

WHATEVER YOU DO.

The REC at FBC Owensboro Newsletter

"Where Recreation, Exercise, and Community connects people with God at FBC Owensboro."



GRADSA Basketball League

By Brad Winter

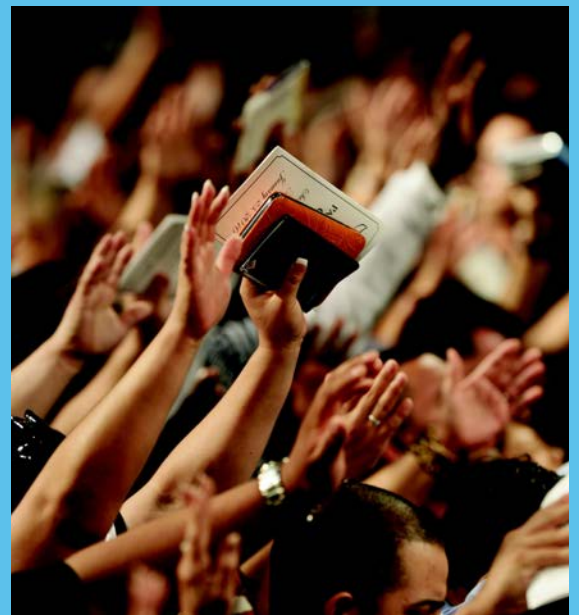
So, if you like to read the newspaper, still watch the evening news, or you follow The REC on social media (@therecwb), then you probably have heard by now the new partnership that The REC has created with the Green River Area Down Syndrome Association (GRADSA) that will start in July of 2021. It is the first and only of its kind in the state of Kentucky. This is just another way that The REC is being used to engage the community and really service a demographic in the community that is not being reached by the local church.

Brad Winter, the Minister of Community Engagement and Activities reached out to Tiffany Thrash, Executive Director of GRADSA at the beginning of March about offering some time for GRADSA families at The REC and the possibility of offering a basketball league specifically for down syndrome families. Brad has a step sister that he has known since she was three years old, that suffers from Fetal Alcohol Effect (FAE), so he has a big hole in his heart for the special needs community. He wanted to seek out this partnership since he entered seminary in 2014 at New Orleans Baptist Theological Seminary and now the dream has become the reality.

There are still details to work out, but for now it looks like July will be the start of this new partnership, which will run through November at the latest, right before FBC Owensboro transitions to Upward Basketball at The REC for Kindergarteners. GRADSA is currently working on multiple teams to play against each other. The church can help serve by being chaplains for the teams, leading pre-game devotions, showing up and engaging the families of the participants of the league, and buddies for the players. Tiffany Thrash leaves the readers with a great statement to end the article, "This is the first in Kentucky all Down syndrome basketball league, and so I know it's going to take a little bit of time to get it up and going and to get others across the state on board," she said. "It's all about awareness, opportunity and inclusion ... we want to promote that."

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HEBREWS 4:16





Christian Athlete Highlight:

Amaka Agugua-Hamilton, Missouri State head coach

Agugua-Hamilton's hiring had an immediate impact on and off the court. The 37-year-old is the first Black female head coach in the school's history. And her debut season last year was one of the best ever, leading the Lady Bears to a school-record 26 regular-season wins and a Missouri Valley Conference title before the pandemic hit.

Her faith is also evident in her approach to leadership and coaching philosophy. "Anybody who knows me knows it's never about me," Agugua-Hamilton said in the press conference. "It's about being a servant leader and just serving others."

Source: <https://sportspectrum.com>



6 SURPRISING FOODS THAT HELP BAD BREATH

By Jaime Osnato (Fact Checked)

1. Apples
2. Leafy Greens
3. Parsley, Basil and Mint
4. Ginger
5. Probiotic Yogurt
6. Fennel Seeds

Read more at livestrong.com



CONNECT CAMP KICK-OFF EVENT
BY BRAD WINTER

Thank you! Thank you everyone in Owensboro and FBC Owensboro for coming out to the Connect Camp Kick-Off Event and making it possible. To the 15 individuals on my REC Committee and several others from the church who volunteered and made the event awesome, thank you!

Without community partners and church support, this camp goes nowhere, it would be dead in the water. But, now after the event, there is more excitement about Connect Camps coming to Owensboro than ever before. We now have all the host homes we need and have several churches partnering with us this summer.

What do we need now? We still need help spreading the word and volunteers! Join in on the fun and let me know if you are interested!
bwinter@fbcowb.org



PRAY BOLDLY
BY BRAD WINTER

What I like about free agency in any sport, is seeing veteran players sign with teams that are full with youth. Why? Because they know they can come in and be there for the younger guys when things get rough. The younger players can go to these players with *confidence* because they have been in their shoes before and they know that they will give them an answer they need or advice that they are looking for.

When is the last time that you prayed boldly to God. When is the last time you said to yourself, "I know this sounds crazy, but I need to bring this to God"? God is like that veteran player that signs with the team filled with youth. God has not only been here since the creation of the world, but so has Jesus. In fact, Jesus has been tempted in ways just like us and he never sinned. So, why are we hesitant to pray boldly, specifically, and expectantly?

Hebrews 4:16 says, "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Your Sports Pastor,
Brad



CHURCH LEAGUE SOFTBALL!

STARTS APRIL 19TH. NO COST TO PLAY!
EMAIL BRAD FOR MORE DETAILS!
BWINTER@QSBC.ORG

CLC BEATS

SONGS TO ADD TO
YOUR WORKOUT PLAYLIST



1. TRUST- NF, TECH N9NE
2. RUN MY FADE- JERED SANDERS
3. LOVE ENDURES- JOE DOUGLASS
4. ALTA- GAWVI
5. WE ARE THE LIGHT- FRESH START
6. MADE TO FLY- COLTON DIXON
7. MOVE-LINCOLN BREWSTER