



October 30, 2018



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## Meet Mobile's New Site Coordinator Rebecca Levins

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When long-time Mobile site coordinator Katy Wrona was named Conference Director for Communities of Transformation, the leadership team went to work right away to find a new coordinator for the Mobile site. Rebecca Levins shares how she came to be the new Mobile Site Coordinator:

*I'm super excited to be working with Communities of Transformation! The story of how I came to COT is the story of God's timing and provision. I had been looking for a job for about 6 months. More than once, I had found an opportunity that seemed really promising and then it just unexpectedly fell through. I was getting very discouraged and frustrated. In the midst of this frustrating search, my husband and I decided to join the choir at our local church. The first night of choir practice I was standing*

*next to one of the most friendly people I had ever met. She was asking me all about my life, and I told her I had been looking for a job and that my background was in human development and family studies. She kinda gave me a funny look and said she might know of something that would be a great fit for me. She invited me to COT to come see what it was all about. It turned out that my new friend was Mobile's participant trainer, Amy, and that they had only just begun to look for a new Mobile site coordinator that week. I came that first night, loved it, and the rest is history. Now it's obvious why God didn't answer my prayers when all those other job opportunities fell through. It's because he had something better in store.*

Rebecca will attend training to become a VISTA, like all our site coordinators. We're excited to have her on our team!

## Phenix City Birthday Celebration



COT Phenix City celebrates birthdays during the first meeting of every month. These little celebrations foster a sense of community in all members. In October they celebrated six birthdays including Caden Lee, who turned 8, and Brady Baird, pastor of our host church. Caden is pictured with Rev. Brady Baird and

site coordinator Joan Gatewood.

## Continuing the Five Dimensions: Relational

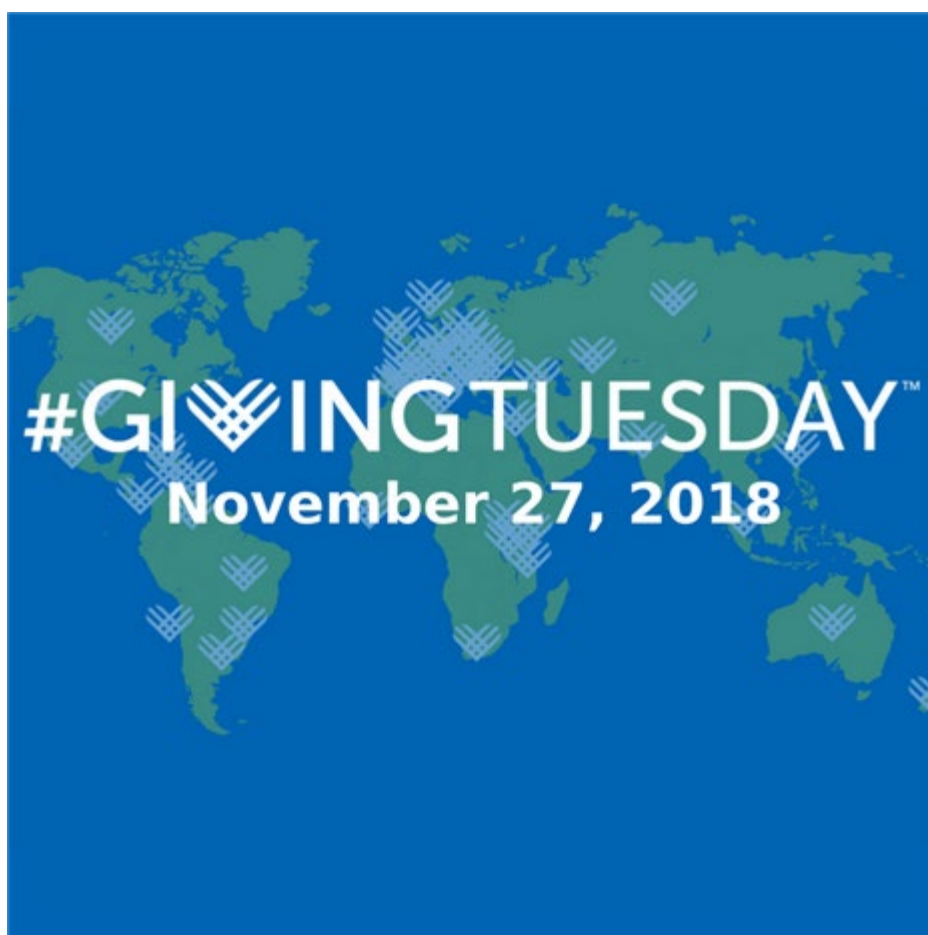
*Participants and volunteers who participate in Communities of Transformation look at resources that can help bring about a better future story for themselves and their community. They look closely at each of the five dimensions of life, considering where they have work to do. Last month's newsletter focused on the Spiritual dimension. This month we are sharing how we look at relationships.*



One aspect of our Awaken curriculum is looking at building successful relationships. Participants learn to identify whether a relationship is healthy and how to maintain healthy relationships. They look at different kinds of relationships and the impact that each kind can have. Participants and volunteers examine the stages each relationship goes through and how to work through each stage. They learn how culture and stereotypes influence relationships. Members are encouraged to be open-minded about being in relationships with people of different backgrounds. They learn about how to maintain healthy relationships with a diverse social network. Our commitment to building relationships makes Communities of Transformation unique!

**Save the Date: Giving Tuesday is November 27!**





Giving Tuesday is an opportunity to give back to your community. Celebrated the first Tuesday after Black Friday and Cyber Monday, Giving Tuesday is a day to give back. Contact your local site coordinator to find out how you can give of your time, or [CLICK HERE](#) to give online.

## November 2018 Events

**All meetings are 5:30 - 8:00 p. m. unless otherwise noted. Please contact the site coordinator for more information.**

### **Brewton**

Tuesday, November 6 Meeting  
Tuesday, November 13 Meeting  
Tuesday, November 20 Meeting  
Tuesday, November 27 Meeting

### **Dothan**

Tuesday, November 6 Meeting  
Tuesday, November 13 Meeting  
Tuesday, November 20 **No Meeting**  
Tuesday, November 27 Meeting

### **Eufaula**

Monday, November 5 Meeting

Monday, November 12 **No Meeting**

Monday, November 19 **No Meeting**

Monday, November 26 Meeting

### **Evergreen**

Thursday, November 1 Meeting

Thursday, November 8 Meeting

Thursday, November 15 Meeting

Thursday, November 22 **No Meeting (Happy Thanksgiving!)**

Thursday, November 29 Meeting

### **Mobile**

Thursday, November 1 Meeting

Thursday, November 8 Meeting

Thursday, November 15 Meeting

Thursday, November 22 **No Meeting (Happy Thanksgiving!)**

Thursday, November 29 Meeting

### **Montgomery**

Tuesday, November 6 Meeting

Tuesday, November 13 Meeting

Tuesday, November 20 **No Meeting**

Tuesday, November 27 Meeting

### **Phenix City (all times Eastern)**

Monday, November 5 Meeting

Monday, November 12 Meeting

Monday, November 19 **No Meeting**

Monday, November 26 Meeting

### **Pine Hill (meetings start at 6:00)**

Thursday, November 1 Meeting

Thursday, November 8 Meeting

Thursday, November 15 Meeting

Thursday, November 22 **No Meeting (Happy Thanksgiving!)**

Thursday, November 29 Visit to COT Evergreen

### **Selma**

Wednesday, November 7 Meeting

Wednesday, November 14 Meeting

Wednesday, November 21 **No Meeting (Happy Thanksgiving!)**

Wednesday, November 28 Meeting

Open Hearts. Open Minds. Open Doors.



November 29, 2018



## South Walton Site Development



Emily Proctor, the community chaplain in South Walton county, Florida, is working with Communities of Transformation to start a new site near the Santa Rosa Beach area. Emily was excited to report that over forty people attended the initial community meeting on Thursday, November 8. Twenty-six people indicated interest in serving as volunteers in some capacity, and over \$10,000 was pledged to help launch the new site! Two local churches also expressed a willingness to host the weekly meetings. Contact Emily Proctor at [emilyproctor.cot@gmail.com](mailto:emilyproctor.cot@gmail.com) or call 850-783-0237 to learn how you can be a part of COT in the panhandle.

[CLICK HERE](#) to read a story published in *The Walton Sun*.

## We Remember: One Year Later

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In the year that has passed since we lost our beloved Laurel, we have grieved together and committed to working together to honor her memory in all we do. Communities of Transformation strives to be the living embodiment of Laurel: working tirelessly to help others thrive. We are so thankful for her influence and ministry. We invite you to share your favorite memories of Laurel on our Facebook page [HERE](#).

## Happy Fall!



Sites around the conference celebrated fall with a variety of parties and festivals. COT Dothan (pictured) enjoyed a costume party. COT Mobile had a Thanksgiving dinner provided by Ashland Place UMC. After dinner, each person present wrote notes of appreciation on orange strips of paper that they made into pumpkins.

## Continuing the Five Dimensions: Intellectual

<http://awf-email.brtapp.com/viewemail/2132800>[7/29/2021 10:40:12 AM]



The intellectual dimension may sound daunting at first, but we can all benefit from expanding our thinking. While academic learning is one part of the intellectual dimension, we also look at learning styles, emotional intelligence, and practical intelligence. Our site coordinators plan programming that can stimulate our intellectual dimension and help with every-day tasks. Some popular topics include financial planning, resume writing, and disaster preparedness. Our book studies have become popular, too. *More Than a Bird* by Liz Huntley has inspired many of our members, and they have found that reading together can be fun!

## New Photo Gallery!

[CLICK HERE](#) to view our new Photo Gallery! This month we have additional photos of Fall Festivals and event around the conference and photos from our "Beyond Relief" event in South Walton county.

## Events

- Dothan's Christmas fundraiser, Heartwarming Stories of Christmas, is **Sunday, December 2**.
- Phenix City has a Celebration on **Monday, December 10**.
- Montgomery has a Celebration on **Tuesday, December 11**.

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December 18, 2018



## Great News!

As we come to the end of the year, we want to share with you a recap of what is happening at Communities of Transformation. We are wrapping up our year with Great News!

### Pine Hill



In January of 2018, our site at Pine Hill in the Demopolis District began regular meetings. Thanks to the groundwork laid by Reba Wiley, our site has a home at Pine Hill UMC and a dedicated leadership team. New site coordinator Brenda Autry joined our staff when Reba retired, and under Brenda's leadership the site celebrated their first class of participants and volunteers in October.

### Selma

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COT Selma is grateful to Gene and Jamie for providing meals so faithfully! Site coordinator Margaret Bennett leads an amazing group of volunteers who are determined to make a difference in their community.

### **Brewton**



Brewton celebrated six participants completing the Awaken course in October, and three of them have new jobs! Site coordinator Shae Hines works tirelessly in her community to help make a better future story.

### Phenix City



COT Phenix City was thrilled to receive a grant this year from the Phenix City Mayor's and Council Ball. Site coordinator Joan Gatewood has worked to secure financial support from a variety of funding sources, and great things are happening in Phenix City!

### New Director



We have a new director this year! Former Mobile site coordinator Katy Wrona was named director effective September 2018. We are excited to be moving forward in 2019! When Katy accepted the position of director, we had an opening for a site coordinator in Mobile. We are happy to have Rebecca Levins in that role now.

#### **South Walton**





We are finally expanding into Florida! On November 8, Emily Proctor held in initial interest meeting at Christ the King Episcopal Church in Santa Rosa Beach. With more than twenty-five potential volunteers and over \$10,000 pledged to start the site, we are looking forward to welcoming participants who are ready to create a better future for themselves and their families.

### Mobile



New site coordinator Rebecca Levins hit the ground running this fall! COT Mobile participated in the Wesley Foundation cook off, hosted a Fall Festival at the

Vision Center, and made appreciation pumpkins for Thanksgiving. They will close out 2018 with a Christmas party. We're excited to have Rebecca on staff!

## Evergreen



Our site at Evergreen had been in the development stage while site coordinator Anita Watson worked in the community and in the garden building relationships. On November 29, Evergreen COT celebrated their first five participants as they completed the Awaken curriculum. The highlight of the night was when a first grader shared a poem dedicated to his mom, "I'm glad you're graduating and thank you for working for our new house. We're on our way now!"

## Eufaula





COT Eufaula enjoyed an outing in downtown Eufaula. Site coordinator Beverly Brown planned a dinner and fellowship event for members to get together in the community. They are taking Communities of Transformation outside the building and into their community!

#### **Dothan**



Dothan community members hosted "Heartwarming Stories of Christmas" on Sunday, December 2. The special fundraising event benefiting COT Dothan featured storytellers reminiscing about Christmas memories. Thanks to all who

hosted and attended!

## Montgomery



COT Montgomery celebrated the graduates of their Awaken class in December, then they held a COT Awards ceremony. Site coordinator Jennifer Lancaster gave out homemade trophies for awards such as the "Cruising and Crushing It" award to Melissa Hill, the "Mama Bear" award to Jackie Slaughter, and the "Making Others Great" award to Robin Mackey. What a fun way to celebrate our gifts and graces in Communities of Transformation!



## Continuing the Five Dimensions: Physical

*Participants and volunteers who participate in Communities of Transformation look at resources that can help bring about a better future story for themselves and their community. They look closely at each of the five dimensions of life, considering where they have work to do. Last month's newsletter focused on the intellectual dimension. This month we are looking at the physical dimension.*



The physical dimension in our Awaken curriculum generally refers to health. We look at physical health as well as mental health. Class participants are asked to evaluate how much sleep they get, the kinds of foods they eat, when they last visited a medical provider for a check-up, and how they respond to stress. These health needs are often addressed in later programming as part of Communities of Transformation meetings. We have a strong partnership with the Alabama Cooperative Extension Service, and they offer programming on healthy eating, exercise, and other related topics. Our Mobile site is just finishing a study of mental health where members learned about stress management, anxiety, and depression. We want all our members to live a healthy lifestyle!

## Special Events

January Book Study- Brewton *More Than a Bird*

January 17- Brewton Pastors' luncheon

January 21- Pine Hill MLK walk

January 24- Pine Hill Taste and See

Open Hearts. Open Minds. Open Doors.