



Rotary Club of Hattiesburg District 6840, Club #04003

# **Carolyn Smith**





# Guest

Master of Arts in Professional Counseling from Ottawa University

Licensed Professional Counselor

Certified Sexual Addiction Therapist & CSAT Supervisor

Certified Multiple Addiction Therapist

Eye Movement Desensitization and Reprocessing (EMDR) Level II

Caroline Smith, is the director of intensive workshops at Pine Grove Behavioral Health In her role as intensive workshops director, she is responsible for all aspects of intensive workshop development, programming and facilitation. Her most recent passion is the development of Pine Grove's newest workshop offerings; Christian Personal Freedom and Christian Couples Intensive Workshops.

Ms. Smith is a licensed professional counselor, a certified sex addiction therapist and supervisor, a certified multiple addictions therapist and is EMDR trained with expertise in the areas of trauma and disordered attachment. In addition to her administrative role, she is frequently invited to lecture at professional conferences on topics including trauma resolution, addiction interaction, food and sex, attachment style dynamics and family systems legacy. She is a passionate force in support of healing, hope and sustainable recovery.

## March 26, 2019



#### The Children's Center

FOR COMMUNICATION AND DEVELOPMENT THE UNIVERSITY OF SOUTHERN MISSISSIPPI



Tickets are available and are already being sold. If you've not picked yours up yet, please see Bill MacLauchlan immediately.



#### Sponsorships still needed!

Please see Bill McLeod to find out how you or your business can support our club and the District at this years conference.

This year's conference will be held at the Hollywood Hotel & Casino. It is not too late to register! The Food Fest will be held on-site and there will be a talent show at the Bay St. Louis Community Center.



## Update

## From Westminster Presbyterian Pastor and fellow Rotarian, Dr. Steven Ramp:

Just over a month ago (February 10, 2013) a major tornado ripped a 78-mile gash through south Mississippi. Our beloved church and out-buildings took a direct hit. The McCaa, Jones, and Wright Houses are completely destroyed, but our sanctuary and bell tower are going to be fine.

Our top priorities are securing the building, settling the insurance claim, and restoring the sanctuary and bell tower. This is a very time consuming process



involving many aspects and experts. Butch Nobles is our lead consultant and negotiator on this project. We are deeply grateful for his leaderhsip and expertise.

When we can expect to be back in our building? I'd love to say a year, but realistically, we're probably talking 18 months to two years. When we get squared away with the insurance company, the architect, and figure out how much we can afford to borrow, we'll be ready to get started.

The damage was extensive. The cost to repair our building will be enormous. We need to do it right. We are not simply repairing the roof and damaged structure. This is a once in a lifetime opportunity, and we want to be smart about what we do so it will serve future generations well and enhance our ability to do ministry for the next 50+ years.

#### From your Spokes Editor, Wes Brooks:

Many thanks to the staff and parishioners of Parkway Heights United Methodist Church for offering us sanctuary, both literally and figuratively, as we work to repair our church.

I also want to send a most heartfelt "thank you" to my fellow Rotarians for the work you have done and your continued concern and prayers for our speedy recovery.



## Minutes: March 19, 2013

Maura McLaughlin presided over the meeting. Thanks to Allen Anderson, who gave the invocation and to Walley Weakley who led the members in the Pledge of Allegiance. Thanks also to David Owens who served as our greeter today.

Maura led the Club in the 4-Way Test and then asked Gene Owens to introduce today's guests and visiting Rotarians. There are no visiting Rotarians. Elizabeth Gillentine is a guest of Scott Hummel. Mikell Chatham is a guest of Audra Cummings. Brett Phillips is a guest of Mike Ratliff. Amanda Lee is a guest of Chrissy Cullinane.

- ⇒ Bill McLeod read the names of individuals and companies who have agreed to help sponsor this year's District Conference. He thanked those who are participating. He also requested volunteers interested in helping with the Friday night food festival during the conference. Robert Cummings thanked Bill for taking on this responsibility.
- ⇒ Maura congratulated Scott Hummel who was recently promoted to Provost at William Carey University. She also reported that the Rotary Polio Plus program continues. The last child reported to contract Polio in India has been identified.
- ⇒ Janice Touchstone reported that RYLA applications should be available in the very near future. Rotarians are encouraged to nominate eligible students for these awards.
- ⇒ Bill MacLaughlan reported that Night in Italy tickets are here and are being distributed. If you did not get your tickets before today's meeting, please see Bill after the meeting. David Owens circulated sign-up sheets for Night in Italy t-shirts and for volunteer commitments. If you haven't committed to a time, please get with David. He also reported that t-shirts are being sold for \$10 each.

Audra Cummings then came forward and introduced today's speaker Carver Brown. Carver is the Alumni Coordinator at Pine Grove Mental Health.

Carter reported that he came to his current position via a non-traditional route. He is a recovering alcoholic who finds great benefit in helping others who have gone through alcohol, drug or process addictions.

He ran a very successful company through his addiction. Growing up in a home with an alcoholic parent he says he noticed that he felt like something was always missing in his life. After taking his first drink of alcohol he says he finally found that which was missing. After a few drinks he was very popular with women. After a few drinks he was a very good dancer. After a few drinks he was the life of every party. However, after experiencing black-outs he began to realize that there was a "hole in my soul".

He became involved in a 12 step program to begin his recovery. He noticed at the very first meeting of the group that he felt safe; however, he was still confused. After attending a few of the meetings he met an individual who assisted him in his recovery. This person told him there were three things that he must do on a daily basis.

His first instruction was to fall on his knees every morning and pray to God and ask that God helm his stay sober today. Secondly he must attend the regular meetings. Thirdly, he had to learn to share with others from the heart. Carter said that once he began to be honest with others and really share his problems that they decreased by half. In reality, by sharing he gave the other person one-half of the problem. As he continued to share his problems lessened even more. Carter stated that addiction is one of the most powerful forces on earth. However, recovery is more powerful but it only lasts as long as the individual is willing to follow the steps to recovery.

Alumni who return to Pine Grover Behavioral Health each year can come back five times for a two day visit. Carter calls them the alumni's "days of hope." Their return visits give those going through treatment hope of recovery. The return visits also give the alumni a necessary boost to help them continue their recovery. Additionally, the Pine Grove counseling staff also participates in these return visits. They receive positive feedback for the work they have done. This feedback gives them courage to continue their hard work.

Minutes courtesy of: Lamar Evans, Executive Secretary Rotary Club of Hattiesburg



Applications Due: 4/1/13

#### **Upcoming Programs/Events**

- March 25 Board of Directors Meeting DuBard School for Language Disorders at USM
- April 9 Cindy Bivins, M.Ed., Interim Director, Director, Children's Center, USM
- April 18-20 \*\*District Conference\*\*
  - April 23 "A Night in Italy" (No noon meeting)
  - April 30 The Honorable Lynn Fitch, State Treasurer of Mississippi
  - June 25 Awards Luncheon (Tentative)
    - July 2 District Governor-Elect, Barbara Mauldin

#### Rotary Club of Hattiesburg

c/o Association Management Systems 629 North Main Street Hattiesburg, MS 39401 (601) 582-3330



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EACH ROTARIAN:

REACH ONE, KEEP ONE

