

FIRST AND FOREMOST

a rundown of harmless news

TELEVISION TONIGHT

"Saturday Night Live" (11:30 p.m., NBC). Megan Fox is the season opener's guest host.

DELTA SIGMA THETA INC. RECRUITS YOUNG WOMEN FOR COTILLION

From staff reports

The Marietta Roswell Chapter of Delta Sigma Theta Incorporated is in the process of recruiting young ladies who would like to participate in its 2010 Cotillion. This signature event will be Nov. 20, 2010. The event is open to high school sophomores or juniors with a minimum cumulative GPA of 2.5 on a 4.0 scale.

Contact the MRAC Cotillion Committee at cotillion@dstmrac.com or complete the online Cotillion Information Request Form at www.dstmrac.com. Potential candidates will be invited to the 2010 Cotillion Information Session in November.

For more information on the cotillion program, visit www.dstmrac.com/Events/2010DebutanteCotillion.aspx. For more information on Delta Sigma Theta Sorority, Inc., visit www.deltasigmatheta.org.

COBB EMC EMPLOYEE TEAMS UP WITH RED CROSS TO BRING AID

Cobb EMC employee and Marietta resident **Jeff Adams**, a radio communications specialist, is among the many local heroes who have helped those impacted by the recent flooding in Cobb County. Adams heard that the Red Cross was short of bath towels for those displaced by flooding and rallied his coworkers to help fill the need. Thanks to his efforts, the Cobb EMC Charitable Committee quickly arranged a donation of approximately \$500 towards the purchase of towels and other washcloths.

Both Adams and Cobb EMC Vice President **Sam Kelly** purchased towels on Tuesday and they were delivered to the Red Cross shelter set up at the Cobb County Civic Center.

"It's difficult to see how devastating this flood has been for so many families," Kelly said. "I'm proud of the outpouring of support that Cobb EMC employees have shown for their neighbors. I know the consensus is that we all wish we could do more."

The Red Cross shelter at the Cobb County Civic Center is open to all those displaced by the recent floods. The Civic Center is located at 5458 S. Marietta Pkwy. SE in Marietta. For more information, contact the Red Cross at (404) 876-3302.



Photo special to the MDJ
Cobb EMC employee Jeff Adams loads towels in his cart before donating them to the Red Cross shelter at the Cobb Civic Center.

MJCAA-ZABAN PARK TO OFFER FREE PARENTING CLASSES

There will be free parenting classes for interfaith mothers and couples interested in learning the "how-tos" of raising a child in Judaism. The classes begin in early October on Friday and Sunday mornings at The MJCAA-Zaban Park. There will be onsite childcare available.

The event is sponsored by Pathways: The Interfaith Family Network of Greater Atlanta. For more information and to register, contact rachel.schaffer@atlantajcc.org or call (678) 812-4161.

PIEDMONT CHURCH TO HOST CLOTHES LINE GIVEAWAY OCT. 17

Piedmont Church will host the Clothes Line clothing giveaway on Oct. 17, from 8 a.m. until 1 p.m. Clothing for men, women, boys, girls and infants for all seasons will be given away free to people in the community. No proof of need is required. No transportation is provided.

Piedmont Church is located at 570 Piedmont Road, Marietta, GA 30066. For more information visit www.piedmontcommunity.tv.

Date Posted	Event Description	Video Length
09/25/09	Vice Pres. Joe Biden speaks on Federal Aid	38:27
09/23/09	Miss Cobb County 2010 Casey Walker	1:38
09/17/09	Cool Schools Live Pop Rally at Pope	6:53
09/17/09	Pharrell/Cookin' Respond to Decision	7:27
09/16/09	Disqualify Councilman Rejected Part 3	54:10
09/16/09	Disqualify Councilman Rejected Part 2	61:28
09/16/09	Disqualify Councilman Rejected Part 1	59:55
09/14/09	Judson Hill Town Hall Meeting Part 2	59:34
09/14/09	Judson Hill Town Hall Meeting Part 1	44:13
09/14/09	Interview with Judson Hill after Town Hall	17:16

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1) Go to mdjonline.com 2) Click on Multimedia
3) Click on the video that you wish to view

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Staff/Ashley Fuller
Linda Thomas of Canton and her husband, Duane 'Pete' Thomas, will begin the Celebrate Recovery program next week at Towne Lake Community Church. The Christ-centered program is designed to help people deal with life's hurts, hang-ups and habits.

Celebrate recovery

Cherokee churches offer free Christian 12-step program

By Ashley Fuller
Staff writer

A Towne Lake church is starting a program to help people overcome issues that are troubling them.

Towne Lake Community Church is starting Celebrate Recovery, a Christ-centered weekly program that helps people deal with life's hurts, hang-ups and habits, on Oct. 2 at the church.

The church's Celebrate Recovery will be led by Duane "Pete" Thomas and his wife, Linda, both of Canton. The national program was started 14 years ago by Saddleback Church in California to celebrate God's healing power.

"We are all in need of recovery," Thomas said, adding that recovery is not just for drug and alcohol addicts.

"We all have hurts from our past: infidelity, guilt, shame, perfectionism and gossip. Everybody has something they repress just to function."

After hearing a sermon at the church regarding addiction a few months ago, Thomas said the couple began researching the Celebrate Recovery program.

"It was a great inreach for the congregation and outreach for the community," said Thomas, who has overcome alcohol and drug addiction himself.

The program is based on the eight recovery principles found in the Beatitudes, which came from Jesus during his Sermon on the Mount as recorded in the Book of Matthew, and a 12-step program based on Christian principles.

Other 12-step programs are vague about a higher power, Thomas said, but Celebrate Recovery identifies Jesus



Duane 'Pete' Thomas and his wife Linda, of Canton will lead the Celebrate Recovery program at Towne Lake Community Church on Fridays beginning next week.

About Celebrate Recovery

Where: Sixes United Methodist Church, 8385 Bells Ferry Road, Canton

When: 6 p.m. on Fridays

Cost: There is no charge, and meetings include a meal

Information: (770) 345-7644; www.sixesumc.org

Where: Towne Lake Community Church, 132 N. Medical Parkway, Woodstock

When: 6 p.m. Fridays

Cost: There is no charge, and meetings include a meal

Information: (678) 445-8766; tlcchurch.com

Christ as that power.

Each meeting will include a large group meeting and then break up into smaller groups for men and women.

The meetings are free, and a meal is served to all who attend.

Thomas said there are more than 60 such programs in the metro Atlanta area. Sixes

United Methodist Church recently began offering a Celebrate Recovery ministry as well.

Thomas said that instead of identifying themselves as an alcoholic, for example, people in the program say they are "a grateful believer in Jesus Christ who struggles with alcohol."

"It takes some of the power away from what they are struggling with," he said.

The program aims to go beyond just helping an individual cope with their struggles.

"Whether it is alcohol, drugs, guilt, shame, all that is hiding what is deep down. We want to get it out and heal the addiction," Mrs. Thomas said. "This program works on the root problem. It starts healing the addiction and they also learn at the same time that God is there to help us."

Mrs. Thomas said the local need for Celebrate Recovery is "huge," and Thomas said he expects 60 people will attend the first meeting.

"People just need to get over the fear factor," she said.

'Whether it is alcohol, drugs, guilt, shame, all that is hiding what is deep down. We want to get it out and heal the addiction.'

— Linda Thomas, co-leader of Celebrate Recovery at Towne Lake Community Church