

March 2022

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The mission of F3 Pittsburgh is to **plant, grow, and serve** small workout groups for men for the **invigoration of male community leadership.**

We leave no man behind, but leave no man where we found him.

Questions?

Contact Bieber

F3 Pittsburgh PAX Blast

March 2022 Edition

Welcome to the F3 Pittsburgh monthly newsletter: The PAX Blast. Here you'll find important updates about the Pittsburgh region, details of upcoming events for all F's, a peek into the past month's PAX statistics, a look into the lives of some of the PAX, and finally some Thoughts and Prayers (TAPS).



Check out other details of the region and get connected on our website: www.f3pittsburgh.com.

Contact Bieber with any issues, questions, or ideas for next month's issue.



The F3 Pittsburgh February Convergence at The Playground

News of the Region

Passport Challenge Winner: Maxime

February Postmaster: FIAB

It Takes a Village

Written by: Bieber

Man, am I exhausted. If you haven't heard, my M (Millie) and I welcomed our first 2.0 (Evelyn) into the world on March 6, and it's been a whirlwind since. But, one thing that's been absolutely incredible that I've seen nonstop since Evelyn joined us is the amount of love and support we've been receiving from family, friends, and our communities – with, of course, F3 being a huge part of this.

It was my turn to write this section of the newsletter, and we had some grand plans for it that probably would've blown your mind, but since my mind is operating at about 5% capacity, I'll instead leave you with this diary-like write up thanking you all for what you've been doing for me, and for the amazing community I find myself in.

Shortly after Evelyn was born I heard from Vowels that a meal train was getting started, and so far we've already got several days out of the next two weeks covered. This has been a HUGE weight lifted off our shoulders as we're trying to figure out how to keep a tiny human alive, and I just can't thank yinz enough.

Also, just the number of PAX that have reached out to offer congratulations, help, and just to see how we're holding up has been astounding. Thank you.

All's this to say, F3 has been an incredible group for me as an individual these past few years I've been involved, but now seeing this side of the love and support, I'm honestly just speechless. This is what F3 Pittsburgh is about, and I love it and each of you guys.

SYITG soon,

Biebs

Upcoming Events

- **March 20, 3:30 PM: Urban Impact Service Project**
What: Service project with Urban Impact Foundation
Where: Allegheny Traditional Elementary Academy (810 Arch St. Pittsburgh, PA 15212)
Who: All PAX and (age 13+) 2.0's
- **April 1, 2022: Violet Mini-Convergence**
What: Mini-Convergence at Violet (North Park). All other AO's closed
- **Date TBD: F3 Pittsburgh Ruck Event**
What: April Rucking event around Pittsburgh
More info to come. Stay tuned!
- **Ongoing: Every Other Sunday Rucking**
What: Rucking with Maxime and other PAX every other Sunday
Where: Location changes, see slack channel #Sunday-Team-Building-Ruck-Group for details
- **April 30: F3 Pittsburgh FIVE YEAR CONVERGENCE**
What: A celebratory convergence honoring our five years in operation
Where: North Park BLANK pavilion
Who: All PAX for the beatdown portion, all families welcome for following events and picnic



Join us for a faith growth centered spiritual workout starting @3PM on Sunday 2/20

 Becoming a HIM requires the tending to all aspects of self, including our mental health. In this 7-week group, we will strive to be fit holistically by engaging in exercises that strengthen us emotionally, psychologically, relationally and spiritually.

Our workouts are always free of charge.

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

Meet the PAX

Sorry, no PAX highlights this month. Check back next month!

Meet the PAX

FNG Corner

Sorry, no FNG list this month. We'll pick yinz up in the next edition!



2nd F Spotlight:

Sorry, no write up this month. But I did hear that Cavitation had a pretty awesome super bowl party at his place!

3rd F (Faith) Spotlight: Polar Plunge for Special Olympics



Having worked with special needs individuals in the past, I do have a soft spot for the individuals and admire their caretakers for the patience, love, and care that they offer to serve their needs. Also, seeing fellow PAX already stepping outside their comfort zone participating in beat downs at or near 0 degrees, this was just another added bonus of uncomfortability. As a team, F3 Pittsburgh raised just over **\$800**. It was a well-run family friendly event, and it was enjoyable to get to know some of the fellow PAX. If we decide to do it again in the future, I know we can build on it, and have a bigger impact. - Abacus

TAPS (Thoughts and Prayers)

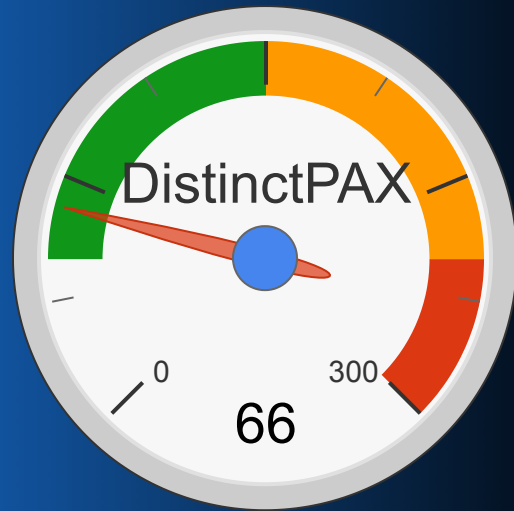
Below is a current list of thoughts and prayers for the PAX of F3 Pittsburgh and beyond:

ShamWow	Sherman's Friend	Quip & Family
Vowel's Dad	Safari	Bam's Family
Flash Dance's Grandfather	Max's Daughter	Bieber and his M
Sherman's Family	Peep Show & Family	Rate Hike's Neighbors
Jack (icicle)	Roadie's niece's FiL	Tapout & Family
FIAB's BiL	Mr Sneed	Lindbergh & Family

Have a Thought or Prayer that isn't on the above list? See a TAP on the list that's outdated or needs removed? Let Bieber know so we can get it updated!

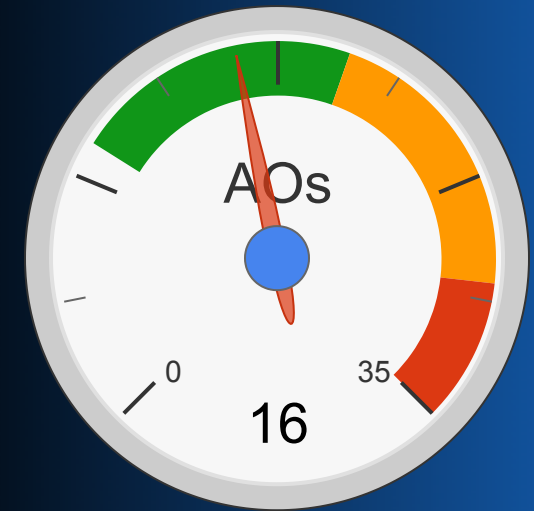


2022 F3PGH Active PAX Count



2022 Region Summary

F3PGH AO Count



Total Workouts This Year:

154

PAX Posts:

881

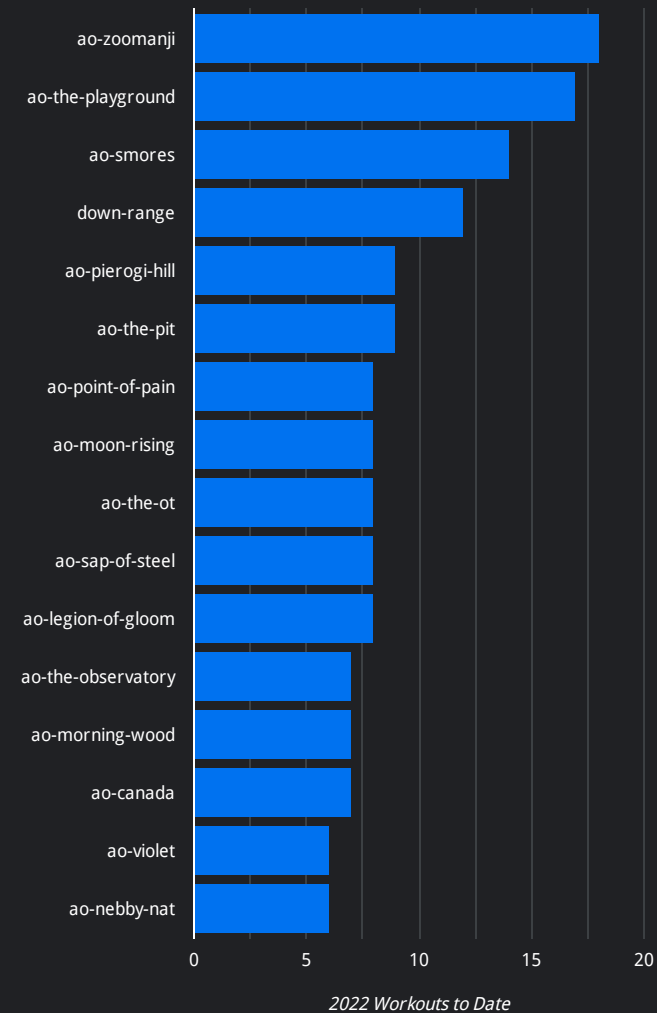
PAX that have Q'd:

42

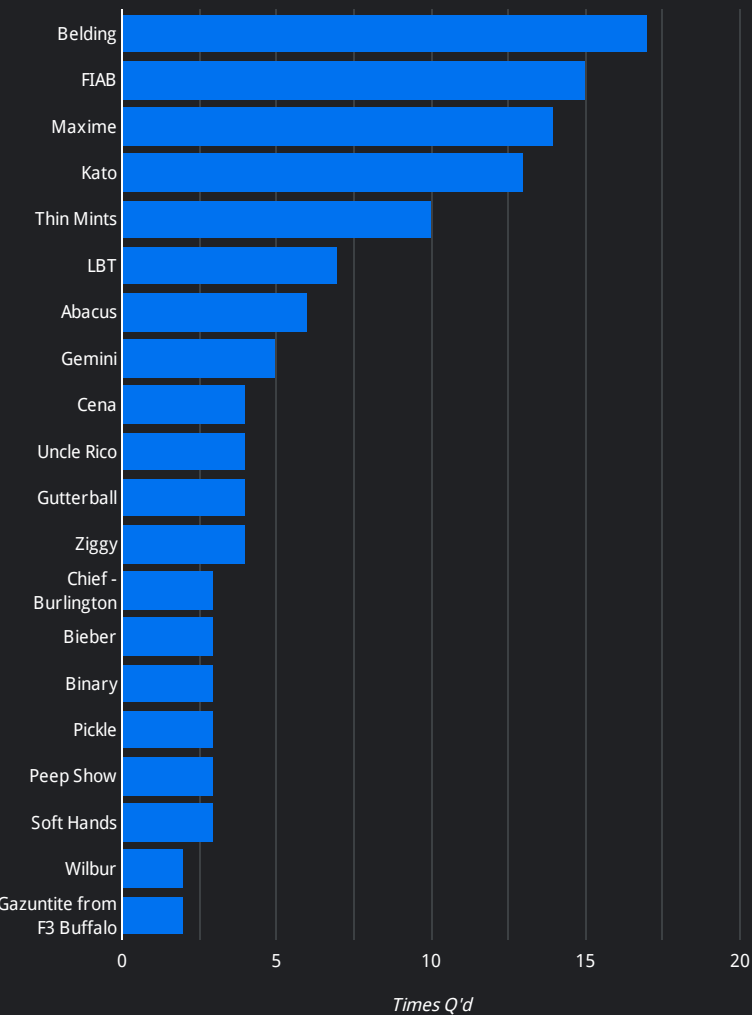
FNGs:

8

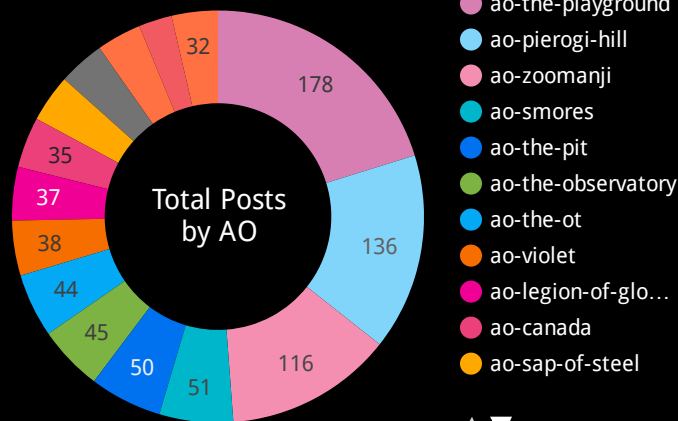
Total 2022 Workouts by AO



Top 20 Q's in 2022



Total Posts by AO

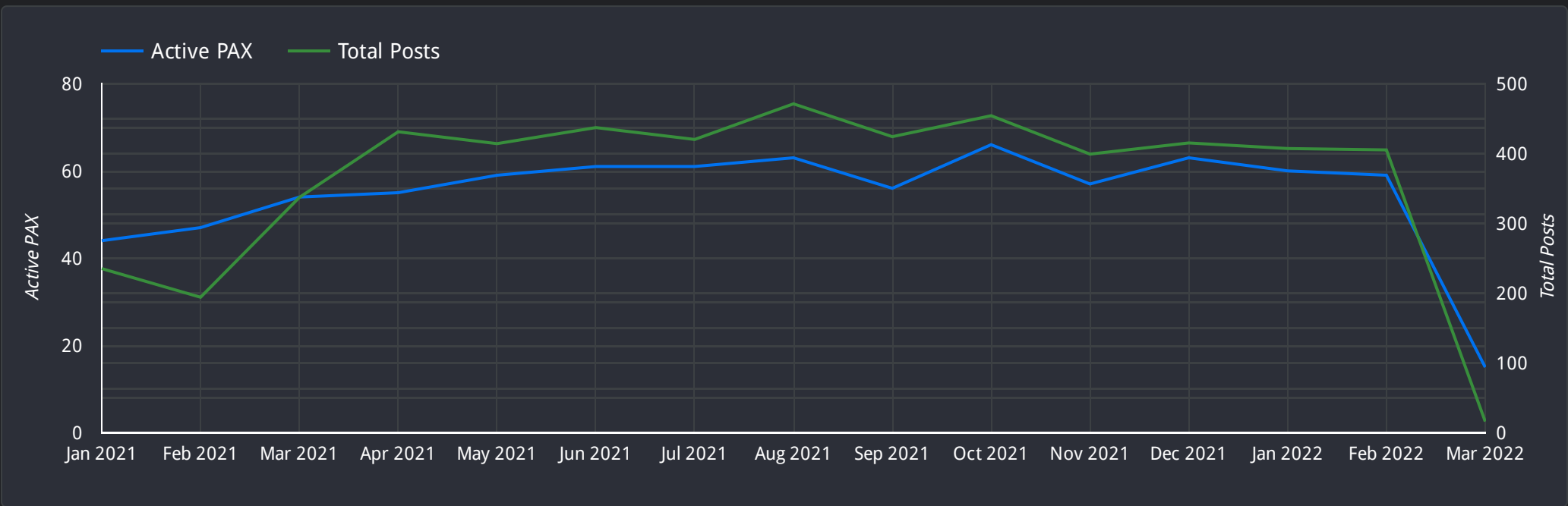


- ao-the-playground
- ao-pierogi-hill
- ao-zoomanji
- ao-smores
- ao-the-pit
- ao-the-observatory
- ao-the-ot
- ao-violet
- ao-legion-of-glo...
- ao-canada
- ao-sap-of-steel

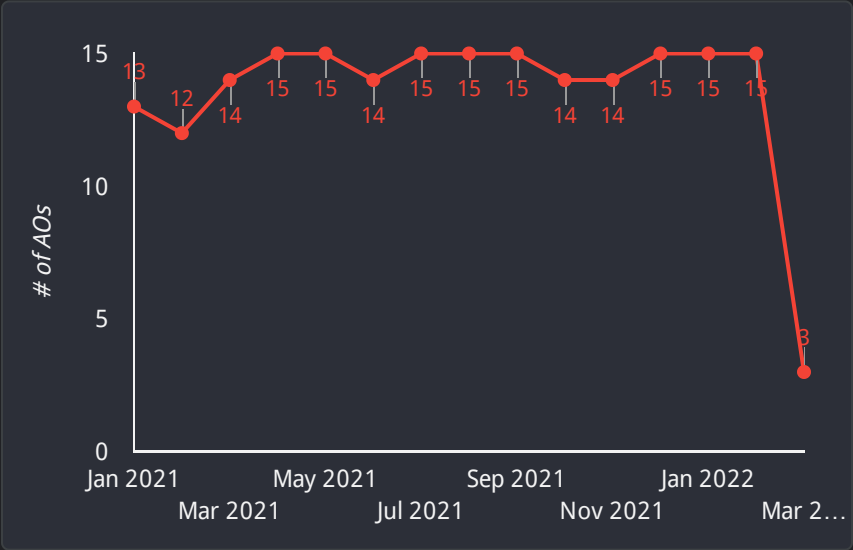


Region Trend over Time

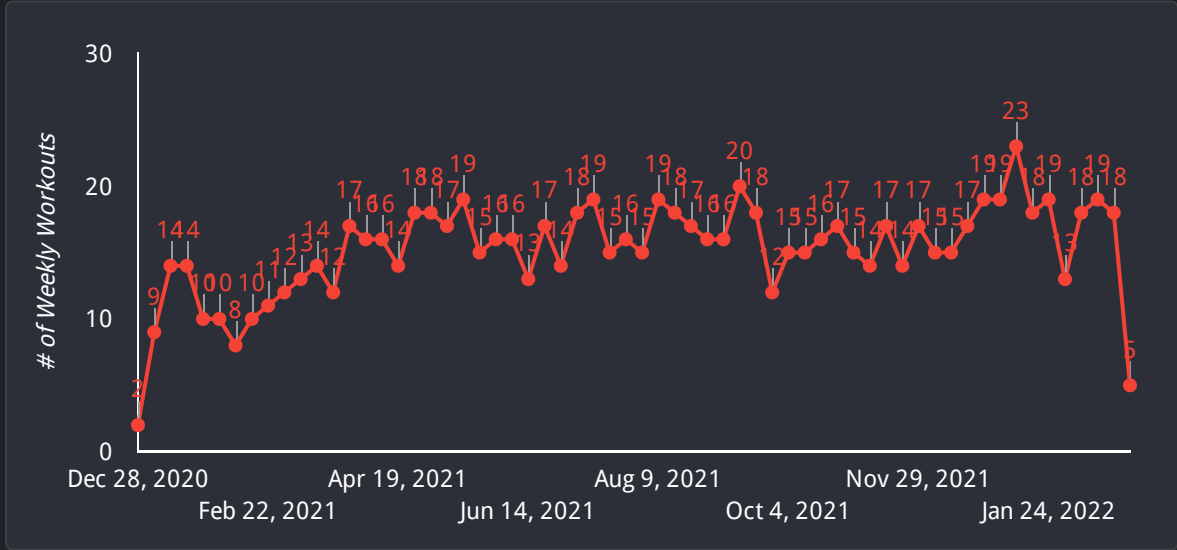
Select a Timeline: Jan 1, 2021 - Mar 1, 2022



of Active AOs by Month



of Beatdowns per Week



AO Records for Date Range:

Jan 1, 2022 - Mar 1, 2022

Click (or ctrl-click) one or more AOs

	AO	UniqueBeatd...	Distinct PAX	Total Posts
1.	ao-pierogi-hill	9	32	126
2.	ao-the-playground	17	30	177
3.	ao-zoomanji	18	20	96
4.	ao-the-observatory	7	15	44
5.	ao-the-pit	9	13	51
6.	ao-violet	6	13	30
7.	ao-the-ot	8	12	44
8.	ao-legion-of-gloom	9	12	35
9.	ao-canada	7	11	35
10.	ao-morning-wood	7	11	23
11.	ao-smores	15	11	51

1 - 16 / 16

AO Stats



	AO	Q	Count of Qs
1.	ao-canada	White Claw	2
2.	ao-canada	Pickle	2
3.	ao-canada	Maxime	2
4.	ao-canada	Sherman	1
5.	ao-legion-of-gloom	Big Unit	2
6.	ao-legion-of-gloom	Maxime	2
7.	ao-legion-of-gloom	Abacus	1
8.	ao-legion-of-gloom	Gemini	1
9.	ao-legion-of-gloom	Vowels	1

1 - 96 / 96

Q Totals by AO

