

# Oreland woman's book sees a providential hand in all phases of life

By Amanda Glensky  
Staff Writer



Staff photo by BOB RAINES

Elise Seyfried, director of spiritual formation at Christ's Lutheran Church, Oreland, recently published "Unhaling," a collection of inspirational vignettes she wrote for the church newsletter.

fried said in an interview at her church. "It became, for me, a way to write a personal story ... share a personal journey with the congregation."

Seyfried has been a member of the church for 21 years, since joining after the birth of her third of five children. She lives in East Oreland.

The idea for the book's title, "Unhaling," came from a conversation she had with P.J., now a 19-year-old student at Millersville University, when he was just 4 years old. She describes the conversation in the final story in the book, called "Be Here Now."

At bedtime one night, P.J. told her "first I inhale, then I un hale!"

"As a child, P.J. was king of the present moment," she writes. "P.J. approached the world with unbridled joy and wonder."

It's a characteristic he has maintained as an adult, she said, whereas she struggles to attain this state of mind.

"Most of the time I'm multitasking — simultaneously obsessing about yesterday's goof-ups and dreading the probable goof-ups of tomorrow," she writes. "It's so hard for me to be here, now. Even as I know that 'now' is all there really is."

"Unhaling," Seyfried said, aims to show how everyone has his form of failings, doubts and major imperfections.

"You can have a job like mine, you can work in a church and still not have it all together," she said.

Seyfried believes in a God that understands shortcomings.

"I believe very strongly in a God of understanding, second chances, total forgiveness, unconditional love," she said.

She compares God's love to the love of a parent for a child.

"If anyone can feel love of children, how can we expect any less of God?" she said.

And it saddens her when people worry about God punishing them, she said, — "terrified of God instead of truly thinking of God as the most loving parent imaginable."

Seyfried moved to the area with her husband after they had both completed a one-and-a-half-year theater tour with a group that performed in elementary schools.

Later, they began Family Stages, a family theater group that her husband, Steve, now operates as a full-time business. The group performs at Christ Lu-

theran Church, in Trappe, Montgomery County, and in Rehoboth Beach, Del., during the summers.

When she first joined the congregation, Seyfried taught Sunday school and volunteered until her current position opened.

Seyfried and her husband raised

their five children in East Oreland. Their youngest is Julie, 15, a freshman at Upper Dublin High School, and their oldest is Sheridan, 26, is a composer.

"Unhaling" is available online at Amazon, Barnes and Noble and at [www.eliseseyfried.com](http://www.eliseseyfried.com).



**GETTING THE MESSAGE OUT ...** A cast of characters is all smiles at the recent King of Prussia Rotary Meeting, where members learned about LinkedIn, a business networking website, from representatives of CommunicationsPro.com. Pictured, from left, are Rotary President Dave Rebman of Limerick, CommunicationsPro chief message developer Barbara Sherf of Flourtown, Rotary program Chairman Curin Romich of Collegeville, and CommunicationsPro chief growth officer D. Mike Smith of Eagleville.

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