

THE IRON BRIEFING



FEBRUARY 2024

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

— Romans 8:37-39

Get More from LinkedIn



Join us on 2/28/24 at 9 a.m.

for "LinkedIn Power Hour" via

Zoom. We'll get to hear from "The LinkedIn Guy," Gregg Burkhalter, who has helped countless professionals around the world define and grow their Personal Brand using LinkedIn. Email blusk@ironforums.org now.

COMBINED ATL FORUMS
March 20th @ TPC Sugarloaf

Mark your calendars NOW for the Combined Forum to be held **WEDNESDAY, MARCH 20, 2024** at Sugarloaf. All Members are encouraged to participate. The content will be LIVE. This is a great opportunity to connect with other members across all Atlanta Forums. Chuck Bengochea (former CEO of Honey Baked Ham) is our keynote speaker.

OUR MONTHLY HEALTH TIPS PAGE

With the addition of the Health Score to the Snapshot, these tips provided by Iron Forums friend, Hal Schlenger, should be helpful to you.



2024 IRON CONFERENCE

Iron Forums is built on a COMMUNITY of Christ followers who understand that the best way to run a business, is the one that is pleasing to God. How do we do that? We work together, sharing our experiences and the way God has improved our relationship with Him, participated in our marriages and family, and worked through our companies to transform lives for His glory. Rooms are filling up now, so scan the QR code to save your spot! Here are a few examples of how the 2022 Iron Conference transformed a few of our members.

Eddie Williams (Sugarloaf Member)

My attendance to the Iron Conference of 2022 was very impactful and life changing. Being with men at our Iron Forums meeting is great but getting to interact with them and our wives in a beautiful non-threatening environment was something to behold. I have gotten a lot closer with some of my brothers because of this conference. I like to say that there was definitely an "imbalance of value," meaning what I paid for the conference paled in comparison to what it did for me and my leadership at home and work.



SPEAKER:
JOEL MANBY



Scan QR code to register.



Rich Panner (Sugarloaf Advisor)

Shanna and I thoroughly enjoyed the 2022 Iron Conference. The speakers were insightful and inspiring. The fellowship with the Iron Nation family was even greater. We highly recommend attending the 2024 Iron Conference!

Matthew Efrid (Braselton Member)

My wife Hannah and I had the privilege of attending the Iron Conference in 2022. We loved the intentional time together as a couple to study scripture and discuss our roles as parents. We also found great benefit and encouragement in spending time with the Iron Nation. We are so excited and plan to attend again this fall!



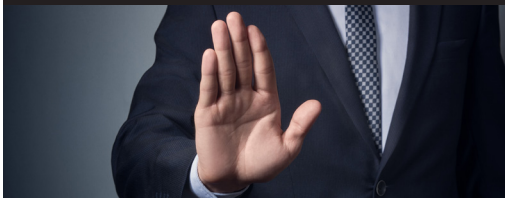
Sept 20-22, 2024
AMICALOLA FALLS | \$500 PER PERSON

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TRACTION TIP**SAY NO!**

The phenomenon of Hurry Sickness, characterized by continual rushing and anxiousness, has become a prevalent behavior pattern in our culture. John Ortberg poses a crucial question: "What do I need to do to become the me I want to be?" Dallas Willard's answer is clear: "You must ruthlessly eliminate hurry from your life."

The symptoms of hurry, as outlined by John Mark Comer in "The Ruthless Elimination of Hurry," include irritability, hypersensitivity, restlessness, workaholicism, emotional numbness, and more. The effects on emotional, physical, and relational well-being are profound, leading to weariness, anger, shame, and strained relationships.

To combat this, the solution is not more time but more no's. The power to decide lies within us, and knowing our values is crucial in determining what to say no to. Practices such as finding solitude, observing Sabbath, embracing simplicity, and slowing down can help eliminate hurry from our lives.

Additionally, practical tips like driving at the speed limit, setting specific times for email and social media, and even turning your smartphone into a dumbphone can contribute to slowing down. Stephen Covey's words resonate: "We achieve inner peace when our schedule aligns with our values," emphasizing the importance of scheduling priorities over merely prioritizing a schedule.

Books like "The Ruthless Elimination of Hurry" by John Mark Comer and "Get Your Life Back: Everyday Practices for a World Gone Mad" by John Eldredge provide valuable insights into reclaiming a sense of calm and purpose. As you navigate the demands of our modern world, it's essential to ask yourself: What am I willing to say no to today to embrace a more intentional and fulfilling life?

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MEMBER SPOTLIGHT: CHRISSY STROHMEYER

What's your spouse's name, how long you've been married, and names & ages of your kids?

Widowed with 6 daughters—three biological and three adopted. Gabrielle (34 biological), Amanda (30 biological), Vanessa (26 biological), Ingrid (26, former foster child adopted in 2023), Maya (10, former foster child adopted in 2019), Jaylah (8, former foster child adopted in 2019)

Where is your home church?

Prince of Peace Catholic Church

What's the name/focus of your business?

My daughter Gabrielle and I founded Sourced in 2016 with the mission of helping business owners and leaders in the day-to-day of running their business. Think of us as a back office services firm with fractional services for accounting, administrative support, marketing, and human resources. We seek to do "God's work" and be avid supporters for those in need, donating 10% of profits to charities that share our values.



Who invited you to Iron Forums (who was your Andrew)?

Brent Stromwall has referred clients from Iron Forums for years and we were always impressed with these men and their businesses. Gabrielle and I were thrilled to learn that Iron Forums for Women had started.

What is your favorite part of the Iron Forums Snapshot?

I love the collaborative energy. I get to learn from successful people who have different perspectives, and we constantly learn from each other, pushing boundaries and exploring innovative solutions for the situations we find ourselves in.

How has Iron Forums improved your life?

Iron Forums has created a space where my professional and spiritual lives can live in harmony. It allows me to step away from the daily grind of work, find solace in my faith, and return to Sourced with renewed focus and inspiration. Gabrielle says this has helped her journey to being "brave in her faith" and bringing faith into the workplace.

