



F3 ALPHA

**SERVING NORTH FULTON, FORSYTH,
GWINNETT AND EAST COBB**



Nantan Corner

Rough Skies make Good Pilots

Are you happy? Or, are you joyful? Is there a difference between joy and happiness? This year at the QSource meetings we have been working our way through F3's manual of virtuous leadership, The QSource. There are 4 quadrants in QSource, they are Q1: Get Right, Q2: Live Right, Q3: Lead Right and Q4: Leave Right. The Friday Avalon Chick-fil-a QSource group, following along with the F3 Nation QSource Podcast, are at the end of Quadrant 3, Lead Right.

Q3.11 is Contentment: Stability Of Emotion Engendered By The Continual Pursuit Of Joy Rather Than Happiness.

From QSource: "The Virtuous Leader seeks Contentment because he knows that his

personal stability will have impact that resounds throughout each of the Groups he Leads. He knows that if he fails to **govern his emotions under all circumstances** his followers will lose confidence, not only in him but in the entire Group and its Mission.”

Happiness is reliant on external circumstances. It is that warm feeling of personal comfort. It is a toasty fire and a mug of hot cocoa on a cold night. It requires nothing of a man other than to be in the right place at the right time. But when the fire goes out and the cocoa is gone, so is the happiness.

Joy is “the stainless steel of the soul”. “Joy is a permanent state of hopeful satisfaction unaffected by external circumstance, Happiness is a mere transitory positive feeling governed completely by external circumstance.”

“Joy is the fruit of a HIM’s (High Impact Man) enduring devotion to Getting Right and staying that way through the DRP (Daily Red Pill). Joy requires nothing external to a person other than the Relational Rhythm that results from the strong, regular and repeated pattern of his interaction with himself, his Concentrica (his community) and the Creator. It withstands bad weather, physical ailments and financial downturns. Joy is the stainless steel of the soul, the stern stuff that resides in the stout heart of a HIM fully Committed to Leading his Group through every Obstacle that impedes its Movement. It is the foundation of his Contentment.”

“**Durability** is physical and emotional toughness that is fostered through deliberate exposure to **Hardship and Chaos**. It is through **Hardship**—suffering caused by intense Adversity—that a HIM learns how deep the bottom of his Pain barrel is by finding the point that is just beyond his capacity to tolerate, and pushing through to it. Only then will he know what he is fully capable of. And only then will he be able to begin increasing his Durability by subjecting himself to increasing Hardship. Durability, like everything else, is a condition that is either Accelerating or Decelerating.”

“The uncontrollable circumstance of **Chaos** serves an equally important function in the development of Durability. It teaches the HIM to master his emotions even when and where he has no Control over the people and Events that surround him. I assume that I would find it far easier to maintain a steady deportment behind the thick walls of a monastery, where rigorous rules of conduct provided me and the other monks with highly

Controlled and uneventful lives of silent prayer and reflection. Or, even more radically, if I lived my life as a hermit, separated completely from the daily turbulence of the lives of the people in my Concentrica whose emotions, desires and behavior are outside of my Control.”

“But this type of life, while certainly quieter, would not make me truly Content because it would not Accelerate my Durability. In fact, it would make me weak because it would render me incapable of withstanding even the smallest amount of Adversity. *Only by subjecting myself to increasing amounts of Chaos (along with Hardship) can I hope to Accelerate my Durability.*”

“In F3 we do this every morning by Posting to Workouts and subjecting ourselves to 45 minutes of Pain and Chaos. Periodically, we do it more drastically by participating in CSAUPs (Completely Stupid and Utterly Pointless) that push us to the edge (and beyond) of what we think we can withstand. Through the **King** (exercise), we increase our 3S2T (speed, strength, stamina, toughness-physical and toughness-mental) because we know that this will keep our Durability in a state of Acceleration.”

Pain and Chaos make us more durable people. Being more durable enables us to better control our emotions and reactions. “Would you really want to step on a plane with a pilot who had never before flown through turbulence? Of course not. It is **rough skies that make good pilots**. Just as it is Hardship and Chaos that produces Durable HIMs whose stability of emotion allows them to keep going when the going gets tough because they are Content in all circumstances.”

“The decision of how one will respond to Adversity (positively or negatively) must be made beforehand. The **Joy-seeker** is a Pro who uses Preparedness to get ready for the Adversity he expects and stay ready for that which he does not expect. In contrast, the **Happiness-seeker** is an Amateur who does not actively anticipate challenging Events, but instead tries to Control them when he finds them occurring in his midst.”

“The difference between these two approaches is also reflected in how the Pro and Amateur relate to challenging people. The Pro maintains Relational Rhythm with the people in his Concentrica by getting ready for the behavior he has learned through

Proximity to expect from them. He knows that they (just as he does) have challenging aspects of their character that arise from their individual traits and backgrounds. The Pro also stays ready for the unexpected behavioral idiosyncrasies of people he does not know well, or at all. Thus, for both the expected and unexpected the Pro relies on Preparedness rather than Control because he knows that he cannot dictate the behavior of others. It just doesn't work."

"As a result, because he is a Joy-seeking Pro, the HIM's Contentment is not shaken by interactions with challenging people. He is not seeking Happiness, so he is not reliant upon others to make him Happy. He embraces interaction with challenging people because he knows that they will Accelerate his Durability in the same way that challenging Events do."

Are you seeking to Accelerate your Durability? Are you a Joy seeking Pro? What changes in your life are needed to Accelerate your Contentment?

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. Philippians 4:11

F3 Creed:

Leave no man behind, but leave no man where you find him.

--Ha-ha

#BeTheBacon



GROWRUCK GA Reflections - Zohan

I did not know what to expect when I was packing my ruck. I did not know what to expect when I was standing in neat lines and rows in that soccer field. I did not know what to expect when I found myself in the early morning carrying a friend on my back for what should be the last few yards before returning to that initial soccer field.

This was the point, of course. Getting used to Pain and Chaos. Not specifically to this pain, or to this chaos, but to the fact that you need to go on never knowing exactly what comes next and not stopping when the pain starts. Some things are important enough to push through for and one of the more impactful moments of the GrowRuck that evening was when we wrote those things down and, if chose to, read them out loud. Family, painful memories, internal demons that hunt us. Each of us wrote something different but I felt the truths others wrote relevant to me as well. This is what F3 was trying to teach me all along - I am not alone. WE are not alone. We have brothers out there to lean on, to carry us. Brothers that share our struggles, successes, pains and fears. The trick – life is not a DIY show. You need to choose to do it with others, even if at times it means slowing down for them.

Being part of F3 for 2+ years and following the Q Source I knew most of it already but the GrowRuck made it clearer. More real. The lessons of preparing and being prepared were driven home. And the best part – I met new brothers.

PAX Spotlight - Double D



Hospital Name: Anastasia Demetrius Giovanni Davis III but quickly changed to Jamison (Jamie) Davis

Age: 40

F3 Name: Double D

Home AO: The Wreck and Hogwallow

How long have you been in F3: 2.5 years – Started the day the Wreck started and have been a regular ever since

Who EH'ed you? Bronco who at the time of the EH was named Jon. He had a buddy who was into F3 in Cumming and when it came to Roswell Area Park he EHed the entire neighborhood to come out even though he had never been himself. Out of that was born the Magnolia Walk Men who all started on the same day and hold each other accountable for staying fit (or in my case staying). My favorite quote from that first meeting was Aflac saying he liked the workout but didn't get into all the names and rituals. Bronco looked at him and said, "fine, I'll give you your money back then." Aflac now uses the F3 naming scheme more than anyone I know. I think he calls his wife "M" to her face now.

F3 Name Origin: I was jogging back to the flag on the first day. I was joking with another guy I thought was new that since

it is self-led, I'll just be doing Yoga on the days I lead. I elaborated that there would be a lot of downward dog – choosing this position because it is the only yoga pose I know. During the naming at the end someone brought this up; the name started as Downward Dog but was quickly shortened to “Double D”. This is the only time I will answer this honestly. I usually have a much better reason why it is “Double D”.

The best part about the name is I've been at White Water, walking on a street, in a restaurant, at my daughters' school and hear “Double D” yelled out and know for sure they are talking to me. I've found that even everyone's wife knows me as that and prefer to call me by my F3 name. Even the neighborhood kids and sometimes my own children call me by my F3 name as well. My first introduction to Bear's wife, Sally Bear, was her driving by me with her head out the window shouting out “Double D” as loud as she could.

What does F3 mean to you: I grew up in a small town in middle Georgia. I knew people everywhere I went. I played sports with them, went to school with them, went to church with them, knew their parents, etc. “Community” was easy because everyone did the same things in the same places.

Some may not believe this, but I'm by default an introvert until I'm comfortable with my surroundings. Once I'm comfortable, my personality changes and I go from being an introvert to an extrovert for the most part. F3 turned a large city, the greater Atlanta area, and Roswell, a large suburb with around 100,000 people, into a small community of guys. I went from being able to walk anonymously through stores, town, school, etc. to now knowing somebody wherever I go. It has provided the comfort level with my surroundings for which my personality is always looking. So, for me, the first thing F3 did was provide me a community beyond the boundaries of my neighborhood.

Growing up, I was very active. I played 4 sports a year and continued playing soccer in various types of leagues until my mid-twenties. I've never liked going to a gym. I could run 7 miles in a soccer game no problem or the equivalent to 100 suicides in a basketball game, but I hated running for the sake of running. As I entered my 30's I went outside one day and lost my metabolism. I'm pretty sure Doogie or Bear used some Harry Potter magic to take it for themselves. I went from 170 lbs to 200 + lbs almost overnight. While I was a member of a gym, it was always easy for me to come up with an excuse not to go. F3 has provided me with the accountability I needed. Some days I go to Hogwallow to walk while others run or to the Wreck to run when others work out because I have an injury that keeps me from participating in the exercises being done that day. The guys there, the time slot, the commitment I make to myself and sometimes on Slack keep me accountable to show up and exercise.

While my weight has not changed, I'm in much better shape and have improved my endurance. F3 has given me the accountability I needed and the community I had struggled to find elsewhere.

F3 Goals: I can't say I have specific F3 goals. I do want to make sure new people feel welcome when they come. I want to make some of the brutal workouts a little more tolerable through keeping things light and fun. I make a conscious effort to remember something about new attendees. I can't always remember their real name (thought I try), but I try to make sure I have something to ask them about if we end up beside each other in a workout or at coffee.

Around the Alpha

Fall Convergence

The Fall F3 Alpha Convergence will be held at The Gladiator (East Roswell Park) on Saturday October 19th at 0700. Make plans to meet up with your home AO crew and Clown Car over to East Roswell to join with your other F3 Alpha brothers. Coffee and goodies to be served after the beatdown in world famous Gladiator style Parking Lot Coffeteria!

The Spring Convergence will be F3 Alpha's 5 year anniversary. Stay tuned for details!

New AO Launch

Sugar Hill (Sugar Hill City Hall, 5039 W Broad St NE, Sugar Hill, GA 30518)

Friday Bootcamp 0530-0615

Simba is the AO Q. Launched last Friday 10/4

Slack Invite

Are you in Slack yet? The Slack invite to join our private "workspace" is:

https://join.slack.com/t/f3alpha/shared_invite/enQtNTkwNzQ0MzI2NzU5LTViZDRjNTEzZGQ3YjQ5YTY2N2I1YTJM

Q Rotation Sheets

Several of our AO's have Google Sheets Q sign-up rosters out on the F3 Alpha site under the Locations page. Check them out at the link below and sign up to Q a day.

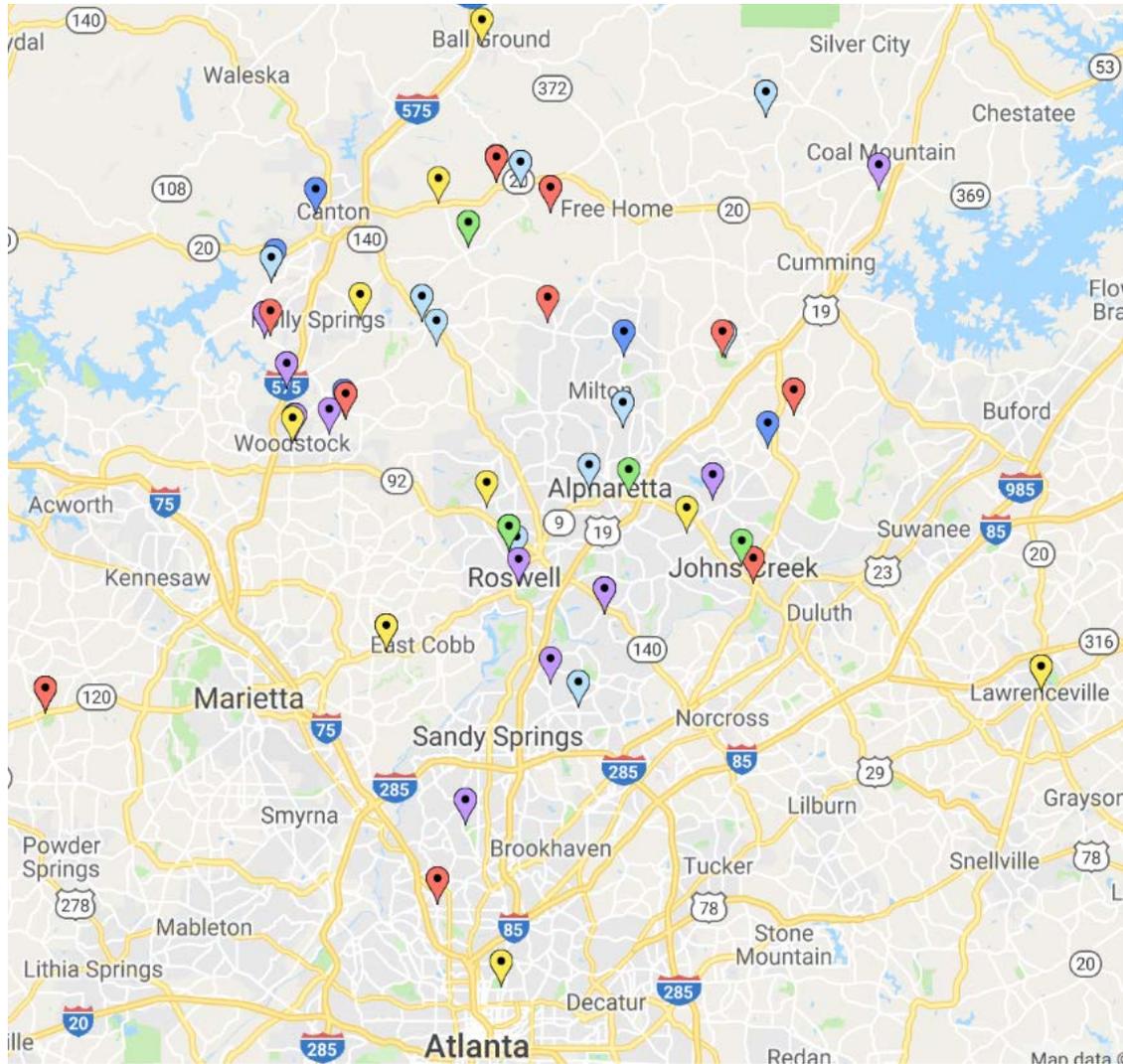
[F3 Alpha Locations and Q Sheets](#)

EH Today!

This is a friendly reminder that so many people are looking to “get in shape”. EH (Emotional Headlock) your friends today and get them to a workout! Post on your social media of choice and use the NextDoor site or app. Most often guys show up because someone asks them to come. Be that guy!

WHERE ARE WE? AND WHEN?

Click on the map below for workout details.



Where to get more info:

- Follow @F3Alpha on [Twitter](#) for real-time announcements, schedule changes, and random #mumblechatter from the PAX.
- [Alpharetta Schedules](#)
- [Region Backblasts](#)
- Are you new to F3, an “FNG?” Read this: [10 Steps for a New Guy in F3](#)
- [F3 Lexicon](#): a scattershot listing of lingo, sayings, expressions, acronyms, etc.

- [F3 Exercises](#): make sense of the exercises you may hear called at an F3 bootcamp
- [Read the F3 Disclaimer](#)



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