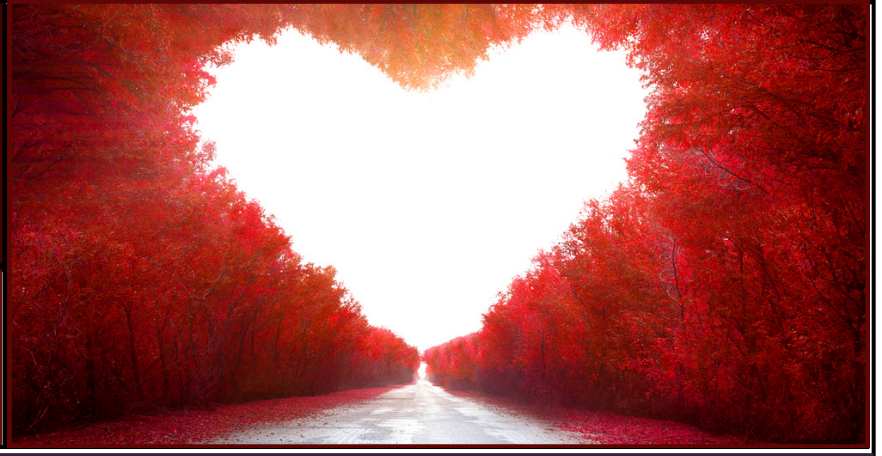


# COGA NEWS



## WHAT'S IN THIS MONTH'S ISSUE

- Love In Action
- Upcoming Events
- A Little Something to Laugh About



# LOVE IN ACTION

## “A Biblical Call to Today's Acts of Kindness”

*Bishop Cecil Reid*

As we navigate through the complexities of our world, the call to love remains steadfast. Today, more than ever, our actions can be a beacon of hope, and our words a source of encouragement. Let's explore how we can embody love in our daily lives, guided by the timeless wisdom of the Bible.

### 1. Be Quick to Listen and Slow to Speak (James 1:19):

In a world filled with noise, let us practice the art of attentive listening. Take the time to truly hear the words of those around you, and let your responses be tempered with grace and understanding. Acts of love often begin with a compassionate ear.

### 2. Extend Grace and Forgiveness (Colossians 3:13):

Forgiveness is a powerful expression of love. As we navigate relationships, let us be quick to forgive and slow to harbor resentment. In forgiving others, we reflect the boundless grace we have received from our Heavenly Father.

### 3. Show Kindness to Strangers (Hebrews 13:2):

Our world can be a challenging place, and kindness is a universal language that bridges gaps. Whether it's a smile, a kind word, or a simple act of generosity, let us be mindful of the strangers we encounter, for we may entertain angels unaware.



### 4. Love Your Neighbor as Yourself (Mark 12:31):

The commandment to love our neighbors is not a mere suggestion but a profound directive. Today, let us actively seek ways to show love to those in our communities. A helping hand, a thoughtful gesture, or a word of encouragement can make a significant impact.

### 5. Practice Humility and Servanthood (Philippians 2:3-4):

In a culture that often values self-promotion, let us emulate Christ's humility. Consider the

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needs of others as more significant than our own, and actively seek opportunities to serve. Love, at its core, is expressed through selfless acts of kindness.

**6. Speak Encouraging Words**

**(Proverbs 16:24):**

Our words hold immense power. Today, let us choose words that build up and encourage. A kind word has the ability to lift someone's spirit and remind them of the love that surrounds them.



**7. Give Generously**

**(2 Corinthians 9:7):**

Whether it's our time, resources, or talents, let us be generous givers. The act of giving is an expression of love that echoes God's generous nature. As we give, we reflect the abundance of love we have received.



*In every interaction, in every decision, and in every moment, let us strive to be vessels of love. As we venture into today, may our actions be a testament to the transformative power of love, echoing the words of 1 Corinthians 16:14: "Let all that you do be done in love."*

## UPCOMING EVENTS

<p><b>FEBRUARY</b></p> <ul style="list-style-type: none"> <li>• Black History Month</li> <li>• TBD</li> </ul>	<p><b>MARCH</b></p> <ul style="list-style-type: none"> <li>• TBD</li> </ul>
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Find more information on [www.cogainc.org](http://www.cogainc.org)

## A LITTLE SOMETHING TO LAUGH ABOUT

- "February is the month where my New Year's resolution to lose weight becomes a February 1st resolution to love myself just the way I am."
- "February: where resolutions meet reality. It's never too late to start that diet – or order that pizza. Balance is key."
- What's the best day to schedule a meeting you don't want to go to? February 30th.
- "They say love is blind, but I think it also has a hearing problem. It never seems to hear me when I say I want the last slice of cake."
- "Valentine's Day: because nothing says love like a last-minute gas station teddy bear and a box of discounted chocolates."

# FEB

BLACK HISTORY MONTH