



Ministry Update

Summer 2011

Nyehsa Bowen - Patience of Job, Boldness of Ruth

When Nyehsa Bowen was asked to get involved with FCA she admits she didn't know much about the ministry but she stepped out in a bold faith that has come to define her leadership at Glen Allen High School. "I don't believe I need to go around shouting 'I'm a Christian', shared Bowen. "I believe students and my peers see my genuine faith and heartfelt love for God. That in turn enables me to build relationships, pray for people and mentor others."

Bowen, originally from New York, is both the FCA Staff Sponsor and the Field Hockey Coach at the new Glen Allen High School. She attended the FCA Campus Training in August and has not looked back. She has helped organize a See You At The Pole rally, helped begin a Huddle, worked with students on ministry outreach projects - including a clothes closet for kids in need, and co-hosted a FCA parents' night so they could learn more about the local FCA. "I know it's not about me, but God."

I continually pray that God give me endurance so that the fruits of the Spirit shine forth in all I do," shared Bowen. Coach Bowen played field hockey, basketball and track in high school and played field hockey in college. She recalled that the most influential coach in her life was her high school basketball coach who pushed her beyond what she thought her limits were. "I was blessed to develop a mental toughness early on. I knew that as a competitor I could overcome obstacles in a game. As a Christian, I know I can overcome anything the enemy throws at me," reflected Bowen.



Nyehsa Bowen, Glen Allen HS FCA Sponsor

It's evident in the students that Bowen is surrounded by in the FCA Huddle that her boldness and mental toughness are rubbing off. Students are leading Bible studies and renewing their faith and stretching themselves to grow closer to Christ.

continued inside

FCA Capital Region FCAVACAP.org
All numbers are cell
 Michael Stock, Director - 804-221-1291
 Paul Henderson, Area Rep. Hanover, Henrico - 804-720-0622
 Tena Lustyg, Ministry Advancement Coordinator - 804-937-5947

Please Pray About Donating Monthly
 Safe online donating - fca.org/DonateToFCA/
 Daily Devotions - impactplay@fcaenews.org

NEW DATE
 National Scramble Golf Qualifier and On-Course 5K
 September 6, 2011 - Stonehenge Golf & C.C.
 Golf \$125 per player, 5K \$18 per runner

Learn How To Hoop It Up With A Globetrotter
 Details inside.



FCA CAPITAL REGION
 P.O. Box 35463
 Richmond, VA 23235

Integrity. Serving. Teamwork. Excellence.

Camps



Basketball Camp at Bon Air Baptist August 8-12, 2011

Youth 7-10 Year Olds Mon-Thur 8:30a-12:00p

Middle School 11-14 Year Olds Mon-Thur 1-4:30p

Campers & Family Attend the Friday 5-7:30p Celebration
Each Camper can bring three family members

Sample Format for Monday-Thursday

Team Meeting - first 10 min.

Warm-ups & Clinics - 1.5 hours

Daily Core Value & Snack - 15 min.

Clinics and Competition - 1.5 hours

Daily Recap - 5 minutes

Friday (Showcase Dinner is for Campers and families)

Check-in and Team Meeting 5-5:15 p

Showcase and Skills Contest - 5:15-6:15

Dinner and Awards - 6:15-7:30



Who Leads The Basketball Camp?

Melvin Adams, former Harlem Globetrotter is scheduled to be the lead clinician. FCA volunteers who played high school and college basketball. All are dedicated to serve the youth of our community,

What Is The Cost?

\$125 per Camper (sibling / friend discounts apply)

Questions and to Register email FCA:

tlustig@fca.org



Melvin Adams has reached over 4,000 youth at 20 Campuses in the Capital Region the past two years.

Nyesha - continued

Bowen reflected; "they are not ashamed of the Gospel and are seeing their peers come to Christ. FCA allows students, coaches and our fellow teachers to develop characteristics of integrity, honor, patience, endurance, hope and love. What school wouldn't want that for their community?"

Paul Henderson, Area Representative for Henrico County has seen Coach Bowen take a firm stand on several issues during the school year. "Coach Bowen is walking the walk," shared Henderson. "Her faith is real and is an inspiration and an encouragement to me every time we visit together."

Fast Facts on Coach Bowen

Favorite Food: Pancakes

Favorite Bible Verse: Hebrews 11:1 "this is powerful...we must stand on the Word of God regardless what our situations"

Favorite Bible Hero: Job "persecution but rejoicing in God"

One question to ask God: "Please teach me to have the faith and obedience that Christ had"

Favorite thing outside of sports: "Relax! Serve in dance ministry"

One tip to be a Christ-like Coach: "You have to have a hunger and thirst for Christ. Kids have to see your passion and know that it's not just lip service."

Getting A Grip On Life

Twenty kids ages 7-14 attended our first FCA Inner City Golf Outreach. Thanks to Pastor Joe Ellison, John Marshall HS, Mr. and Mrs. Seibert, Kinloch and Stonehenge Country Clubs for making this outreach possible. There are 100 kids signed-up to learn the Grip and Stance to take in Life - following Jesus. If you would like to be a clinician - requirements are to smile, put their hands in yours and show them how to follow-through - contact mstock@fca.org



Campus

Tuckahoe Middle School FCA Huddle members enjoyed team building on the UR ropes course and students from seven campuses helped build Team FCA by serving at the Auction.



FCA will hold another round of Campus Training for Sponsors and Student Leaders in August. Email tlustig@fca.org to sign-up.

And They Highest Bid Is...

The 2nd Annual Auction was a blessing. Close to 150 people helped raise \$33,000 for the local FCA ministry programs by bidding on great items from \$10 certificates to \$2,000 getaway vacations. Look for details on Auction 2012.

A special thanks to our Sponsors:

Estes Express Lines, Rainbow Station, Mr. & Mrs. Stephen E. Hupp, Admiral & Mrs. Frank Rennie, Greenwood Financial Group, Judge & Mrs. L. Neil Steverson, Barrett Capital Management, Mr. & Mrs. John V. Cogbill, III, Ms. Angela Maidment, Mr. Richard Ellis, Dr. D'Arcy Mays, CowanGates.



Cynthia & Bill Bays having their pre-bid strategy meeting with Steve & Renee Hupp.