

# AC CONNECT

Equipping Christian leaders to change the world.



## STRAVA COMP #1

Science has shown that getting 30 mins of exercise per day increases your energy, mood, memory & creativity! To help you keep moving and motivated we've created a group on the free running app STRAVA, and we'd love you to join us!

This week's challenge: Break the ice! Simply record one run on the STRAVA app. Search for the club called AC RUNWITHME on STRAVA.

Looking forward to seeing you get out there!

#RunWithMe

## FANTASY FOOTBALL

Calling all Premier League fans!

You are invited to join the inaugural AC Fantasy EPL Cup!

Think you can pick this year's top scorer? How about the golden glove? How about the next break out star? This is your chance to show off your knowledge of the most prestigious and expensive football league in the world, or just pick a team and be apart of the fun to have the chance to win prizes!

Sign up through the [Premier League Website](#) and enter the league code: "cwzqz0" Let us know below when you've joined the league and we'll add you to the AC WhatsApp group chat.

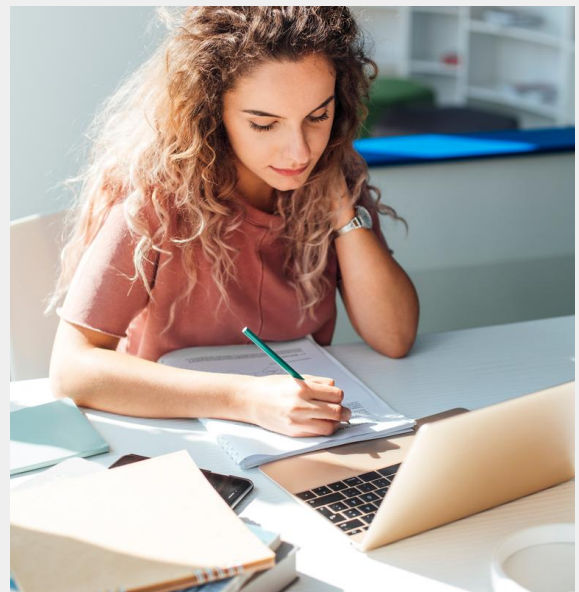
## DEVOTION

Romans 8:28 TPT

"So we are convinced that every detail of our lives is continually woven together to fit into God's perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfil his designed purpose."

## THE RABBIT HOLE

Resources to go deeper...



### STUDY WITHOUT STRESS

Are you looking to improve how you manage your time and energy? Participate in the 'Study Without Stress' course to learn some tips & tricks that will make all the difference. DON'T MISS OUT – register your interest by writing to us at:

[studentsupport@ac.edu.au](mailto:studentsupport@ac.edu.au)