



TEAM FOCUS ALUMNI

April/May/June 2018

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Team Focus Alumni Newsletter



When you think of the word, "Discipline" what comes to mind? Quite often we marvel at the results of discipline – impressive athletic stats, successful careers, and flourishing marriages, but often overlook the painstaking journey it takes to arrive at such milestones. Coach Nick Saban puts it this way, "There are two pains in life. There is the pain of discipline and the pain of disappointment. If you can handle the pain of discipline, then you'll never have to deal with the pain of disappointment." Michael Phelps considered to be one of the most decorated Olympic Athletes with 23 gold's, 3 silvers, and 2 bronzes had an incredibly rigorous training program. He swam nearly 50 miles a week, and trained for 6 hours a day (sometimes twice a day!) – on a 12,000 calories-per-day diet. Our success as leaders rises and falls on the strength of the vision we establish, and the effort employed to achieve it. Proverbs 29:18 states, "Where there is no vision the people are unrestrained." Having a clear, concise, and targeted vision will enable a lifestyle of discipline coupled with great purpose. As John Maxwell often says, "Leaders must be close enough to others to relate, but far enough ahead to motivate them." A special thanks to our guest contributors! And, congratulations to our Team Focus Graduates! We hope you enjoy reading this Quarter's Issue!

—Ryan Garofalo, Newsletter Editor

(To submit an article for future Issues please contact Ryan Garofalo at ryangarofalo@gmail.com)

Destiny—A Product of Discipline or Desire?

By Special Guest Contributor, Dr. Bill Blocker, President of the College of Biblical Studies; Houston, TX



Someone has said,
"Discipline not desire
determines your destiny."
Is that true?

In one sense, no! Jesus Christ faith in Him alone or the absence thereof determines your eternal destiny. No disciplined effort to earn God's favor can merit the forgiveness of sins and a right standing with God. Only Jesus' righteous life, substitutionary death, and lifegiving resurrection can give eternal life to those who trust in Him not self!

However, in another sense, discipline does influence our destiny. What you actually do has incredible influence on the life you will have. It is not the desire to work out that builds your muscles, but rather the actual discipline of working out. This is true spiritually.

First Timothy 4:7-8 says, "... train [discipline] yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come" (New Living Translation). For those who know Jesus Christ as their Savior from sin and self, spiritual discipline in pursuing Christlikeness reaps eternal and irreversible benefits.

In speaking of "training" or "discipline" for godliness, the Bible is not calling us to follow man made rules or religious traditions. It is calling for an all out pursuit of knowing God through reading and studying His Word, fellowshiping with His people, and talking to Him in prayer. When you dedicate yourself to knowing and obeying God, He will lead you in life.

Don't just desire great things. Discipline yourself in devotion to God. He will determine your glorious destiny.

Dr. William "Bill" Blocker

President

The College of Biblical Studies; Houston, TX



For more information on the College of Biblical Studies check out:
www.cbshouston.edu or call (713) 772-4253.



Alumni Spotlight

Team Focus Graduate — Paris Coleman; Mobile, AL Chapter — Jacksonville State University, B.S. Psychology (Team Focus Member since 2008)



Everything that I accomplished over my college career was made possible by Team Focus investing in me. Team Focus helped to mold me in my personality, in my humanity, in

my manhood, and in my spirituality as well. The grace and kindness that was bestowed upon me by Team Focus is completely unmatched and unprecedented. Studying abroad, winning Homecoming King at my university, and graduating with a degree in Psychology are just a limited view into how blessed I've been.



Beverly Coleman (Paris' mother) & Paris Coleman at JSU Homecoming — Paris was nominated as homecoming king.

Last May, I took a trip to Colombia in South America. I saw the world through someone else's eyes, immersed in their language, and discovered another meaning to humanity. I saw another way to live, a way that I never expected to find. Following my time in South

America, I knew how to more effectively influence people and their communities. I always wanted to enlighten people on better, more productive paths to follow in their lives, and that is what enthralled me about psychology. I'm blessed to have grown up with a developed comprehension of people, their emotions, how they interact with their environment, and vice versa. By understanding and picking up nuggets of knowledge, I learned to be open-minded, reliable, patient, compassionate, empathetic, self-aware, vicarious in learning, and both pragmatic and endlessly optimistic. That is why in my spare time, I focus on leadership through executive board positions held in multiple organizations, and on spreading the message about mental health and its importance. The man that I am today was made possible by my loving mother Beverly Coleman, The Gottfried and Team Focus families, and Grace of my loving God.

"Sow a thought and you reap an action; sow an action and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny."

—Ralph Waldo Emerson

Team Focus Graduate, Dylan Garofalo; Jacksonville, FL Chapter — University of West Florida, B.A. Theatre (Team Focus Member since 2008)



God always has a way of steering your path, even if you have no idea what the outcome will be. After attending

four universities, changing my major five times, and pushing through some tough life circumstances that arose along the way, I finally have graduated college with a BA in

Theatre. I never thought I would have ended up in theatre, but God has allowed me to use innovation and creativity to touch the lives of so many people. I am happy to report that I



Dylan's role as Benvolio in Shakespeare; performed in downtown Pensacola, FL at the Saenger Theatre in 2017.

already have a big opportunity lined up, as I have accepted a role that I was offered for a musical in Indiana, showing for seven months, starting in June. I've gone from having no idea that I was going to be in Theatre to being in six to seven shows a week in a state I've never visited. I'm just holding on and looking forward to whatever God has for me, knowing that if He has gotten me this far, I don't need to be concerned about the how's or why's. I only need to trust His guidance and His plan. The rest solves itself. Acting is a wonderful career. You are a creator. I feel like acting has helped me to become a better communicator, because a large portion of your job every day is to see things from another person's perspective. You begin to relate with people and see where they are coming from because it becomes part of your nature. Plus, the spectacle is thrilling. I've learned to swordfight, play Shakespeare to giant audiences, made people laugh, felt the pindrop silence in the heat of a moment; and I wouldn't give it up for anything.

"Sheer persistence is the difference between success and failure."

— President Donald Trump



Alumni Spotlight

**Team Focus Alumni — Austin Garofalo,
Mobile, AL Chapter — Marion Military Institute & Troy University;
Majoring in Business/Sports Management
(Team Focus Member since 2012)**

God will use our abilities to test, strengthen, and move in our lives. As believers, we must be ready to accept the challenges that He has for us. God has given me the special opportunity to compete at a collegiate level playing baseball. I have learned to adapt and overcome in many aspects of life because of baseball. This game is a game of failure (70% of the time you will miss the ball), but it also holds a great relation to life. In our lives, we are going to be let down and told “no” numerous times, but the ones who look to God and find wisdom in His word are the ones who will succeed. I just finished my freshman year of college at Marion Military Institute where I had a batting average of .310 with five home runs. God has graciously blessed me with the opportunity to play at Troy University starting in the fall on a scholarship. If it weren’t for programs like Team Focus, I wouldn’t be close to the man I am today. It is extremely important to take any lessons or pieces of advice with you wherever you go because I can assure you in your years to come that wisdom will be much needed. As you take your next steps in life, I encourage you to hold fast to what God is calling you to do and continue to obey his word. Trust Him with all that you have, and you will begin to see your narrow path to God.

Austin’s Favorite Bible Verse:

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” – Isaiah 40:31 (NIV)



Austin at bat during the Marion Military University vs. Shelton Community College game this season.

A WORD FROM THE WISE?

What Makes a Christian Leader?

In the days to come, as this Gentile age winds down; this world will DESPERATELY need to see young men who are unshakably righteous and have taken a STAND for HIS ways in their lives. As such, God calls you to true servant leadership. Will you be one? All of us are called to some measure of leadership. It may be leadership towards younger family members, new Christians, friends and people God brings to you by “chance” if you are ready to influence them. If you have a right relationship with Jesus Christ, you are called to be a leader and a representative (Ambassadors- 11 Cor. 5:20). YOU are called to be a leader by EXAMPLE if not by authority. True leadership, is not like this world’s idea of leadership, but rather following the example of Christ, the strongest man there ever was. Jesus was clear that to lead others is to do so with a humble yet firm attitude of a SERVANTS HEART and He taught this in Matthew 20: 25-28. He taught it, and lived it. The apostle Paul encouraged his protégé Timothy to demonstrate 5 KEY qualities of leadership in I Tim 4:12- my life scripture (I encourage you to identify a scripture or have a mentor give you one that defines your life and calling): “Let no one look down on your youthfulness, but rather in your speech, conduct, love, faith and purity, show yourself an example of those who believe.”

Your challenge is to look up these amplifying scriptures and read / memorize and meditate on them for full effect!

- In your speech — Eph 4: 29-30
- Conduct — I Cor: 16:13-14
- Love — Matt 22:36-40
- Faith — Eph 6:16
- Purity — II Tim2:20-22

If you determine to LIVE these 5 key qualities of a servant leader, doors will open for you to serve HIM in ways you could not have imagined.

Doug Burgess

Executive Leadership Consultant & Formerly COO of Scecon Inc.





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