



this coming month...
**Examen, River Float
and Fancy Dinner!**

Welcome to Summer!! We have some wonderful events planned this summer, including a Women's River Float and our 3rd Annual Fancy Dinner in the month of July.

Our River Float is *next Thursday*, so follow the registration link to learn more and register ASAP. Our 3rd Annual Fancy Dinner will be held at the Palpant's beautiful river-side lawn. This event is a wonderful time of feasting, celebration and fellowship. Spots are limited, so please register so we can plan accordingly.

Thomas' Keating's Welcoming Prayer has been a steady companion for me this last month. Wherever you find yourselves, may you continue to grow in your awareness of God's presence with you, Dear Sisters!

Welcome, welcome, welcome. I welcome everything that comes to me today, because I know it's for my healing. I welcome all thoughts, feelings, emotions, persons, situations, and conditions. I let go of my desire for power and control. I let go of my desire for affection, esteem, approval, and pleasure. I let go of my desire for survival and security. I let go of my desire to change any situation, condition, person or myself. I open to the love and presence of God and God's action within. Amen.

- Tina



Monthly Examen

Dcn. MA offers a virtual monthly examen at the beginning of every month. If you would like to continue this spiritual disciple through the summer, please register to join us on zoom on July 1st.

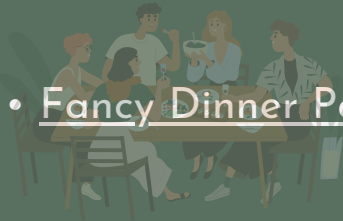
REGISTER FOR SUMMER 2025 EVENTS

J U L Y

3rd • River Float



19th • Fancy Dinner Party



A U G U S T

10th • Craft Afternoon



If you are going to the river, Greenbluff, or planning other summer shenanigans, let us know on COPA's Messaging (in the App or online)

