



## **MISTER ROGERS' WEEK OF KINDNESS**



### **Seth Cain**

Lead Minister, The Foundry Church

From bagging groceries in high school to selling dress shoes at the mall to sorting trash in college to working at a funeral home to digging wells in Guatemala to touring and managing a rock and roll band and everything in between, Seth has accumulated a wide variety of work and life experiences. This vast array of experience has contributed to his perspective and insight which he is able to distill into life wisdom not only for himself but for anyone who's willing to listen.

Seth has been there, done that, and lived to talk about it. Everything is your teacher, and he's done a little bit of everything. He doesn't have a New York Times bestseller (yet), but he does have a keen eye, a good heart, and a desire for all of us to live better, fuller, and more free lives.

His unique perspective, years of religious study, open-mindedness, and willingness to fail provide him with the experience and knowledge to write, teach, and help others see themselves and the world in new ways.

For the past decade, Seth has been the lead minister of The Foundry Church in Winter Springs, FL. He is an ultramarathon runner and an amateur gardener. He is also the author of the book "Life is Beautiful—unless you grew up with a traditional view of God and the world. Then you might not think it is. But maybe this book will help." He is aware of how long and ridiculous the subtitle is, but he thinks it's funny and works as a great description.