



ENCOURAGING AND CHALLENGING COACHES FAMILIES – Oct. 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.

FCA's Behind the Bench Ministry Team is excited about serving and encouraging you!!! Upcoming changes to BTB are just around the corner...Brand new online resources, ideas, devotionals, marriage renewal tips, "How to" guides, team recipes, social networking, and more will be available to you. Connect with other coaches wives from all over the country while at the same time having the blessing to connect with coaches' wives in your area or region...Look for more information to become available in the coming month.

We Are on the Web

www.ngafca.org/WOMENSMINISTRY/NorthGeorgiaBehindtheBench.lsp

Prayer Reminder

~ The fall sports are ending and the winter sports are about to begin. Please keep all of the coaches and their families in your daily prayers.
~ Pray for all of the illness in our area.
~ Pray for the FCA's continued success!

Coming Soon

Monthly Behind the Bench "Socials".....Monthly meetings are in the works as this newsletter is coming out...we hope to have our first "social" in November. At the present time, we are planning to hold the meetings on every third Thursday of the month from 630-745pm at First Presbyterian Church in Dalton. The meetings are FREE and "come as you are"...this group and the meetings are not meant to be a "commitment", but rather, an "escape"!! We are very excited about the opportunity to get all the area coaches' wives together to eat, fellowship, and share our lives as COACHES' WIVES!! An informational email will be sent in the next few weeks and we would LOVE your input on topics that interest you or pertain to your life as a coach's wife...

Food will be provided at each meeting and we are currently looking into child care for those who would need it...more details to follow...Hope you will mark your calendars!!

BTB Telephone Devotional

National FCA BTB Telephone Devotional

When: Sunday October 18th @ 9pm

What: 20 minute devotion led by

Carolyn Allen

How: Call 712-775-7200

Who: All Coaches Wives

Available the 3rd Sunday night of each month



"There is a time for everything and a season for every activity under Heaven" Ecclesiastes

3:1



An African proverb:

"Lord Jesus, make my heart sit down"

Are you balanced?

"We might feel and get off balance...It's not always a bad thing. Our lives are dynamic and very imperfect. When we are filled with the living water, we are centered again. At least for a little while..."

~ Carolyn Allen

"I think what we miss most in our Western culture is time alone with God. I believe that scripture is clear that when we make this a priority in our lives, we will never feel like we are out of balance because we will be functioning on Heaven's fuel..."

~ Hope Radebaugh

Tips for staying balanced:

PRAY: Follow Christ's example...He regularly got away to meditate, to pray, to think...Develop this "margin" in your daily life (Hope Radebaugh)

FOCUS: Stay alert for distractions...get off the phone, don't linger on the computer, don't go to the mall and spend money you don't have...keep your focus on Christ and His purpose for your day (Carolyn Allen)

PRIORITIES: Set priorities, Schedule priorities, and Stick to priorities...



The Coach's Wife Books and Devotional Study Guides (by Carolyn Allen) are available at the FCA office... stop by and pick up a copy!

