am as a person, a Manic-Depressive, and I don't feel as marginalized.

Thank you for your fight to get Movie Monday the way it is today and for your continuing struggle for funding. I was thinking of writing about my 3 of my friends whom Movie Monday has helped but I don't have their permission but they exist. On our behalf, Thank you again.

I'm good with visual art and poster-making if you need that kind of help, Bruce. You've helped me, I'd be glad to help you.

.....K Peace