



# Newsletter

MARCH - 2022

Greetings!

## **FROM PASTOR MICHAEL**

Last month I shared with you the first 7 principles of a rugby team that has only lost 5 times in the past 10 years. The team is from New Zealand and they are called the All Blacks (they wear all black). This month, I want to share the final 8 principles and maybe you can see how they can be incorporated into your life and faith journey.

You can find the February 2022 article at <https://alexfbc.com/newsletters>.

### **8. TRAIN TO WIN**

**Practice under pressure.**

Commentators say the difference between the All Blacks and other teams is their ability to perform under pressure. Training lays the foundations of success, but there is always a balance to be struck in training between skill development and pressurized game scenarios. **Do the extra work to make the difference**

### **9. KEEP A BLUE HEAD**

**Control your attention.**

In games where opponents have run them close the All Blacks have been able to make the decisions under pressure that have won them the match. Decision making is a tough skill to learn and only develops over time but **staying calm when the heat is on is a big step in the right direction.**

## **10. KNOW THYSELF**

**Keep it real.**

The real competition is with yourself when it comes to developing as a player. Be honest about your progress, performance and effort levels if you want to become a better player. **Ask yourself, could I do more?**

## **11. INVENT YOUR OWN LANGUAGE**

**Sing your world into existence.**

Rugby is known for its sense of community both on and off the field. To succeed as a team you must work together and from these shared experiences will come a vocabulary and set of beliefs. **Find your common bonds.**

## **12. SACRIFICE**

**Find something you would die for and give your life to it.**

After every game Richie McCaw writes 'start again' in his training journal. As a group the All Blacks do not tolerate poor performances and as individuals they strive to maintain the highest standards in all aspects of the sport. **Good isn't good enough.**

## **13. RITUALIZE TO ACTUALIZE**

**Create a culture.**

Teams could copy the All Blacks approach to the game wholesale but that isn't what makes the New Zealand team winners. Their team culture is based on their heritage as a nation and rugby team, which is unique to them. It represents who they are, which is why it works for them. **Build a culture based on your collective values.**

## **14. BE A GOOD ANCESTOR**

**Plant trees you'll never see.**

The All Blacks often speak of their responsibility to protect and enhance the reputation of the team for as long as they are chosen to wear the shirt and to leave it in a better place for the player who follows them. **It is not about personal glory, it is about the team.** Play for the name on the front of the shirt, not the back.

## **15. WRITE YOUR LEGACY**

**This is your time.**

The All Blacks gift of a book featuring shirts from legendary teams which is given to each new player includes blank pages for them to fill in. It sends a powerful message that regardless of what has gone on before there is still history to be made. **Build your legacy.**

I hope you appreciated learning a bit more about this great rugby team and their values or principles which guides them.

## NEWS AND EVENTS



9th Annual Walk a Mile in My Shoes - Anderson for The Christian Center  
9:00am registration, Saturday, March 5th  
Meet at Reardon Auditorium. See pamphlets available at tables in the hall or our  
Welcome Center for more details.

# Prayer Walk



10:00am, Saturday, March 5 - Prayer Walk throughout the church.  
Meet in the Foyer. Everyone is invited!



Thank you to all those who helped remove the wall in the pre-school room! Now we have a larger room for our kids to learn, play, and grow in their faith together!

## SERVICES



### Sunday

10:30am: Worship Celebration

2:00-4:00pm: Impact (grades 7-12)

### Tuesday

7:00pm: Ladies Zoom Bible Study  
with Debbie Deutsch

### Wednesday

6:30-7:30pm:

High Point (grades K-3)

Crew 456 (grades 4-6)

Impact (grades 7-12)

## FOOD FOR THOUGHT

### LIFT

During a tour of an aircraft carrier, a jet fighter pilot explained that planes need a 56-kilometer-per-hour wind to take off on such a short runway. To reach this steady breeze, the captain turns his ship into the wind. "But shouldn't the wind come from the plane's back?" someone asked. The pilot answered, "No. The jets must fly into the wind. That's the only way to achieve lift."

Isn't the same true for us? Throughout our life, we are presented with challenges. Without a doubt, most of them are unwelcome. We try to avoid challenges and obstacles, but God uses these struggles to make us stronger and to teach us to lean confidently on Him. Flying into the wind may seem counter-intuitive, but it's the only way we can achieve the lift we need in order to grow.

(adapted from Our Daily Bread)

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