

## July 2020 Newsletter

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### A Message from our Executive Director



Hello COT family,

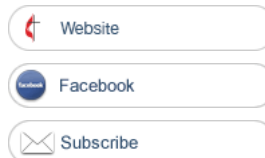
This summer has been one that no one could've predicted. All of your support for one another and your community during these challenging times has given a little more strength to each of us. I know every zoom meeting, phone call, socially distanced gathering outside, gardening work day, and more has made a difference. I am inspired by how our COT communities have rallied around each other.

I know we all miss seeing our COT community in person. It is not the same without walking in and having the feeling of coming home. I know any decision at this time is hard as there is still a lot unknown. I just want to take a moment to thank our leadership teams who are working hard to make a transition plan and put the health of everyone at the site first.

We will be together again. We will be stronger after we weather this storm. We will continue to move forward. Please let your COT community know how they can support you until that time. I continue to pray for each of you and your COT communities as we journey through this pandemic together.

**Katy Wrona**  
Executive Director

### Want more?



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**Call to Listen and Stand in Solidarity**



At the beginning of June, Bishop Graves led a call to listen and stand in solidarity with people of color. He invited the conference to first join together in prayer. COT participated in the 24 Days of Prayer in several ways. Our COT team was given a day of the week to be in prayer for the daily prayer focus and our director and training coordinator created one of the prayer videos. In July, the Connectional Ministries Offices organized another Vital Conversation Training. These Vital Conversation experiences are provided by the General Commission of Race and Religion. This experience provided a safe place for conversation, discussion, and questions about race and white fragility. Members of our COT team attended one of the sessions. Liz Brown, our Selma Site Coordinator shared this about her experience; "I really enjoyed the direct approach and video content they used for creating discussion. They asked questions that were to the point, and it opened up better opportunities for better in depth discussions in a short amount of time." Our COT Executive Director, Katy Wrona, and Training Coordinator, Rosaland Harrison, each co-facilitated a training session. Rosaland shared that "Serving as a Vital Conversation Facilitator was an enjoyable experience. Celeste Eubanks provides excellent training and even assisted during my session. I am grateful for the opportunity to be a part of the initiative." This call to listen and stand together is just the first step towards change.

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## Stories of Transformation



As part of our efforts to strengthen our social media presence, the COT Central Office has launched a new videos series called Stories of Transformation. This series will lift up a small part of the stories walked by our Awaken Students / Graduates, Volunteers, Staff, Donors, Community Partners, and others. A new story will be shared every Friday afternoon! We are excited for the opportunity to share the stories of community partners who provide resources to our local sites, Awaken Graduates who have continued walking their journey, churches who invest in our ministry, staff who work behind the scenes, and so many more! We also invite you to share your story. Please email Katy Wrona at [katywrona.cot@gmail.com](mailto:katywrona.cot@gmail.com) if you are interested in being featured in our Stories of Transformation series.

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## Recruiting New Site Coordinators



We are currently recruiting new Site Coordinators for three of our sites, Pine Hill, Eufaula, and Phenix City. Our Site Coordinators work to develop this ministry by utilizing community volunteers, building a broad base of support, and developing a diverse Leadership Team to guide the volunteer initiative. COT is an Americorps VISTA organization and this position would be a VISTA role.

Primary responsibilities for the position include:

- Organize and lead COT weekly meetings
- Arrange programs from local outside organizations
- Build and develop relationships within COT community
- Seek opportunities for COT outreach and fundraising
- Develop partnerships with other local agencies and entities
- Develop relationships with possible participant referral organizations
- VISTA reporting

If you or someone you know is interested in any of these positions, please email your resume to [katywrona.cot@gmail.com](mailto:katywrona.cot@gmail.com).

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## Awaken Leadership Class

**Enroll Today**

Awaken Leadership Class | 10 Week Course  
Weds. Starting Sept. 30 | 6pm CT

Join us in a small group of people who come together exploring life experiences, learn from each other, and make some choices about your personal role in creating your future.

**Topics include:**

- budgeting
- building healthy relationships
- spiritual growth
- managing stress
- physical health
- goal setting

@CommunitiesofTransformation | [www.communitiesoftransformation.org](http://www.communitiesoftransformation.org)

Join us in a small group of people who come together exploring life experiences, learn from each other, and make some choices about your personal role in creating your future.

**Topics include:**

- budgeting • managing stress
- building healthy relationships • physical health
- spiritual growth • goal setting

**Register Here:**

[https://docs.google.com/forms/d/e/1FAIpQLSdtkbJP8iHSvNhB51LJdqpHEIfdaZEe7hlg8RA8mRNR6rlk67Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdtkbJP8iHSvNhB51LJdqpHEIfdaZEe7hlg8RA8mRNR6rlk67Q/viewform?usp=sf_link)

The class will be held on zoom so you will need a device with video capability.

Your curriculum will be mailed to you with a welcome package. To provide a mailing address, please complete the google form in the link above.

*This leadership class is a ten week commitment that requires active participation.*

We look forward to seeing you on the 30th!

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## Game Night!



The **COT Central Office** is launching a new **monthly event**. We are working to provide new opportunities for the COT communities to fellowship with each other and just have an evening of fun. Hope you can join us.

Game nights will start at **6 pm CT Aug. 26 and continue every last Wednesday of the month**. Please let Katy know if you have any questions by emailing her at [katywrona.cot@gmail.com](mailto:katywrona.cot@gmail.com).

**Register in advance** for this meeting:

<https://zoom.us/join/zoom/register/tJcrf-mtqTotHtHZXHtl-OeSDXIEnnzaGfUq>

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## Praying Together

During these challenging times, we look to our spiritual foundation or 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](mailto:ashleighhicks.cot@gmail.com) and Ashleigh will add your prayer requests to our prayer list.

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[Want more?](#) [Contact us](#)

