

COMMUNITIES OF TRANSFORMATION



4th Quarter Newsletter Fall 2021

A Message From Director

Hello COT family,

The last few months have been very busy across the organization as COT resumed in person meetings. It has been wonderful to gather together again!

Our COT Team met in October for a Connectional Meeting. I am grateful for COT Dothan hosting the team as we gathered for a day of conversation, listening, and future planning centered around our Phase 2 Programming. It is always amazing to be with the team and learn from one another.

We continue to find new ways to connect to the community and provide opportunities for the community to volunteer with COT. Check out the stories below to learn more about how we are serving across the connection.

I am praying for each of you and our COT communities.

Katy Wrona
Executive Director

COT Montgomery: COT Ambassador Award

Meet Melissa, an important part of COT Montgomery. Since starting our program several years ago, she is still a regular at weekly meetings. Each Tuesday after work, she takes the city bus to COT where she shares her good news, participates in the program, and inspires those around her. Over the past few years, Melissa has set several personal goals following the COT method of



making them SMART (Specific, Measurable, Attainable, Relevant, and Timebound). She successfully accomplished her first goal of finding a job, and since then has found another job at a local nursing home with better hours and higher pay. She also accomplished her goal of moving from Gibb's Village (a Montgomery Housing Authority development) into a "nice and quiet" duplex off Ann Street. She is now working on another goal of obtaining burial insurance so that her two children will not be burdened with final expenses. "My dad had a policy that was paid up when he passed, and I want to do the same thing for my children."

COT Montgomery hosted their fall Celebration on Tuesday, December 7th, 2021. During the Celebration, they presented the "COT Ambassador Award" to Melissa Hill. This award is given to an Awaken graduate who has shown significant personal growth and is ready for leadership. An Ambassador uses their personal story to inspire others to work towards positive change.

When asked to describe her experiences at COT, Melissa said, "It's a great place to be. I like to be around a group of positive people who don't judge you. I've learned how to set goals and other aspects to improve my life."

We invite you to join us for...

The Cost of Poverty Experience



- Experience a simulated month in the life of a low-income family (up to 80 slots). Register at <https://bit.ly/338loMK>.
- 20 Volunteers needed to help run the simulation (training provided at 8:00 a.m. the morning of the event). To help, contact outreach@caringandsharingsowal.org
- Childcare available for ages 0-9 yrs




**Saturday,
January 29**

9am – 11:30am

Breakfast/Coffee @ 8:30 a.m.
Volunteer training @ 8:00 a.m.

Event Location:
Good News Church
4747 US Hwy 98 W
Santa Rosa Beach, FL



Register Today



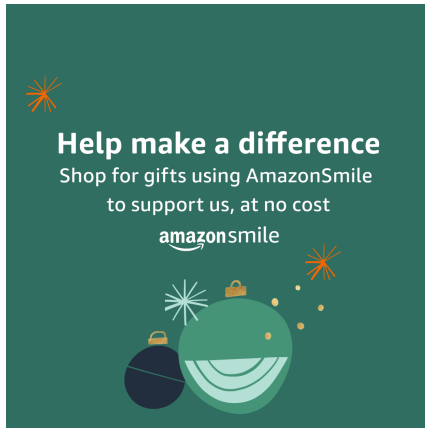
Meal Donation

As COT has resumed our weekly meetings, our sites are looking for volunteers to provide a meal to their communities. This meal not only provides sustenance, but also provides opportunities for meaningful conversations.

Are you part of a church, restaurant, civic group, or family who is interested in providing a meal? Donating a weekly meal is a good way for a new group / individual to experience COT. You are invited to help serve the food, eat with the community, and participate in the good news circle.

Connect to a COT Site near you & volunteer to provide a meal.

COT Sites



AmazonSmile

COT is now registered as an AmazonSmile nonprofit!

When you shop with AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice.

Sign Up Today



Giving Tuesday

Thank you everyone for your support to Communities of Transformation on Giving Tuesday! We raised \$4,225 across the organization.

We were also excited to include Facebook Fundraiser as part of our fundraising efforts. Almost one fourth of our donations came from social media. We hope this will continue to be an asset for the organization in the future.

New COT Team Members!



This fall, we welcomed two new site coordinators to the COT Team.

Anne Douglas (pictured left) is serving as our COT Montgomery Site Coordinator! Anne joins COT as the Montgomery Site Coordinator after twenty nine years in higher education. Anne's experience in Directing and Facilitating the Single Mom's Ministry at Perry Hill United Methodist Church, as well as previous volunteer experience with the Montgomery site, prepared her for her role as now Site Coordinator.

Stephen Carr (pictured right) is serving as our COT Mobile Site Coordinator! Steve joins COT as the Mobile site coordinator after many years of working in the disaster response and recovery field, and serving within the nonprofit and voluntary services community.

They have both embraced COT and are working hard to grow their COT sites and connect to their communities in a new way.



Service Projects

This fall, our COT sites participated in community service projects for 9/11 Day of Remembrance & Veterans Day.

Service projects for 9/11 Day of Remembrance revolved around first responders. Thank you cards, gift bags, care packages, and snacks were delivered to local hospitals and fire stations.

Service projects for Veterans Day focused on community events. Montgomery COT members attended the local parade. Mobile COT attended a Flags for Honor program at a local garden. Phenix City COT volunteered at their local nursing home.

Praying Together

During these challenging times, we look to our spiritual foundation and begin to connect in new ways. Across our sites and staff, prayer concerns are being lifted up and shared. The power of prayer is an unstoppable force. How can the COT team pray for you? What is heavy on your heart? How can we walk with you during this time? Please email ashleighhicks.cot@gmail.com and Ashleigh will add your prayer requests to our prayer list.

Get Involved

Hi! thanks so much for subscribing and supporting COT. We would love for you to get involved. To find out how you can sign up for our



Awaken class, volunteer, or become a donor
please visit our website below!

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