



## ENCOURAGING AND CHALLENGING COACHES FAMILIES – April 2009

An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. ~Proverbs 31:10-12

### Welcome to Behind the Bench

We are excited about this opportunity to unify the coaches wives of northwest Georgia and to be an encouragement to each other before, during and after our husbands seasons.

### Prayer Reminder

~The spring sports are in full swing. Please keep all of the coaches and their families in your daily prayers.  
~Let us pray for all of the teachers and coaches who are being effected by budget cuts.  
~Pray for the FCA's continued success!

### Thought for the Month



Right now things are so uncertain in our world...the economy is on the decline, people are losing jobs every day, families are being forced out of their homes, parents are struggling to get food on their family dinner tables...It is so easy to get discouraged, to feel alone, or to focus on

the negative aspects of life. But we don't have to feel this way...not when we have God on our side!! Maybe God is trying to tell us something. The Bible says that God will never give us more than we can handle...we know that God has a plan for each and every one of us (Jeremiah 29: 11-13) when we seek the Lord with all of our heart. What an amazing love our Lord has for us...He is so faithful...all we have to do is trust the Lord and trust in his love for us! This month's Bible verse: "Many are the plans in a man's heart, but it is the Lord's purpose that prevails" Proverbs 19:21

### Events

FCA Annual Golf Tournament and Ladies Silent Auction & Luncheon  
Where: The Farm  
When: June 22<sup>nd</sup>, 11am – 2pm

### FCA Camps

<http://www.fcacamps.org/>

*For the entire family:*

Black Mountain 6/22 – 2/26

St. Simons 6/29 – 7/03

*For couples only:*

Callaway Couples Retreat 7/11 – 7/13

### FCA Ladies Luncheon



THE FARM

We would like to invite you to save the date for the Fellowship of Christian Athletes Ladies Silent Auction and Luncheon on Monday, June 22<sup>nd</sup>, at The Farm Country Club. The proceeds raised from the silent auction, raffle items and luncheon will benefit our local FCA. Each luncheon ticket pays for your lunch and a Bible that the FCA is able to pass out to area students. Last year the FCA was able to buy 409 Bibles! Before the luncheon begins the doors will open for a silent auction and raffle. There are many items to bid on from free haircuts, to free dinners, to artwork, and autographed sports items. During the luncheon you will be entertained by a special guest speaker.

The Auction starts at 11:00am. The Luncheon is from 12:30 to 2:00pm. There will be a guest speaker during the luncheon.

The schools are our mission field and the FCA, like any other missionary, needs support. I would love for you all to come to the Luncheon but if you can not I would ask that you please keep the FCA in your prayers. If you would like to attend the tickets will be around \$20. If you are serious about coming please let Jana or Ashley know so that they can get you on the list of those attending. If you would like to take this one step further you may consider hosting a table. To be a table host all you need to do is find 9 people who would like to sit at your table, co-workers, women from your church, family, friends, etc. You would collect their ticket money, names and contact information and turn it in on the day of the luncheon at the front table. If you would like to host a table please let Jana Cansler [JCansler@fca.org](mailto:JCansler@fca.org) know and she will get you signed up. If you know of anyone else who may be interested in attending please pass along this information.

### Small Group Bible Study

**The Frazzled Female** – Cindi Woods

*\*Finding God's peace in your daily chaos\**

We are starting a small group study of The Frazzled Female. If you are interested in attending please contact Ashley Winegarden.  
[winegarden15@charter.net](mailto:winegarden15@charter.net)

## Getting to Know – Krista Lowe



Husband: Josh Lowe  
Position: Athletic Director North  
Murray High School  
Josh has been the Head Football  
Coach at Murray County High School  
from 2007-2009. We have had some  
great times over the past 12 years of

Josh's coaching career. While we were in college he volunteer coached at Annison and Etowah High School in Alabama. After getting married in 2000 we packed up and moved to Swainsboro, GA. He served as an assistant coach at Swainsboro and Coosa High School before being named Head Coach at West Limestone High School in Athens, AL. After West Limestone we moved to Cuthbert, Georgia where he was also the head coach at Randolph-Clay High School. All of these moves were part of God's plan that led us back to North Georgia. Josh grew up in Dalton, and after his dad was diagnosed with Non-Hodkins Lymphoma this year we knew this was where we were supposed to be. After many weeks of prayer, Josh accepted the position as Athletic Director at North Murray. This was a hard decision for Josh to make; he loves the game of football and more importantly loves the kids! At the football banquet I caught myself tearing up as if it were the end of his coaching career. What I have realized is that it is not the end-he will be able to impact not only the football players but also the other student athletes at North Murray. God has blessed us with two beautiful (sorry I am partial) little girls Mary Beth- age 5 and Anna Grace-age 3. Josh always said we would have two boys to play football, but God has a big sense of humor and gave him two little cheerleaders! I have throughly enjoyed our journey over the past 12 years and look foward to seeing what God has in store for us as he begins a new athletic program at North Murray High. - Go Mountaineers!

## FCA Dinner With Chris and Les Steckel



On Wednesday, March 11 we held our first FCA Coaches Dinner. It was an incredible success. We had over 40 couples join us for dinner (Thank you Casey Carpenter and The Oakwood) and fellowship. Les Steckel and his wife Chris were the speakers that night and they were awesome!! What a blessing to have them here in Dalton to speak to our area coaches and their wives!! Our hope is to do this again in the near future because this is what the Behind the Bench Ministry is all about...bringing area coaches wives together for fellowship. What we share is a love for Jesus Christ and a desire to further our walk with the Lord. Our mission with BTB is to become strong coaches wives re-fueled, re-energized and ready through God's word when our husband's seasons begin!!!

## FCA Camps 2009



You may already know that FCA has camps for youth. But did you know they also have camps for adults? *It is awesome to see hundreds of coaches and volunteers attend Coaches Camps all over the country. At most FCA Camps, coaches work really hard to train athletes. At Coaches Camps, it is an opportunity for coaches, their spouses and children to relax.*

*Coaches Camps are for single and married coaches and their families and are designed to minister, to equip, and to encourage them as coaches. FCA Camp ministers to Coaches through Bible studies, small groups, fellowship, prayer support, discipleship and mentoring. Weekend retreats called "Couple Getaways" are a great way for coaches and their spouses to break away for a time of refreshment.*

-Inside Out Change Your Game FCA Camp 2009 Magazine

If you would like more information you can visit the FCA Camps website <http://www.fcacamps.org/>

**FCA Coaches Camps are not just for the Coach. They are for the entire family... more info to come next month!**

### ~ FCA Dinner ~

**We would like to say a great big Thank You to our local FCA for putting this evening together!**



Some of our area coaches enjoying dinner.



Chris Steckel and Glo Shoates