



Pine Grove

Alumni Program

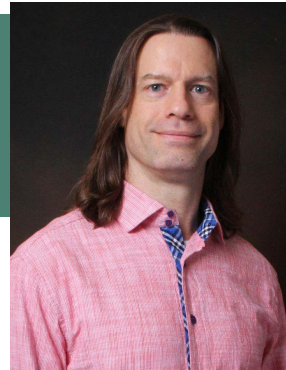
Forrest Health®

Winter Issue
2024

EMPLOYEE SPOTLIGHT

David C. Sellers, M. Div., Spiritual Coordinator

Pine Grove Behavioral Health & Addiction Services



You would think after as many interviews that I have done for this Spotlight, I would no longer be surprised or entertained by the things I learn about our colleagues. Rest assured, David's interview is no different! I know you will enjoy getting to know him a bit more, I did!

David Sellers was born right here in Hattiesburg at the old Methodist Hospital, that was located at that time, in downtown Hattiesburg. David was one of five children. His father was in the military and he worked for the Internal Revenue Service. David's mother was a teacher and she actually wrote the curriculum for the two-year marketing program at Jones County Junior College.

David earned an Associate Arts degree (in Music and Business) from Jones County Junior College. In 1999, he finished his academic work at William Carey University, with a major in Business Administration and a minor in Music. In 2003, David graduated from Emory University in Atlanta, Georgia, with a M. Div.

Since 2005, David has been the Associate Pastor at Parkway Heights United Methodist Church in Hattiesburg. He is the Associate Pastor over Spiritual Direction; Education, College Ministries, and he currently responsible for Open Door Church (a recovery based worship and outreach church in Hattiesburg). David has worked as a pastor in Sanford, MS, Monticello, MS, Waynesboro, MS, Wayne County, MS, Kokomo, MS, Lawrenceville, GA, and Brookhaven, MS. The very good news is that David and his family landed in Hattiesburg and he has been with Pine Grove since 2011 as the organization's Spiritual Coordinator.

WHAT WAS THE BRIGHTEST MOMENT IN YOUR CAREER?

There have been several actually. First of all, was my ordination. When I felt called to the ministry, and then all of the transitions I encountered. Doors have

opened for me and I just stepped through those many doors. Finally, the first time I really felt effective and that I was making a difference.

WHAT ADVICE WOULD YOU GIVE TO A GRADUATING PASTORAL STUDENT WHO ASPIRED TO WORK IN MENTAL HEALTH AND ADDICTION SERVICES?

You've got to do your own work first. Pay attention, you are always learning.

TELL ME ABOUT YOUR GREATEST MENTORS.

David Stewart, a Youth Director I knew. He taught me that it was okay to question, you can still have a strong faith and also question.

John Cornelius, District Superintendent of Methodist Churches.

Roger Flowers, Chaplain at Methodist Hospital and of two small churches. He took the role of teaching very seriously and taught me to do the same.

I had an encounter one time with Desmond TuTu, and after that I had some classes with him, I WAS IN AWE!

WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

There are several. Marriage, how differences attract, as well as learning how to allow each other to be ourselves. Another trial was overcoming childhood trauma. And finally, watching my father's seven year decline with Alzheimer's.

WHAT DO YOU DO FOR FUN?

I love to read and to play Wallyball.

WHAT BRINGS YOU THE GREATEST JOY?

First of all, it would be my wife and my family. I also love when communion and worship come together with the liturgy of confession, that is when we come together to be human with each other. *(continued on next page)*

Don't blame the clown for acting like a clown. Ask yourself why you keep going to the circus!
– Unknown Author

No one can make you feel inferior without your consent.
– Eleanor Roosevelt

There is nothing either good or bad but thinking makes it so.
– William Shakespeare



Save the Dates Days of Hope

March 1, 2024

June 7 – 9, 2024 (reunion)

September 13, 2024

December 6, 2024

TELL ME SOMETHING ABOUT YOURSELF THAT MOST PEOPLE DON'T KNOW.

I was a paid massage therapist at one time in my life! I also was the manager at the local Block Buster when it was still alive.

Well folks, there you have it, our own David Sellers! When I first met David, I thought he was very quiet and a little shy! Was I wrong, he is a gentleman who is very easy to engage in any conversation. Next time you see him, try to slow him down long enough to have a chat, you won't be sorry. Be sure to ask him to recommend a good book for you, HE CAN DO IT!

Interviewed by: Eileene McRae, *Alumni Coordinator*
Pine Grove Behavioral Health & Addiction Services



Reading & Recovery

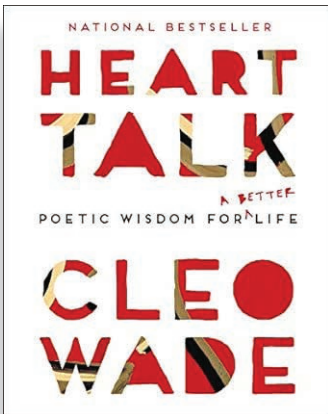
Heart Talk Poetic Wisdom for a Better Life

By: Cleo Wade



Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services



“And remember - life is bigger than the boxes we check along the way.”

“We become the stories we tell ourselves.”

“And may your first love last forever. P.S. YOU are your first love. Take care of yourself.”

“When we know our value and can express our value, we are able to teach others how to honor what we bring to the table.”

Author, Cleo Wade, is a poet and a storyteller. The New York Times states she's, “Everybody's BFF” and Time Magazine has identified her as, “The poet of her generation.”

This book is like having a cheerleader in your pocket at all times. It is so nice having a book so positive to just pick up, open to any page and read pure comfort, encouragement and joy! It is written with intense wisdom in Cleo Wade's own practical poetic style.

I find Cleo Wade's book to be a real pick me up, and I think you will like it. I give it a two thumbs-up!

A Stroll Down Memory Lane

Raisin in the Sun

Written by: Eileene McRae, Alumni Coordinator
Pine Grove Behavioral Health & Addiction Services

Author and playwright, Lorraine Hansberry, wrote this play, later book, and movie. Ms. Hansberry was an unbelievable talent. She met her premature death at the young age of 34. Her 1959 play, *A Raisin in the Sun*, earned her the distinction of being the first African-American woman to write a play produced on Broadway. She was an overnight success!

In an effort to get more organized, I have been going through some old files. It proved to be quite a walk down memory lane. I ran across a segment of this play, *A Raisin in the Sun*, which I had used many years ago in a presentation on relationships and love.

I could hardly wait to get to work the next day to show it to my colleague, Erin, who loved it as much as I did. In fact, she enjoyed it so much until she thought we should share it with you, our reader.

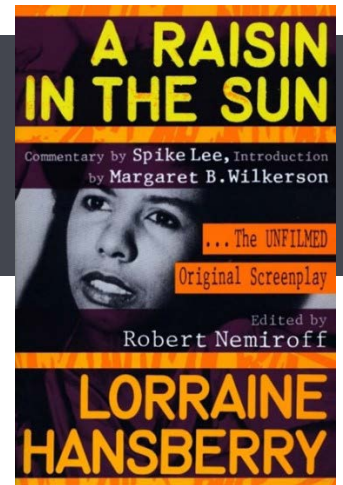
The reason this quote spoke to us so profoundly is that it perfectly parallels the way we express love to others in recovery. It seems that the time to print this for you was perfect since this newsletter includes the “love” month of February. We just know you will appreciate this.

The quote from the play, *A Raisin in the Sun*:

“There is always something left to love. And if you ain’t learned that, you ain’t learned nothing.

Have you cried for that boy today? I don’t mean for yourself and for the family ‘cause we lost the money. I mean for him; what he been through and what it done to him. Child, when do you think is the time to love somebody the most; when they done good and made things easy for everybody? Well then, you ain’t through learning—because that ain’t the time at all. It’s when he is at his lowest and can’t believe in hisself ‘cause the world done whipped him so. When you starts measuring somebody, measure him right, child, measure him right. Make sure you done taken into account what hills and valleys he come through before he got to wherever he is.”

This comparison was blatantly clear to us. We think it simply states how we love people in spite of themselves.



NEW BOOK STUDY!



Join us for a virtual book study every Monday at 7 pm CST. Patients, who have completed a Pine Grove residential or IOP program, and are members of the organization’s Alumni Association, are eligible to participate. Each week, alumni members and coordinators will discuss chapters from a recovery, educational, self-help, or spirituality related book.

The purpose of this meeting is to provide an increased understanding of these areas. Benefits of this book study are endless. However, we hope our alumni members will gain a better sense of their emotional sobriety, while continuing to engage with fellow peers.

Please join us for fun and fellowship. We are excited! The next book we are exploring is ***The Four Agreements*** by Don Miguel Ruiz.

Zoom Information below:

<https://forresthealth.zoom.us/j/84492702674>

Meeting ID: 844 9270 2674

Passcode: 000382



MILESTONES

JANUARY

Rudy C. 13 years
Kristan E. 1 year
Armand H. 15 years
Claire W. 1 year
Laurie R. 1 year
Nate B. 90 days
Tammy T. 1 year

MARCH

Ryan M. 9 years

If you have a milestone in
April, May, or June please
email your name and date to
alumni@pinegrovetreatment.com

FEBRUARY

Michael H. 2 years
Alex A. 4 years
Susan D. 21 years
Scott E. 6 months
Reggie S. 6 months
Neil W. 6 years
Helena B. 4 years

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for information. Please note schedule is subject to change based on registration.

Alumni Aftercare Meeting

This virtual meeting takes place each Thursday at 12 PM (CST). Former patients, who have completed a residential or IOP program, and are members of the Alumni Program, are eligible to participate. The purpose of this weekly meeting is to stay connected to staff and peers, as well as receive support and guidance. The group discusses recovery topics and some of these include sponsorship, forgiveness, self-acceptance, resentments, fear, spirituality, expectations, and ego reduction. Benefits of this meeting are learning to be accountable, to communicate, to listen, and to be open minded in recovery.

Zoom information

Meeting ID: 844 9270 2674

Passcode: 000382

One tap mobile

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