

# Florida Church of God Ministries, Inc.

## Constant Comment Newsletter

February 9, 2009

### Running to Win

*It takes the Right Equipment*

By Dr. Gregory Wiens

The shoes I run in cost more than \$100 and they usually last a little over three months. Now, I know that truly sounds ridiculous to most of you. You must be thinking that I make too much money and you should cut back your giving to the state...but hold on. I run about 1500 miles a year in my shoes, and I have run that for 20 years. That means I have run about 30,000 miles so far and I don't have bad knees, ankles or a bad back. Why? At least one reason is that I always buy appropriate shoes. By "appropriate", I mean shoes that are designed for my weight, my form, and the distance I run and the type of running I do.

I could run barefoot or in an old pair of Converse gym shoes. But, if you are going to be serious about running, you must buy shoes that are uniquely designed for you. In addition to shoes, you need running shorts, sunglasses, technical t-shirts for the very hot weather, hats, sweats for cold, sweats for the rain, compression shirts to keep from chafing and the list goes on.

[Read more here](#)

## Florida Student Leadership Institute (FSLI)

The Florida Student Leadership Institute (FSLI) scheduled for February 27-28, 2009 has been canceled. If you have any questions or concerns, please email [michael.sanders@warner.edu](mailto:michael.sanders@warner.edu)

### EXPONENTIAL CONFERENCE

Regardless of where you are in the planting journey, Exponential is designed to encourage, inspire, equip, inform and challenge your next steps. Nearly half of the attendees surveyed state that the conference helped them discern a specific next step in planting or inspired them to pursue a next step. The 7 main tracks include pre-launch, post-launch movements, missional, spouses, multi-ethnic, and nuts and bolts.

The Exponential Conference is a great value at \$159 and one of the best investments you can make in your ministry. Don't miss out in joining over 3,000 other leaders and over 75 national speakers in 15 pre-conference intensives, 7 main tracks and 5 main sessions. In addition to keeping registration rates low, our April conference dates are among the least expensive weeks of the year for traveling to sunny Orlando. As an added benefit of our partnership with Exponential, Florida Church of God attendees are eligible for an extra \$20 off the already low price. Simply use discount code **2009flogin** in the main conference discount code box at the bottom of the registration page.

For more information, please click on the image above.

# Pastor Borman Roy Sohkia

## *Will visit Central Florida in May*

Pastor Borman Roy Sohkia, our National Church of God leader from Meghalaya in India will visit Florida in the beginning of May. He will be sharing at the Oak Grove Church of God on May 3rd. He could be available that following week and possibly even Sunday May 10th. Pastor Sohkia is very involved in the development of the Church of God in Sri Lanka and is raising interest, support and prayer for the beginnings of the work there. There is much to thank God for in Sri Lanka; although there are many challenges to work there; and much aid to bring to tsunami survivors. If you are interested in spending some time with Pastor Borman please contact:

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813-932-4622  
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## Intercessory Prayer

A group gathers weekly on **Mondays** @ the FLCOG Ministries Resource Center for a time of prayer for our pastors and churches. If you are joining us for this time, we will begin @ **9:30 AM** and go until **10:30 AM**. If you have specific prayer requests for your church or pastor please email [prayer@flcog.org](mailto:prayer@flcog.org).

Join us this week wherever you are as we pray for the following "churches of the week":

Church in the Gardens, Palm Beach Gardens  
FCOG, Panama City  
Iglesia Nueva Imagen, Pembroke Pines

## Send Us Your News

Do you have news or information you'd like to share? Send your article and pictures (jpg format please) to [office@flcog.org](mailto:office@flcog.org). Articles

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