

WHATEVER YOU DO.

The REC at FBC Owensboro Newsletter

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



Connect Camp 2021

By Brad Winter

I'm not really sure if you heard, but there is a thing happening this summer with FBC Owensboro and the rest of the town June 14-18. It's something called Connect Camp and I think it may just be a blast, but hey, that is just me. I think this is an awesome opportunity for you and your family to either attend, volunteer, or be a host home for the Connect Camp staff.

Connect Camp is bringing the fun back this summer and will make 2021 one of the best years yet! Connect Camp is a remarkable day-camp experience with top notch staff, that includes non-stop fun and activities, Bible-based teaching, a sense of belonging, new friends for the entire family, hands-on skills to learn and improve on, and long lasting memories and that is just touching the tip of the iceberg. I mean, I'm just on the edge of my seat while listing all the opportunities for fun this summer in Owensboro.

So, you are sitting (or standing or laying...) and reading this article and are wondering how can my family and I get involved?? I'm glad you were wondering that! If your children want to come, it is \$215 for the week(745a-445p) and scholarship applications are available upon request. If you want to volunteer, we will need individuals to help with check-in, serve snacks, and even help co-lead tribes (groups of children). If you want to be a host home, where you open your home for a week for a few campers and be an encouragement for them, reach out to Brad at bwinter@fbcowb.org and let him know. All volunteers get a cool shirt and hat with the Connect Camp logo on it!

Join us for our first ever Connect Camp in Owensboro. Registration goes live March 7. To sign up for notifications regarding camp and registration, sign up at www.connectcamps.com/owensboro. We still have a lot of things going for the month of March, will you join us at The REC!?!?

**THE STEADFAST LOVE
OF THE LORD NEVER
CEASES; HIS MERCIES
NEVER COME TO AN
END; THEY ARE NEW
EVERY MORNING;
GREAT IS YOUR
FAITHFULNESS.**

LAMENTATIONS 3:22-23



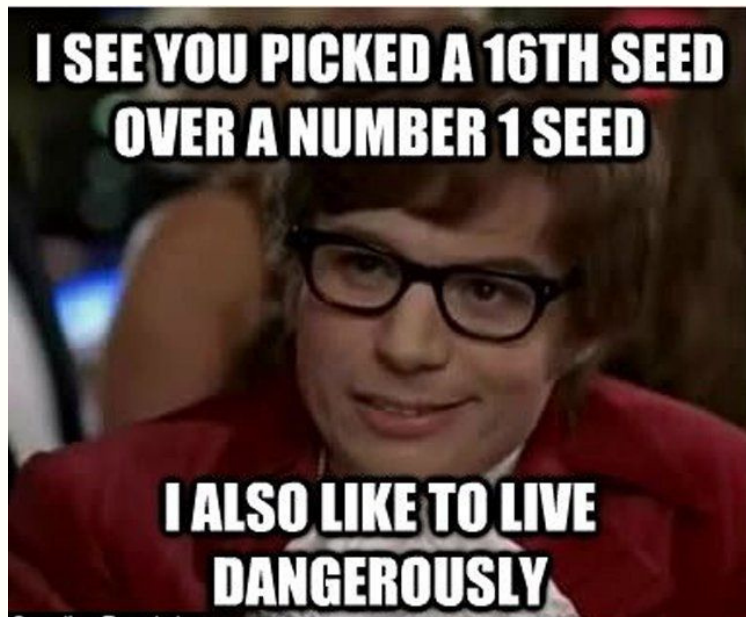


Christian Athlete Highlight:

Matt Holiday,
Former Card and Rockies

My faith affects everything I do — how I husband, how I parent and how I interact with my teammates. I hope that as I grow closer to God I continue to be sanctified, becoming more like Jesus. My hope is that I would behave more like Him than my natural tendencies would dictate, and more like Him than the way the world would have me behave. In no way did I turn into the perfect person when I first believed in Christ. No one does, but as I pursue a relationship with Him — and understand the discipline that it takes to obey Him — my lifestyle and relationships change for the better.

Source: <https://sportsspectrum.com>



4 MYTHS ABOUT PROTEIN THAT COULD PREVENT YOU FROM LOSING WEIGHT

By Brierley Horton, MS, RD

- Myth 1:** Faux Meats Are Healthy
- Myth 2:** Bland Is Best
- Myth 3:** You Need a Protein Shake After Every Workout
- Myth 4:** You're Not Eating Enough Protein

Read more at livestrong.com



LOOKING FOR HOST HOMES!!

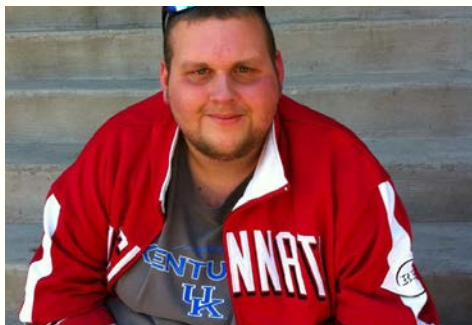
BECOME AN OWENSBORO RIVERDAWGS
HOST HOME THIS SUMMER!
EMAIL BRAD FOR MORE DETAILS!
BWINTER@QSBC.ORG



CLC BEATS

SONGS TO ADD TO
YOUR WORKOUT PLAYLIST

1. WE ARE THE CULTURE- PROPAGANDA
2. THE POWER- TY BRASEL, KB
3. IT'S GONNA GET BETTER- JOHN P. KEE
4. CONMIGO- SOCIAL CLUB MISFITS
5. MOMENTUM- ZOE MUSIC
6. LET GO- SET FOR THE FALL
7. CHILD OF LOVE- WE THE KINGDOM FT. BEAR RINEHART



REC HIGHLIGHT

RAY SMITH
REC MEMBER

- Age: 29
- From: Owensboro, KY
- Sports: Pickleball, Basketball, Football, Baseball
- Song on repeat: Anything Christian
- Bible Verse: John 3
- Desired Career: Basketball
- Highlight about coming to the REC: I love talking with people and love pickleball with my friends
- Movie: Funny Movies
- Food: Mexican
- Place to eat in OBKY: Mexican and Texas Roadhouse

#RECFam



GOD IS IN CONTROL

BY BRAD WINTER

God is in control. That is an easy thing to say to the friend or family member that is hurting. But, is it just as easy, when the tables are turned on us? I know personally, that I have grown so much spiritually when I go through life circumstances and realize that even if I do not like it, God is in control.

One of my favorite verses is John 3:30. "He must increase, but I must decrease." It is definitely not an easy life verse to live by, but through adopting this simple verse, it has truly allowed me to worry less and trust Him.

I think one of those glaring examples is how God led me and my family to Owensboro. Jonathan reached out to me in January 2020, I reluctantly sent in my resume because I loved where I was. But, through the next several months and through the interview process, God made it abundantly clear that He wanted us in Owensboro. Man, is it not awesome to look at how God worked in our lives over the last year or six months? Hindsight is 20/20.

Your Sports Pastor,
Brad