

October 2021

## In this Issue...

- News of the Region 1
- Upcoming Events 2
- Meet the PAX 3
- F's Spotlight 5
- TAPS 7
- Stats Snapshot 8

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

## October 2021 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](http://www.f3pittsburgh.com).

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



*The men of Moon Rising posing for a picturesque photo on a gloomy Saturday*



## News of the Region

Passport Challenge Winner: Kato and Maxime

August Postmaster: Maxime and Kato

### Things Shaken from the Weasel Shaker...

Written by: Uncle Rico

As I sit here looking back over September, I just have an overwhelming sense of gratitude and pride for you men and this community. The willingness to put yourselves out there and shake off the Sad Clown for the betterment of your circle of influence is powerful. To know that we are all aligned on the same mission, showing up for each other, and seeing all of you put in the work to make this happen is very inspiring. I just want to say “Thank you” to all men of F3 Pittsburgh.

As we are heading into the next season of the F3 year, I challenge you to “Be the Buffalo”. PAX talked about this last fall and I think it is appropriate to surface this again. If you do not know, buffalo head directly into a storm when it is approaching rather than run away like most other animals do. By doing this, the buffalo minimize the impact the storm has on them, whereas the other animals that are running away are actually running with the storm and prolong the impact it has on them. The metaphor here is that you will never outrun your problems, challenges, etc. and you must face them. As we are approaching winter and you have the urge to run away to the fartsack instead of getting out and making you and your brothers better, “Be the Buffalo”.

Finally, looking back at September, we had the pleasure of enduring IPC 2021, which was awful and awesome at the same time. I’d say we had a pretty good showing! Great job men! Here are the results from this year:

<b>PAX</b>	<b>Place</b>	<b>PAX</b>	<b>Place</b>
<b>Vanilla</b>	10 <sup>th</sup>	<b>Kato</b>	1458 <sup>th</sup>
<b>Gemini</b>	111 <sup>th</sup>	<b>Pickle</b>	1478 <sup>th</sup>
<b>Uncle Rico</b>	148 <sup>th</sup>	<b>FIAB</b>	1726 <sup>th</sup> (271 <sup>st</sup> in Respect)
<b>Maxime</b>	434 <sup>th</sup>	<b>Binary</b>	1817 <sup>th</sup>
<b>Cena</b>	693 <sup>rd</sup>	<b>LBT</b>	1838 <sup>th</sup> (294 <sup>th</sup> in Respect)
<b>Ramblin’</b>	771 <sup>st</sup>	<b>Abacus</b>	2141 <sup>st</sup>
<b>Cavitation</b>	862 <sup>nd</sup>	<b>Tool Time</b>	2323 <sup>rd</sup>
<b>Lindbergh</b>	904 <sup>th</sup> (135 <sup>th</sup> in Respect)	<b>Bieber</b>	2352 <sup>nd</sup> (but first in hairstyle)

## Upcoming Events

- **October 10: Ram Run**  
**Where:** Pierogi Hill AO (North Park Swimming Pool)  
**When:** 0730 packet pickup, ~8:30 meet up  
**What:** 5k and 1 mile fun run to support Pine Richland Cross Country  
**Why:** Supporting the community while advertising F3
- **October 16: All F's Convergence**  
**Where:** Canada AO (Pine Township Community Park)  
**When:** 0700-?  
**What:** 0700 Beatdown, 0800 Fellowship, 0900 Road Cleanup, 1130, Chili Cookoff  
**Why:** Fitness, Fellowship, and Faith. Come for any or all of the events!
- **November 5 - 7: Deep Creek CSAUP**  
**What:** Completely Stupid And Utterly Pointless weekend at Deep Creek, MD  
**Where:** Deep Creek, Maryland – specifics to come  
**Why:** Because sometimes men need to do stupid things. Estimated cost: \$175
- **November 6: Moon Rising Mini Convergence**  
**Where:** Moon Park, 1350 Ewing Rd, Moon, PA 15108  
**When:** 0700-0800
- **November: F3 Pittsburgh Thanksgiving Food Drive**  
**Where:** All AO's  
**When:** All November long  
**Why:** To support those in need in our communities  
*More info to come...*



## Meet the PAX

### Ramblin!

Meet Nate Weiland aka Ramblin'. Ramblin' is 47 years old and originally from Appleton, Wisconsin. Prior to moving to the greater Pittsburgh area in 2004, he spent time in Blacksburg, VA and Atlanta. He got a degree in Mechanical Engineering from Purdue and his masters and PHD from Georgia Tech. He met his wife while at GT and this month is celebrating his 20th wedding anniversary.

Ramblin has a daughter Rachael who is 16, and a son Jacob who he lost in a tragic car accident just before his 18th birthday in March of 2021. Ramblin' sought out fellowship and more godly friends in his life following the unimaginable loss of his son and through EH-ing from some of our PAX, he found F3 in May of 2021. In his words "F3 has been awesome for me."

When not working at the National Energy Technology Lab for the Department of Energy, he enjoys trail running, hiking, spending time with his daughter doing scout activities, and competing in Spartan races. His sports rooting interests are the Penguins and the Packers (go cheese heads). He has been a frequent presence in the gloom and has Q'd several workouts in his short time in F3. He makes us better and has established himself as a High Impact Man and well-loved part of our region



# Meet the PAX

## FNG Corner

Welcome to these newest members of F3 Pittsburgh! We're glad to have you with us and look forward to seeing you at the next beatdown.

### White Claw

First Post: 9/9/21

AO: Canada

### All In

First Post: 9/22/21

AO: Morning Wood

### 724

First Post: 9/13/21

AO: The Playground

### Emesis

First Post: 9/11/21

AO: Legion of Gloom

### Shh

First Post: 9/16/21

AO: Morning Wood



*Emesis' first post at LoG on 9/11*

## Manniversaries and Birthdays

### Manniversaries:

### Birthdays:

Maxime: 35, 10/20/1986

LBT: ??, 10/17/????

**Have an upcoming Manniversary or birthday? Let Bieber know to be included in the next issue.**

**Seriously. Let Bieber know.**

## 2nd F Spotlight: Go Ape

On Saturday 9/18 Kato, Double Dutch, Cavitation, Puppy Chow and myself (Pickle), “went ape” in North Park. And no, I don’t mean we did Monkey Humpers for hours. We took to the treetops for the Go Ape zipline course as part of a 2nd F bro-down. Weather-wise it was a day worthy of a gift-shop postcard.



The gang met up at 9:30am for some basic instruction on ziplining, got outfitted in our gear and hit the course - a 3-hour adventure consisting of 5 different stations. Double-Dutch was a ziplining rookie but navigated the course like a pro. Puppy Chow often preferred the less risky routes, admonishing hecklers “I didn’t get to be this age by doing stupid stuff!” Respect, Respect. I missed the landing on the longest (and highest) zipline and ended up dangling like a worm on a hook, waiting for Go Ape assistance throw me a line and drag me to the other side.

Cavitation was a beast other than getting than getting tangled up like a pretzel on a lateral rope-grid obstacle. Kato worked the course with catlike precision while keeping an eye on Double D. He had the most vocal response after the free-fall obstacle where you have to convince yourself to jump, briefly free-fall and then swing violently in a huge rope net. And we all ended up with various “skidmarks” on our sixes from sloppy zipline landings. We emerged dirty, sweaty and exhausted from the physical rigor and constant laughs. A 2nd F mission successfully carried out!

## 3<sup>rd</sup> F (Faith) Spotlight: Listening to Life

Written by Gutterball

As the calendar flips to October, we welcome a new season. Many of us welcome the changes that come with the earth shifting on its axis to usher us into Fall. We may appreciate the cooler weather, the vibrant colors displayed by the trees, or, perhaps, the taste of pumpkin spice. However, we may also be anticipating that only in a few short months we will be entering into the season of Winter. Winter has a variety of meanings for folks. I actually moved to Pittsburgh over 24 years ago in the dead of winter. That is exactly how I experienced it too! Dead! No one warned me of the cold, gloomy, and what seemed to be, the perpetually grey skies that blanket our region for an entire season. Often, I am very aware of the time when Winter is shifting into Spring noticing warmer weather, extended periods of light, and birds singing. Life seems more abundant and evident shifting from Winter to Spring. It seems that Winter has a way of obscuring our surroundings in a manner that muffles the signs of life. Or, does it? Maybe it appears that way because we don’t notice. Maybe winter requires a different way of listening for life. Or, maybe we miss the life that speaks to us in the midst of Winter. Listening is hard. Research tells us that most of us are convinced that we listen well. However, the truth is, that we have difficulty listening. “We speak volumes, but we listen in snippets.” (McHugh 11).

I invite you to spend a few moments contemplating on how you listen by spending a few moments contemplating each of the following questions: How do you listen to others? How do you listen to your environment? How do you listen to nature? How do you listen to yourself? How do you listen to your

body? And, most importantly, how do listen to God?

Listening and loving are intertwined. “Listening is who God is. In God’s very being, communication does not move unilaterally but flows back and forth and around the three persons of the Trinity” (McHugh 36). Listening builds the ground for safety and intimacy. This is a space that cultivates transformation. A truth that St. Benedict knew in 516 AD as his first word in the Rule of St. Benedict began with “Listen” (Harken). We even see the importance of listening throughout Scripture: “The word *listen* appears in the Bible over fifteen hundred times and that the most frequently voiced complaint in the Bible is that the people don’t listen.” (McKnight 98). To listen requires a consistent habit and practice of listening to life as a way of life. It is what the contemplatives (the early Church Fathers and Mothers of the 3<sup>rd</sup> to 5<sup>th</sup> century) knew to be true.

March 2020 initiated a season none of us expected—a season of uncertainty. I invite you to take a moment and reflect on the past year and a half. As you contemplate this period, listen to your body, your feelings, your sensations, and your intuition. What emerges for you? Any particular images? What about any needs? Maybe there is a need to articulate and give voice to your feelings. To express how you’ve been impacted by the pandemic. To give language to loss, hurt, pain, grief, suffering etc. Spend a few moments allowing yourself to consider and give expression to these things.

Now, I invite you to notice God’s presence. As you notice God’s presence, how does God reveal Himself to you? In other words, how does God show-up/appear for you? Some may see an image of Jesus. Others may experience a felt presence. Still others may have sense the Holy Spirit. Maybe you notice a stillness. Take your time and allow your senses to focus. As you notice God’s presence, how do you sense God is responding to you? Do you sense an invitation—an invitation to listen to what God’s Spirit has been doing in your life during this unexpected season? And, what He is calling forth in you for the next season?

Maybe during this season God has been teaching us all how to listen. How to listen to each other. How to listen for need. How to listen to pain. How to listen to our bodies. How to listen to creation. How to listen to God’s healing discernment. I invite you to spend a few moments in silent prayer to sense how God is calling you to listen. Take your time here.

As I contemplate what it means to listen, I am considering what happens when we do not *listen*. There is always the possibility of creating the opposite effect—harm, damage, or hurt—in essence being unloving. As I listen to my own words, I recognize my own need to continue to build upon my listening skills. To *Listen* to Life in order bring about God’s healing Life to those who are in need. To those who need a caring presence. To those who need to be heard and for someone to *Listen*.

*Closing Prayer: Thank you, God, that you always hear and listen. You not only hear my words, but hear the depths of my soul, my need, and my essence. May you sharpen my listening skills in manner that enables me to attune to the needs around me in this unexpected season of life. Teach me how to listen in the midst of uncertainty. Allow all of us to listen to the numerous invitations and opportunities that each season of life presents.*

*Allow yourself a period of time to rest in silence and listen.*

*In the name of the Father, Son, and Holy Spirit. Amen.*

#### References

- McHugh, A. (2015). *The listening life: Embracing attentiveness in a world of distraction*. Downers Grove: IVP Books
- McKnight, S. (2008). *The blue parakeet: Rethinking how you read the bible*. Grand Rapids: Zondervan.

## TAPS (Thoughts and Prayers)

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

Kato's Father in Law

Puppy Chow's Father in Law

Quip's Mom

Valentine & Family

Safari

Bam's Family

Flash Dance's

Max's Daughter

Bieber and his M with the upcoming baby

Grandfather

FIAB's Niece

Wesley Priore

Praise: Sherman's brother's recovery

Roadie's granddaughter

Roadie's niece's FIL

Have a Thought or Prayer that isn't on the above list? We've recently cleaned up the list, so let Bieber know and we'll be sure to add it to the next issue.



*The Pit on 9/14*



*The Observatory on 9/24*

## Stats Snapshot

Here you will find the most relevant stats accumulated throughout September. Please be diligent with your back blasts. We would like them to be done within 24 hours but if you need time to make sure you have the right data entered (PAX, FNGs, etc.) please take more time.

### AO Post Summary

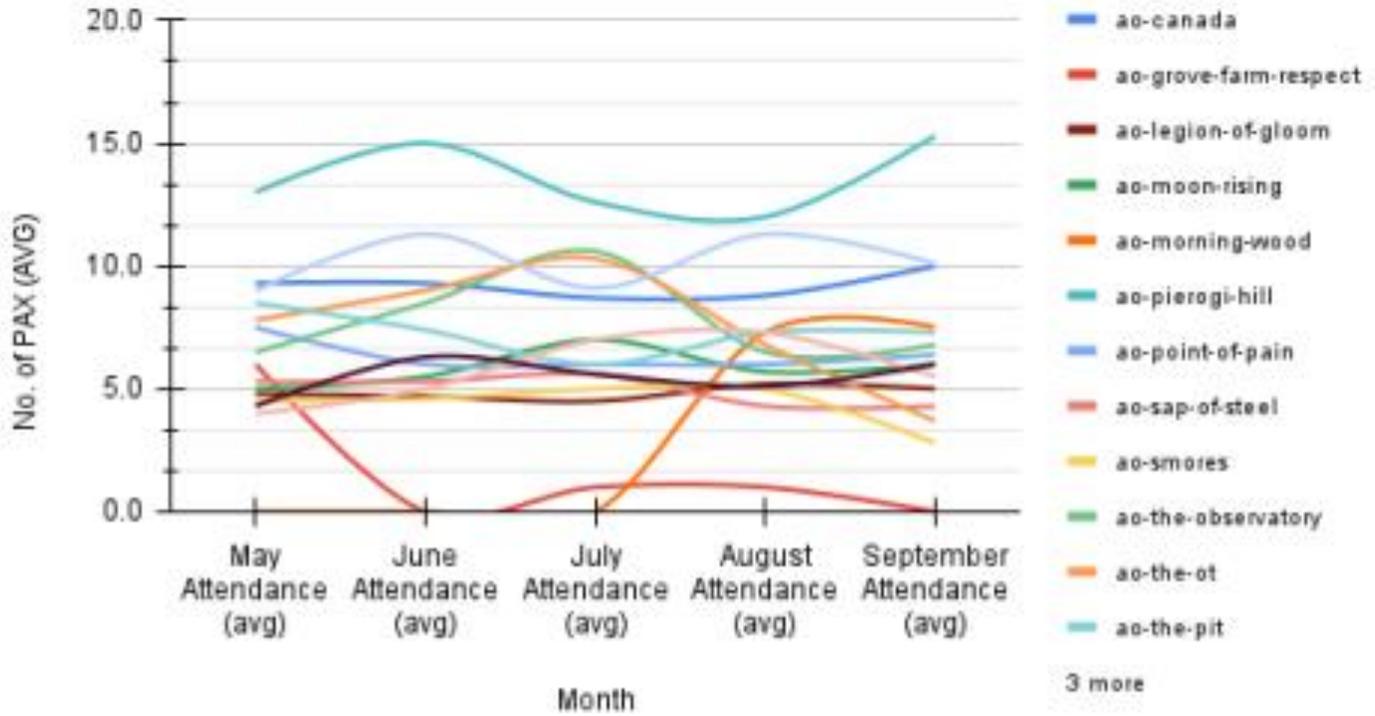
This table shows what the attendance looked like in September for each AO. Strong numbers here as the majority of AOs are averaging 5 or more PAX for the month.

This region is ON FIRE!								
AO	TotalPosts	TotalUniquePax	BDs	AvgAttendance	TotalFNGs	Month	Year	
0	ao-pierogi-hill	61	23	4	15.3	0	September	2021
1	ao-the-playground	101	29	10	10.1	0	September	2021
2	ao-canada	40	13	4	10.0	0	September	2021
3	ao-morning-wood	30	9	4	7.5	0	September	2021
4	ao-the-pit	22	7	3	7.3	0	September	2021
5	ao-the-observatory	27	12	4	6.8	0	September	2021
6	ao-point-of-pain	32	15	5	6.4	0	September	2021
7	ao-moon-rising	6	2	1	6.0	0	September	2021
8	ao-zoomanji	54	11	9	6.0	0	September	2021
9	down-range	23	8	4	5.8	0	September	2021
10	ao-violet	22	11	4	5.5	0	September	2021
11	ao-legion-of-gloom	20	9	4	5.0	0	September	2021
12	ao-sap-of-steel	17	7	4	4.3	0	September	2021
13	ao-the-ot	11	5	3	3.7	0	September	2021
14	ao-smores	25	9	9	2.8	0	September	2021

**IMPORTANT:** I think we are having an issue with the backblasts in accounting for the FNGs. PAXMiner says we only have 1 FNG for September but leadership is accounting for many more. This is something Rico will be digging into.

# AO Attendance Trends (May – September)

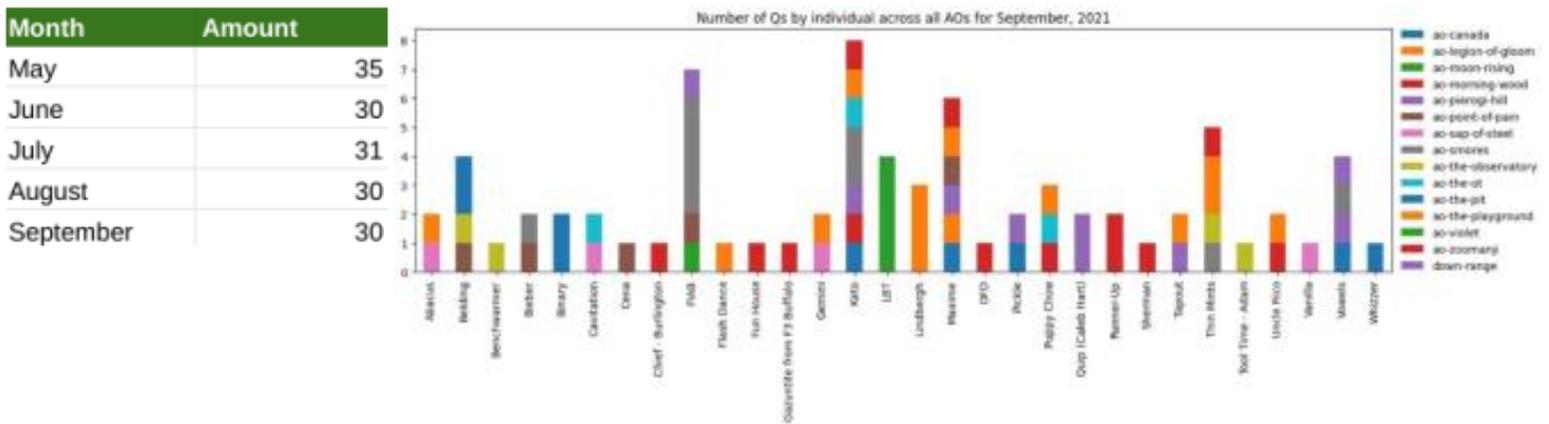
## AO Attendance Trend



AO	May Attendance (avg)	June Attendance (avg)	July Attendance (avg)	August Attendance (avg)	September Attendance (avg)
ao-canada	9.3	9.3	8.7	8.8	10.0
ao-grove-farm-respect	6.0	0.0	1.0	1.0	0.0
ao-legion-of-gloom	4.8	4.7	4.5	5.2	5.0
ao-moon-rising	5.0	5.5	7.0	5.7	6.0
ao-morning-wood	0.0	0.0	0.0	7.3	7.5
ao-pierogi-hill	13.0	15.0	12.6	12.0	15.3
ao-point-of-pain	7.5	6.0	6.0	6.0	6.4
ao-sap-of-steel	5.3	5.3	5.6	4.3	4.3
ao-smores	4.5	4.6	5.0	5.0	2.8
ao-the-observatory	6.5	8.5	10.6	6.5	6.8
ao-the-ot	7.8	9.0	10.3	6.8	3.7
ao-the-pit	8.5	7.4	6.0	7.3	7.3
ao-the-playground	9.0	11.3	9.1	11.3	10.1
ao-violet	4.0	5.0	7.0	7.3	5.5
ao-zoomanj	4.3	6.3	5.6	5.1	6.0

## Q Counts and AO per PAX

Here is a chart of who Q'd and where for the month of September. We see some spikes in here which is telling us that we have certain individuals who Q more than others. In September, we had 30 unique Q's. It seems we are holding at 30.



## Postmaster, Passport, and YTD Graphs

Postmaster and Passport Winners for September = Kato and Maxime!

