

COGA NEWS



WHAT'S IN THIS MONTH'S ISSUE

- Getting Something New
- Upcoming Events
- A Little Something to Laugh About



GETTING SOMETHING NEW

Bishop Cecil Reid

The old saying:

"If you want something you have never had before, you have got to do something you have never done before."

See the Beyond:

Envision that there is more, much more than your present state.

- To envision something means to mentally picture or imagine a future possibility or scenario. It involves creativity, foresight, and the ability to see beyond the present reality. Envisioning helps in setting goals, planning, and motivating oneself to achieve desired outcomes by creating a clear, vivid mental image of success.

Let go of the old:

When there are two things in your hand, and you see something else that you want, - you must let go of what's in your hands.

- Letting go for something new involves releasing old habits, relationships, or situations that no longer serve you. It's a process of making space for growth and

new opportunities. Embracing change requires courage and trust in the future, allowing you to move forward with a fresh perspective and renewed energy.

Get out of your comfort zone:

Getting out of your comfort zone means embracing uncertainty and taking risks. It fosters personal growth, resilience, and new experiences, leading to greater self-discovery and achievement.

- It takes work and courage
- Face your fears
- Get pass your barriers
- Define them

Decide what it is worth:

To decide what something is worth involves evaluating its importance, impact, and personal value, to guide your choices and investments accordingly.

- In buying clothes, what is the first thing you do? – Check the price!
- Is it worth it?
- Are you willing to pay the price?

Continues Next Month





INCARNATION:

JULY 2024 CONVOCATION THEME

From the incarnation of Jesus, we learn about divine love and humility. It teaches us the importance of compassion, sacrifice, and service to others. Jesus' life exemplifies forgiveness, empathy, and the pursuit of justice. The incarnation underscores the value of human life and the possibility of redemption and transformation.

The incarnation of Jesus teaches us humility, compassion, and selfless love. Reflecting on this, we should ask ourselves how we plan to embody these values daily. Can we show more empathy, serve others without expecting anything in return, and foster forgiveness? Will our actions reflect Jesus' teachings in everyday life.



UPCOMING EVENTS

AUGUST

SEPTEMBER

29th - 30th > NWSE Fall Retreat

Find more information on www.cogainc.org



A LITTLE SOMETHING TO LAUGH ABOUT

- "August: The month where your sweat has sweat."
- "August is the month when even your water bottle needs a break."
- "In August, your backyard becomes a sauna, and your house becomes a fridge."
- "In August, your summer plans are in full swing, but so is your sweat."
- "August: The month where you finally understand the meaning of 'hot mess.'"
- "Summer without watermelon is like a beach without sand—just not right!"

August

