

May 1, 2020

Nant'an Message of Unity

Gentlemen of F3 Naperville,

I feel compelled to follow up on DoA's letter "The gloom belongs to us". If you haven't read it, head on over to F3 Nation's website and check it out after you finish here. As that message conveys his call to our mission, it only touches on something I believe is inhibiting our region's acceleration. The world is filled with men that excel at something then are either promoted or self appointed as leaders. Very few of them, as we know, can be described as virtuous leaders or men of strong character and integrity. Still fewer than that are those virtuous leaders, with great character, integrity but whom also act with grace in the face of adversity.

If you have been in the gloom with us for more than 6-8 weeks, no doubt you recognize that for us, physical fitness is just the first step to "Get Right" on our individual paths toward becoming Virtuous Leaders. If you've dug into F3 a bit further, you've likely attended or read through the Q-Source. If you're that man, you recognize that our journey is also toward becoming that gracious leader full of character and integrity, so virtuous that he is capable of significant positive community impact and ultimately able to leave a legacy for generations to come. As part of that journey we seek obstacles to overcome, we push ourselves to become comfortable with the uncomfortable and we challenge ourselves everyday to be better men. We fail, we fall, we stand back up and we push forward.

In the gloom, those obstacles are primarily physical, secondarily mental but rarely challenge us emotionally. We excel at overcoming the "hard" physical obstacles because we are capable of applying them systematically in our workouts together amongst the safety our brothers. We are able to modify those obstacles allowing for individual personal growth over time. We grow mentally as we learn about ourselves on a deeper level through the self administered pain. We do all this together, building bonds and relationships forged in pain that grow very strong on many levels.

Emotionally though, it is far more difficult to train systematically in the same manner. We do support each other to be vulnerable and create safe emotional space with the Circle of Trust, but training to overcome emotional obstacles is a piece we have yet to incorporate. As a result, when we are pulled from our daily routine, forced to make real life changes inhibiting our freedom leaving us with the feeling we are caged in our own homes, many of us struggle to manage our emotions. This in turn prevents us from our continued growth and acceleration. Our tempers are shorter, our empathy shrinks and we struggle to "Live Third".

Dark Helmet points out these are frustrating, complicated times. We feel that now without question. I believe that is because none of us know for sure the extent of this pandemic's impact on our safety, and that unknowing challenges us emotionally where we are the most

vulnerable. Further, when in a that moment of vulnerability we are faced with concern for the wellbeing and safety of our families, we are hardwired to call on our protective instincts that leave little room for empathy, understanding and grace.

With that, I will implore all of you (that have not fallen asleep reading this) to close your eyes, take a deep breath in, exhale out, and remember that every man...every single man, with whom you share the gloom, is facing the same challenges from this pandemic as you. Realize, while he may not have the same opinions or beliefs about its impact, like you, he too is doing what he believes is best for himself, his family and his community. And most importantly know and believe, he is more like you than he is different.

Understand WE are simply being challenged emotionally and if WE dig deep to find the empathy, understating and grace in OUR hearts, WE TOGETHER will overcome this obstacle just as we do together in the gloom! DoA said "...remember you're a little wrong and he's a little right." But I say, more importantly than that, no matter what, WE ARE ALWAYS STRONGER TOGETHER!

As our community leaders begin to ease restrictions on our daily activity, reopen parks and recreation areas, we too shall begin carefully planning how best we safety reopen our AO's and find our new normal. It will require us all to work together and move fluidly with change. It will challenge some men's emotions more than others, but again...WE ARE STRONGER TOGETHER, AND WE WILL OVERCOME THIS...yup, you guessed it, TOGETHER!

May SkyQ bless you & your families and keep you safe!

With respect & love,
RoachCoach