



## **Fellowshipping Men in Elders Quorum | An Interview with Frank Schwartz**

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Kurt Francom:

How do you help someone tell their spouse that they have secretly been viewing pornography? Wow, these are tough situations. Thankfully, one of my favorite and most effective therapists, Jeff Struer, put together a presentation about disclosing betrayal. Jeff explains how disclosing betrayal can make recovery and repentance so much more difficult if it isn't handled correctly. This isn't a rip the band-aid off quickly type of situation. With a better understanding of betrayal, church leaders can be a strong resource in helping couples navigate the awful effects of pornography usage. You can watch Jeff's entire presentation at no cost in the Liberating Saints virtual library. Simply go to [leadingsaints.org/14](http://leadingsaints.org/14) and you can sign up for 14 days of free access to Jeff's presentation and the entire library. It's one of my favorite interviews. If you wanted further insight into a Come Follow Me lesson, you'd probably search in YouTube or get the We Believe app. Tough church history questions? You'd reach out to the B.H. Roberts Foundation. But what if you wanted to learn to be a better leader? Well, I'm glad you asked. You'd come to Leading Saints. That's why we exist, to help Latter-day Saints be better prepared to lead by being familiar with others' leadership experiences, understand the latest leadership research, and finding a community to share ideas. That's why I'm glad you found the Leading Saints podcast. We hope you will dive into the archives and visit [leadingsaints.org](http://leadingsaints.org) to find out what are the top, most listened to episodes on the podcast. Welcome. You're going to love it. In this episode, we're talking with, at least I am talking with, the CEO of F3, Frank Schwartz. You're going to love Frank's personality, his energy, his passion for battling for the hearts of men across this nation and this world. I was first introduced to F3 by Benjamin Williams. Shout out to him for connecting me with Frank. But Benjamin came to the Warrior Heart Men's Retreat that I do

down in Arizona, and I do it in a few other locations, which you should definitely come to. [awarriorheart.com](http://awarriorheart.com), put the link in the description. But anyways, at this men's retreat, Benjamin asked me like, hey, can I get up early and invite some guys to do F3? And I was like, what's F3? Like, oh, it's just a simple workout that we do together in the mornings with other men. And we focus on fitness, we focus on fellowship, and we focus on faith, F3. And I said, sure, I've never heard of this organization. And then Ben connected me to Frank, who's the CEO of, a volunteer CEO of [f3nation.com](http://f3nation.com). And really, obviously you'll understand it by the end of this episode, but this is a phenomenal tool for church leaders, especially elders quorum presidents, bishops who are trying to engage the hearts of men in their ward or elders quorum, a simple ongoing program. That's a nonprofit organization that doesn't cost anything that you can point men to It can be transformational and help them find brotherhood or fellowship and get their bodies moving. The research is endless as far as the benefits of exercise. And then with a focus on faith and orienting ourselves to God and that he is the answer to whatever problem we face in this world. So this model, this approach, you're going to love it. There's so much Elders quorum Presidents can learn from this. And so if you know of an Elders quorum President, an Elders quorum Presidency member, or a man in your life who happens to be a Latter-day Saint, point them to this episode. Frank also is a Latter-day Saint, so he speaks the jargon, he knows the dynamics that we face, and just the way he describes how F3 fits into our faith tradition is worth knowing. So here's my interview with Frank Schwartz, also known as Dark Helmet, you'll understand. All right, today, Frank, you're in the house. Frank Schwartz. I'm trying not to think about your last name too much or I'll say it wrong, but welcome.

Frank Schwartz:

Thank you. Happy to be here. Really appreciate it. Nice.

Kurt Francom:

Now, you are a Latter-day Saint. You live in North Carolina. Is that right?

Frank Schwartz:

Correct. Kind of just a little. Well, I technically live in South Carolina, but I can throw a rock and hit North Carolina from here. But, you know, taxes, schools. We live in a place called Fort Mill, which is just outside of Charlotte, North Carolina.

Kurt Francom:

Nice. And are you originally from There?

Frank Schwartz:

Actually, no, I'm originally from Virginia. Okay. So grew up, I was born kind of in Northern Virginia, grew up down in Southwest Virginia. If you're a football fan at all, the Hokies, Virginia Tech, Blacksburg, all that area down there. Sure. you know, things are what they are. And I met a girl and moved to Utah for a few minutes, and then was told by my mother-in-law, you can

never, ever take my grandbabies out of Utah. So I quickly got out of Utah before I had the grandbabies. And then there we are. So we ended up in Charlotte area.

Kurt Francom:

Nice. And then our main focus is hopefully talk about F3, which is, I've gotten a little flavor of the organization and the mission and those things. I think it really, there's a lot of parallels that fit into church leadership, especially related to elders quorum. But I mean, when people ask you about what you do with F3 or what it is, give us that pitch.

Frank Schwartz:

Sure. My role in F3, so let me disclaim this by saying we have a lot of made up names and things and our own little language and vernacular, and it's its own little community closed thing. If I use a lot of weird lingo, just understand, it's kind of like the church, right? It's a little jargon, you know? So anyway, so my role, I mean, technically on paper, I'm the CEO, which, what does that mean? Who knows? Because we're a volunteer organization that has free workouts, right? So we charge no money and we run this whole thing. But the F3 term for my role is Nantan. And Nantan is a, it's a throwback to an old Cherokee, or excuse me, an Apache, I think a word that basically means powerless leader. And the idea here is, I know it's funny, right? But I'm sort of just the cultural and spiritual head. Now, obviously, you know, it's an organization. So there's some administrative stuff that kind of goes along with that as well. But if you were to think of it, sort of in church terms, you know, I and I have sort of a shared leadership team, much like a presidency would be. We sort of lead the men. And a lot of what we end up doing is, again, it's so funny how parallel this ended up being to the church. Some of it before I got here, and then some of it, obviously, I'm like, well, you know what we should do? And so you kind of start structuring things. You're like, I know a very successful organization that we could model this after, right? It's a very decentralized organization. This idea of a powerless leader is a person who can only lead by influence. I have no institutional authority over men anywhere. The different, we call them regions, but you could call them chapters or whatever. They function largely independently. huge amount of autonomy in those areas. Then there's just enough centralization to keep the culture similar and protected and that sort of thing across the entire earthly nation. That's sort of my role. I don't want to say figurehead because that sounds like I don't do a whole lot, but it's close.

Kurt Francom:

So what is F3 and what does F3 stand for?

Frank Schwartz:

Absolutely. So if you go to F3Nation.com, you can read a lot of things and watch a lot of videos and that sort of thing. The three F's are fitness, fellowship, and faith. And in our vernacular, fitness starts with physical fitness. We're big believers that a man's body is something he has to take care of. And that's the first part of him developing discipline in his life and becoming more of what he ought to be as a husband and as a father and as a member of his community. Yeah.

If you don't live a disciplined enough life to take care of yourself, it's very difficult for you to lead others. It's not impossible, but it is, it's more difficult. And so we, we sort of start there. So that's fitness. And then fellowship, obviously that's a pretty obvious what that is. Kurt, we were talking right before we kind of started, you know, you sort of hit that early forties, mid thirties, early forties kind of timeframe. And sometimes you look back and you go, well, the last time I remember having friends that weren't my daughter's, you know, friend's dad, right? Yeah. Or the soccer dad on a Saturday. You know, last time I really remember having close friends was maybe high school or maybe played some sports in college or something like that. And so you kind of have this 20 year gap and you start looking around and you're like, man, I don't really have guys that I'm close to. Now for us, right, as members of the church, we have an elders quorum. Sometimes it functions pretty well and maybe you have some close friends and relationships in there. Maybe sometimes it's kind of just a, we all just sort of show up and then boy, as soon it's 1201, baby, and I'm out of here, whatever." Some of that. But then the faith, we define as a belief in something bigger than yourself. It's not a religious organization. We don't have any kind of particular faith tradition that we would subscribe to or that we would even pretend to tell a guy that he should belong to. Obviously, we started in the Southeast, so it's a predominantly Christian flavor to it. But really, our true belief is that for a man to be an effective leader, to be an effective husband, father, and all those kinds of things, he's got to believe in something bigger than himself. And he's got to submit himself to that. And he has to use the talents and abilities that he's been given to submit himself to that and then to serve the people in the communities around him. So that faith, again, is not a religion per se, or a church or denomination of any kind. It's really just that belief that, hey, I'm not the center of the universe. I'm not the king of the world. And so by virtue of the fact that, you know, nothing revolves around me, my life has to be spent in the service of oThers.

Kurt Francom:

Yeah. And how long has the organization been around?

Frank Schwartz:

So it started at 1-1-11. So we just began year 14. I've been participating for just a little over 10 years myself. It was founded by a guy named Dave Redding and another guy named Tim Whitmire here in Charlotte, North Carolina. And it really just started as a workout, just some guys getting together, working out outside. It was free. It actually splintered off of another kind of small group of guys who were doing that already. So they were out there and they're working out outside. It was free. Some guy who was like a personal trainer was like, we shouldn't have to pay to go to the gym. You know, like we should work out outside or whatever. So they started doing it and they were like, this is amazing. So they, but the guy who was running it said, Hey, I want to cap this. We're not going to grow this any size. Like, you know, there's only, there's 25 guys. I'm not, you know, I can't manage anymore than that. So I'm not doing it. And so Dave and Tim were like, well, would you be mad if we went over here and, and kind of started our own group of this? And honestly, you know, day one, they thought, maybe nobody's going to show up, but we'll see. But it's New Year's. Who knows? Maybe we'll get lucky, right? Because guys are always kind of, you know, into fitness after the New Year. Apparently, somewhere in the

neighborhood of 40 guys showed up that first week. And then week after that, it was the same thing. And then it kind of kept growing and kept growing. And pretty soon, they were like, we can't manage all this. And what Dave realized is, and this is sort of the bigger part of it, right, is what started as a workout accidentally became a leadership machine. Because through that, Dave found his personal purpose, which was to invigorate male community leadership. Because when you look around, what he would see at his church, he's not a member of our faith, but what he would see at his church is a lot of guys standing in the corner with their hands in their pockets. And he was like, why aren't men stepping up to do the things that I think that I'm reading in the Bible that we're supposed to do? Right. And so knowing that the workout was something that would bring men together and put them in community with one another, you started seeing guys start to think outside themselves because they had a lot of these other holes in their lives filled. And then the realization came that, you know, the only hole left is the God hole and a no Lamborghini sized hole in your heart, man. You know, it doesn't exist. Right. You know, pursuit of those things of the world became uninteresting and pursuit of personal purpose and self-discipline and self-improvement and those kinds of things became kind of the fare of the day. And so, yeah, what started as a little, you know, tiny little workout in Charlotte, North Carolina now has a worldwide movement of, we estimate somewhere between, you know, 70, 80,000 guys.

Kurt Francom:

That's cool. So how did you get introduced to it all?

Frank Schwartz:

So we have a so going back to jargon, right, we have something we call an emotional headlock, right? You can't actually headlock a guy to come to a workout that wouldn't be polite, right? We emotionally headlock you. Essentially, what that means is we guilt you, right? So I had a couple of buddies who were like, you know, Oh, you know, you ought to come and that sort of thing. And truthfully, I had just, it was the winter of 2014, I think it was. And I just gone to the doctor, you know, annual physical. And Kurt, I was about 50 plus pounds heavier than I am now. And he said, she goes, look, You got sleep apnea, you got high blood pressure, you got high cholesterol, you're basically a stroke waiting to happen. So, if you don't do something, I'm going to start putting you on a whole bunch of medicine and that's just the way life's going to be. And I said, well, I don't want any of that. And I'd been hearing about this F3 thing, you know, and I met a couple of guys and I'd heard, you know, I've had a buddy that I kind of, you know, did some work with that he had lost a bunch of weight. And I was like, man, what are you doing? You look fantastic. And he was like, well, you know, I started doing F3. They told me what they did and I was like, well, that sounds stupid. There's no way I'm doing that. I mean, that sounds very intense and it is, you know, outside, outside in the rain. What are you nuts? Right. There's no way I'm doing that. And then one Saturday it just had, you know, again, it's a lot like the church, right? Like these thoughts just kept ruminating, you know, in your head over time. And then I was like, all right, fine. I'll go to the stupid thing. You know, I showed up on a Saturday morning and there was a, it's an hour long workout. And one of our core tenants is that it's peer led, right? There's no, no one, there are no, well, actually we have one employee as part of F3,

everybody else, and I'm not it. And everybody else is a volunteer, right? So from me, the theoretical head of the organization, all the way down to the individual men who, you know, participate in the workouts and lead the workouts, it's all volunteer and it's done in a rotating fashion, right? So you serve for a period of time in a sense. hold tight, right? You start going, wait a minute, this does sound familiar, right? We serve for a certain period of time in the responsibility and then you move on to the next thing, right? And every week, every, every workout or every day at every workout, you know, different guys leading. So I show up on a Wednesday or I'm in a Saturday rather. And, uh, you know, it's an hour long. It's a couple of guys that are, that are leading that, that Saturday. And we get through about a half hour of the workout and I didn't know what to expect, right? The guy pulls us all in. He's going to give us kind of a good word. And he's like, well, that was really great guys. You know, good job, worked hard, blah, blah, blah, blah, blah. All right. Now for the second half, I'm going to hand it off to the, and I was like, How is there a second half? I feel like I'm going to die, right? We do something at the end of every workout that we call a circle of trust, right? That's our fifth core principles that every F3 workout must end in a circle of trust. And essentially what that is, is it's just, you come together, a lot of times you'll kind of lay a hand on a brother, you know, getting that physical, intimate, you know, touch situation. Like you're there, right? And you're, it's very raw. And you lay a hand on a man and the guy might be a Christian, so maybe he prays. Or the guy might be, you may have no faith really whatsoever. And he might just give kind of a word of shout out. But we share the burdens that we have, right? So I've heard everything in these circles from, you know, I'm being tempted back to alcohol, to I cheated on my wife, to this actually just happened this week, to my little brother committed suicide. And so you get in that circle with those men and you lay hands on one another and you pray, or you share it, right? And we say all the time like, Either you lay at the feet of your brothers here in this circle so that they can help you pick it up and or you're laying at the feet of your creator so that he can help you pick it up. It's a very open and a very honest thing that we do at the end here. So we got to this end of this workout right after my first time and I survived. praise. Yeah, exactly. Right. And we got in that circle and we laid hands on each other and some guy prayed us out. And Kurt, I was like, I'm not really sure what just happened right there. And so it kind of, you know, ruminated, right. It rattled around in my brain for a week or two. And I was like, I think I'll go back next week. I know I almost died. Right. It felt like I was going to, right. But I think I'm going to go back next week. So I went back the next week and after, I don't remember if it was that time or maybe the next time I went home and said to my wife, honey, I think I know what elders quorum is supposed to be like.

Kurt Francom:

Yeah, that's awesome. Wow. And so is the typical cadence like it's a weekly thing or is it a daily thing in some areas or just depends?

Frank Schwartz:

I'm out there every day and part of it depends on how many guys are participating in the workout in your local geographic area. Again, don't be surprised, right? Sneakily, unsneakily, because I don't do anything sneakily, I just tell you right to your face, right? I'm like, wait, guys,

there's only a couple of organizations in the world that I know of that are decentralized, like we try to be in F3, that have run very successfully. One is the US military, the other is The Church of Jesus Christ of Latter-day Saints. So I just told him, I'm like, so guess what? We're structuring ourselves after that. Like that's the pattern. And so, you know, this, in this, these local areas, depending on how many guys are participating within the geographical region, right? They may have enough guys to support, you know, multiple days a week. And they may have, you know, only enough guys to kind of support one or two days of working out a week. Cause you can't, you know, count on everybody to be there every day. Where I am in Fort Mills, this started in Charlotte and was an early plant. Down here, there's probably, I don't know, on any given day, there's 100 guys that are working out around our little town. There's five or six different locations that have workouts on every single day. In some parts of the country, it's even way bigger than that. There's parts of St. Louis, Texas, and other places where 100, Birmingham, Alabama, hundreds and hundreds of men work out across dozens and dozens of different locations in their area on any given day. It happens as often as the men on the ground and the leaders of those areas, those Nantans, local Nantans. that they deem fit. The structure and the cadence of these things is really up to the men on the ground. In a similar way, Salt Lake says a thing, this is what you must do or this is what we think you ought to do or whatever. Then there's a We're a little more structured, a little more centralized than F3 is. Yeah, sure. But it'll boil down and you kind of go, well, the local bishop or local stake president has a lot of leeway to adapt this to whatever it is that he sees fit.

Kurt Francom:

Local adaptation, right?

Frank Schwartz:

Yeah. It's huge, right? And it's, again, most effective and efficient way to run an organization of this size, particularly when everybody's a volunteer that I'm aware of. So as long as the mission is being followed and the five core principles are intact, then you're good to go.

Kurt Francom:

Love it. Love it. And so if somebody wants to find an F3 group, I assume they go to your website and you got a directory there to geographically search for a group maybe that's near them or how to start one.

Frank Schwartz:

Yeah, both. Right. So I would say, you know, I don't know, once or two, three times a month, something like that. We'll get one. And it's like, I'm here in Paducah. There's no F3 workout near me. And we're like, well, that's there's a reason for that friend, you know, like you're in the middle of nowhere, right? We have resources that we kind of help that guy and support him to kind of get started and moving down the road. And then really, if you if you went to F3Nation.com, and I can't remember what the tab says, but essentially, it's you know, locations or find a workout or something like that. And you click there and there's a big map and you can

plug in and say, okay, I live here and zoom in and you can find all the workouts that that meet. They'll, it'll tell you the days of the week. It'll tell you what time of the morning, what kind of workout it is. Hey, this is a run only, or this is, you know, we work out with kettlebells or, you know, whatever it might be.

Kurt Francom:

Okay, so depending on the group, if guys got a set of kettlebells, or dumbbells, or whatever, they may bring some equipment, but generally, you just use the outdoors and run.

Frank Schwartz:

Generally speaking, and it really was designed to be to remove all barriers to entry. Our five core principles are that number one, it's free. I'm always in forever. You will never, ever, ever pay to attend an F3 workout. It is truly no charge whatsoever because there shouldn't be a barrier there, right? Because we believe so strongly in what we're trying to do that we wouldn't want to put up something that it's like we have to be able to afford to come. So no barrier there. The second core principle is that it's open to all men and we mean all. Like we're not joking. Right. So, and I kind of always say, Hey, a black and white bond and free. Right. And, and candidly, there are F3 workouts that guys have started because it's on their heart to do so in prisons. Right. They've gone and started these things to try and help these men find purpose again in their lives and rehabilitate them. And then the third is that it's outdoors no matter what. The fourth is that it's pure lead in a rotating fashion. And the fifth is that there's a circle of trust. And so, yeah, the idea, the design was that, yeah, you wouldn't have to have any equipment. You wouldn't have to have anything. So it's very bootcamp style, a lot of body weight. You kind of will get to know the terrain after a while and you're like, oh yeah, I remember there's a pile of rocks over here. And so we'll go pick up heavy rocks and carry them. It's very, a lot of times we call it grown man recess, Kurt. Yeah. Yeah.

Kurt Francom:

In God's gymnasium that he created. Exactly.

Frank Schwartz:

Yeah, exactly. Right.

Kurt Francom:

That's awesome. That's really cool. Well, and you sent me some great principles here. And as we go through this, I'd love for you to just find as many of those parallels or principles that especially Elders quorum presidents or even young men's leaders, I'm sure there's a lot of principles here for them as well.

Frank Schwartz:



Absolutely.

Kurt Francom:

And I'm currently serving as an elders quorum president. And so I'm thinking if we, if we find a local F3 group and just say, and just make it aware, you know, make it, make the quorum aware of it. And, uh, that could be one more place of fellowship that we can extend from our elders quorum and vice versa.

Frank Schwartz:

And there is a, so you're an American fork, right? Yeah. Yeah. Yeah. Right down the street from my in-laws there over in Alpine. So there's a group, at least one that I'm aware of, a couple of groups, I think that are kind of up in like South Jordan. Daybreak and all that kind of area up there. I mean, super good guys. A lot of them not members of the church. In fact, probably most are not members of the church. There's a handful of guys that are members. You know how we are, Kurt. We tend to kind of be like, well, I already belong to a cult. I can't belong to two cults. Just kidding. I'm kidding. I'm kidding. But I tell everybody, it's okay. Two's the limit. If you go to three, you got a real problem. But two, you're good to go. But we tend a little bit to be a little insular and a little wary of any group outside of us.

Kurt Francom:

Why do I need to gather with a group of men when I already do it, right? Right.

Frank Schwartz:

Exactly. I have something here. Well, it's not necessarily the same, but yeah, essentially that's exactly what we would hope would happen, right? Is a guy would go, that sounds like something I need. That sounds like something I might want to do and then go find a group and join it. That's cool.

Kurt Francom:

Yeah. I just think that, you know, I just think of things like just serve, which obviously is a church led, you know, program, but it's also that you're not, you're not going to find the church's logo all over it, or it's not, uh, you know, it's meant for the community. Right. And so this is another angle where, especially in Utah or, you know, along the Wasatch front, Arizona, Idaho, where I always say, if there's an opportunity for you to do some interfaith, something, like jump at it, right? Like whether that's at the food bank or, you know, F3 or whatever it is

Frank Schwartz:

Absolutely. And Kurt, I would tell you, you know, guys sometimes I think get caught up and it's like, well, if I go out there, you know, to these other places where other people are, then I have to be a missionary. I have to share the gospel. And, you know, the seventies ruined us, right? We got very concerned about the fact that, well, I was on a plane. I guess I have to try and convert the guy next to me. You know, like you can't just have a normal conversation. The way it was always portrayed and characterized in conference and stuff would be like, well, I spoke to the man next to me and then he fell out of the plane into a font and he's a member of the church today. You're like, man, why does this happen to me? I don't understand. I think sometimes we get a little too caught up and so it makes us a little wary again or a little afraid or a little hesitant, whatever, to go out into the community and just go be a light, man. Like, I will tell you this, you know, the fitness is great. It's wonderful. And it's changed my life in a lot of ways, obviously health wise. And there's so many things that I've learned about personal discipline, about pushing through limits and things like that. That's been really, really wonderful. Right. But I'll tell you, I am 10 times the Latter-day Saint that I was, you know, and I was like, you know, go to elders quorum. I was an elders quorum president. I've been bishoprics, you know, I've done the whole deal. Right. You know, And, uh, and young men's and all that kind of stuff. Right. But I live my faith infinitely better partially because of the things that I learn, but mostly because of the men that I associate with and their faith and their dedication to what they're doing is very instructive for one, right. Inspiring for two. And it just, I mean, it's really fantastic. It is really, really fantastic. So that's cool. That's cool.

Kurt Francom:

All right, well, let's jump into some of these principles here. First, but management and leadership aren't from the same planet.

Frank Schwartz:

Yeah, I forgot that. A little while ago, she asked, like, what are your top five? I don't know. I just made stuff up.

Kurt Francom:

We can go There.

Frank Schwartz:

No, let's do it. So, yeah, management and leadership are not from the same planet. I would say that's one of the big lessons that I feel like I've learned from F3 and You know, we have a tendency, especially in our world and really in the church, you know, we tend to defer to authority and it's typically institutional authority, right? So if a person holds a certain position, we think, oh, well, they must be right. You know, like Kurt, well, he's the eldest quorum president. Like, nevermind that Kurt's an idiot, right? You know, whatever, right? You're not, you know what I mean, right? Or he's the bishop, like, oh, well, you know, he's the bishop. I guess that's just the way it is. And that's fine. There's some value to that sometimes. right? Especially if it's in relation to priesthood keys and things along those lines, right? There is some need to defer and to have

some procedure around that. And I would say, you know, maybe the bishop every once in a while, or maybe the oldest quorum president every once in a while looks at you and says, you know, thus saith the Lord and gives you some advice. I haven't had that experience. I've certainly never done that anyway, right? So there's management, which is sort of an administrative function. And I know from, you know, from serving in certain callings and I know you hear it from a lot of guys who serve in certain callings, right? that it is a very administrative and less ministrative kind of an endeavor. You know, it's just a lot of stuff you got to do, especially like Bishoprics. Like, man, you know, you're managing a program, but you're not necessarily leading. Yeah. Right. There's a big difference. And the difference I think becomes when Because management is largely about control and about making sure that things hit certain milestones or in certain procedure or they follow a certain pattern or whatever it might be, right? But then you are really in the details and you're trying to make sure that things are controlled and that things are you know, a little more programmatic and rigid, if you will, and that kind of a thing. And that tends to be management. That's true in the workplace. You can tell a manager from a leader, right? And there's plenty of managers out there. We create them every day. A lot of people have no business being managers, but they're made managers because somebody's got to do it, right? Or maybe they're really good at keeping track of the details or whatever it is. A leader, on the other hand, There's somebody who can see a place of advantage, right? And has the vision to know this is where we should be. And then they exercise what I consider to be the skills of leadership, right? They have that vision and they articulate that vision clearly to those people that they want to help. A manager wants to move someone along to a place because that's where they're supposed to be and they have to be there a certain time and you need to follow this route to get there, right? A leader says, I'm not necessarily even sure how we're going to get there, but I know where we should be. And I will articulate that clearly to you. And then I will attempt to persuade you to come along with me. And then when the obstacles come, I will encourage you and exhort you and love you to come through those obstacles. And that's leadership. Now, leadership does not require any kind of position, does not require any kind of bestowal of authority. If you ask a guy, and he'll be real honest about it, right, in F3 and you go, do you follow, you know, like, do you follow what Frank says? And, you know, we all get idiot nicknames too. That's part of the, kind of the tribalism of our deal, right? So my idiot nickname is Dark Helmet because, you know, they were like, oh, your last name is Schwartz. And then they went right to Spaceballs and they're like, what was the bad guy's name in Spaceballs? Oh yeah, that's your name, right? So if you asked a guy in F3 and said, oh, do you follow what Dark Helmet says? Some of them would probably go, well, for some of them probably go, who's that? I don't even know who that is, right? So that's one thing. Right. Which is fine. That's great. That means that they're doing what they're supposed to be doing. They know who their local guy is. They don't even know why. It doesn't really matter, you know, on a real day to day basis. Right. Yeah. But some would go, you know, no, I mean, we follow kind of the core principles and, you know, what's going on, but then there'll be some, right. And particularly those that are in proximity who'd be more than happy to say, oh yeah, I absolutely would follow that guy. And I say the same about a lot of those guys. They don't have authority over me. I can't go and revoke, you know, St. Louis's charter, you know, doesn't exist. There is no such thing, right? I can't say the use of the logo is no longer approved for you, right? I don't have any authority to do that. But as a leader, I'm supposed to inspire a man right? And

to help him to understand that those core principles are something that are valuable. So I'm going to help you hold the standard, brother. And I'm going to help you to live by those things. So that's, that's kind of the difference, right? One is like, I have the authority and you'll do what I say. The other is kind of much more persuasion. Oh, hold on. You're ready with the gentleness, kindness, meekness, love, unfeigned, right?

Kurt Francom:

Yeah. Yeah, for sure.

Frank Schwartz:

Yeah.

Kurt Francom:

So along those lines, like, you know, the thing that another angle of F3 that intrigues me is it really is a, like you mentioned, sort of this lay leadership led type of organization is there, like, how does that work? Because on paper, lay leadership shouldn't work, right? There should be a tyrant that comes to the surface and takes over and leads in a different direction. But I mean, I'm sure there's stories where things kind of go, you know, off the wheels a little bit and people maybe try to turn it into something that it's not or I mean, how does that, how does that all work?

Frank Schwartz:

You know what's interesting? So yes, and we have, we have terms for those guys, probably nothing I could say here, but no, I'm just kidding. It's not that bad. No, but, but certainly there are guys who think they should have been in charge, right? That they should be the ones running the thing. And I know how to do a squat. Let me, exactly. You don't. Yeah. And you know who those guys are? Those are managers. Yeah. It's, it becomes very obvious when you sit in and you can, you can say this is true of a, in a congregation of the church as well. Right. Because very obvious when a person is there, to try and get a thing done so that they can show what a good leader they are. And I would never say a name, and it's not anyone that anyone would know, and I would never say that it was in our current ward or a ward in the past or whatever. But in a similar fashion, the guy who was serving the eldest quorum presidency, and he got 100% on his checklist of ministering interviews with the people that are on his list. Well, you know, when you find out later, it's like, well, he called and left a message for all those guys. Never talked to any of them. Right. You know, right. He's managing, you know, and like when the people look and they're like, Oh, look at those statistics, you know, now he's killing it out there. That guy. Right. You know, that's somebody trying to manage a program versus a guy who's trying to lead with love and to persuade and to drag them along. Does that make any sense?

Kurt Francom:

Yeah, yeah. Yeah, that's great. And because there's typically like a leader or like somebody who starts the group, the F3 group, right? And so they kind of just naturally take charge.

Frank Schwartz:

But I mean- We've had a lot of failures too. Yeah. Guys who thought they were the guy, you know, and they get out there and nobody wants to follow them. That's the beauty of it, right? Because it's very similar in the church, right? Now, the church is different a little bit because it's like, well, even if I don't really like this guy, you know, who's doing this thing, like I believe in the gospel, right? I can defer and go, well, I know the Book of Mormon is true. You know, I know that the church is trying to help, you know, so this guy is a little less important and whatever. I'm still going to go to church because I follow Christ, right? Not because I follow this guy. out here in the wild west of F3. If a guy hates what you're doing, he can walk across the street, start his own. And as national leadership, we would go, well, what was he doing wrong? What didn't you like? And he might explain it or whatever. And we go, eh, makes sense to me. Go start it. you know, free to lead. There's a book, you know, that, uh, that Dave wrote called free to lead. Right. And that's exactly what you are. So, uh, so there's a little, you know, a little more Wild West in there, but, but yeah, this, this idea of lay leadership, cause you're right. It shouldn't, it should not work. It does not make any sense. Right. But when you, when you start going, well, it's successful because it's the truth. Right. And the truth is that God placed a purpose in every man, right? The truth is that God put our agency within us, you know, and he gave us the light of Christ. And for members of the church, he gave us the gift of the Holy ghost. And there's all kinds of tools that we have at our disposal to discern and to know what we ought to be doing. Right. And so it becomes pretty obvious, like I said, pretty quick, you know, if a guy's there for himself or if he's there for the people, if he's there for the people, they'll follow him. Even if he's not a very good, well-spoken guy, he may not be the most charismatic, he may not be ... You know what I mean? On paper, there's plenty of guys who lead an F3 that you're like, him? Okay, if you say so. And when you get in the trench with that guy and he is fighting on your behalf, you know, he's encouraging you and loving you like real deep, masculine love for each other. It's transformative. And you will follow that guy for sure.

Kurt Francom:

ISKRA Yeah. Is there, if someone finds, you know, wants to do the F3 in the area, maybe they don't find one or the, the groups they go to, they just don't jive well with them and they want to start their own. What's some typical guidance? I mean, obviously the, you know, follow the principles, the five principles you discussed, but is there any other advice you give to somebody as they're sort of starting off in that leadership role? Sure.

Frank Schwartz:

I mean, I could give a guy a lot of advice, right? Because I've seen a lot of things that work and don't work and, and somewhat you, you want to try and help a guy not make all the same mistakes, but then you start to realize that the mistakes are instructive, right? Some of those mistakes you have to make. So I'm not going to tell you all the things. Right? Because you need

to fail in certain ways so that you learn certain lessons in certain ways so that you can be a better leader. So if you were that guy, though, for us now, you know, it's so funny because we have a website and it's just called Stuff Worth Trying. You know, we don't tell anybody what to do. There's a lot of stuff that's worth trying. So [stuffworthtrying.com](http://stuffworthtrying.com) and you can go find a lot of information about F3 and how to run an F3 chapter. But if you wanted to start one or you were thinking to yourself, I don't really want to do it this way or that way or whatever, you could consult local guys that are near you to help. Or you fill out the form on the website and we've got guys, volunteers, who are more than happy to contact you. you know, that are kind of in charge of expansion across the US and, and not surprisingly, we've divvied it up by geography, right? Don't get excited. You know, yeah, you know, yeah. And so the guy that's over your geographical area, contact you and talk to you about what it would take to start it.

Kurt Francom:

That's cool. Yeah. And just that that this thing light network of, of men who've been there done that. And, and I love the idea of stuff worth trying. And essentially that's what we're trying to do with leading saints of saying, we're not trying to say, yes, you're the 10, you know, creeds of good leadership and you must follow these, or you're a terrible leader, but it's just like, why don't you come share what you're doing? This other guy will come share what he's doing. This release study president is going to share this and maybe pick up some pieces and take it back to your role and see what works.

Frank Schwartz:

So that's part of what's successful. about leading saints. And it's also part of what I, I mean, personally, what I love, right? Uh, I don't know why I'm wired this way, Kurt. I really don't. But from the time I was little, if you want to guarantee that I would do a thing, just tell me to do the opposite. Oh yeah.

Kurt Francom:

The contrarian.

Frank Schwartz:

You know, like it's just baked in there somehow. I don't know why. I've tried to, you know, tamp that down so that I can be a good, a good follower in the church and that kind of thing. Right. But, um, but, uh, but yeah, so, and I think there's, there's an element of that that's in every man. So yeah, it's instructive. It's helpful.

Kurt Francom:

And what do you, what about the guy who has no fitness background, right? And he's just like, well, I guess we'll do jumping jacks for 30 minutes or, I mean, is there, is there more There?

Frank Schwartz:

So A, again, open to all men, no matter how out of shape you think you are. Although I do love the one they're like, well, before I go out with you crazy guys, I must have to get in shape first. I'm going to have to like, get well before you're the doctor too. Like, is that, is that how you live your life? I don't understand. You know, whatever. So you wouldn't be asked to lead probably right away. you know, we'd want you to get to a point where you felt comfortable to do that. And we, one of the things that we do do at a national level is we do a lot of training and a lot of teaching. In fact, I tell the guys that are kind of leading the different areas of the country and stuff. We just had a call with them last week or no, I guess it was beginning of this week. But anyway, and I said, you know, understand that your role is not to be a manager. It is not to make sure, you know, to start up a phone call with all the local guys and be like, okay, who's got problems, you know, like, let me, You know, whatever, let's hear your complaints or whatever. We're not a complaint department because I'm not really interested in what they're complaining about.

Kurt Francom:

Yeah.

Frank Schwartz:

You know, what I'm interested in is how deep is this mission in their heart? And so your job is to teach and to guide and to train and to love a guy to help him to understand, you know, that he needs to submit himself to the mission, right? And to give himself to a purpose and then he'll find his, he'll find his way.

Kurt Francom:

That's really helpful. And then, you know, the fellowship, I imagine, just kind of comes naturally. You just get guys together and somebody's going to tell a joke or talk about a movie they saw and that sort of gets the ball rolling. But what about the last part as far as the, like, the authenticity of it? You know, circling out, I forget the words you use. Yeah, the circle of trust at the end. Yeah, circle of trust. I mean, because that could be something you could just blow by, like, All right, anybody have any problems? Okay, good. All right, we'll see you next week or whatever. It's hard to lean into at times. Anything that you've learned There?

Frank Schwartz:

Yeah, and some do. Again, just like anything, the success or the failure of any endeavor, and certainly any organization, rises and falls on the leadership of it. Yeah. So if you want guys to do those things and to be open and to be, I don't particularly care for the term, but we, we know what I mean when I say it, you know, to be vulnerable, right. And that kind of thing, then you should probably exhibit that yourself. You know, you go first, you show them what it's supposed to look like. You demonstrate the behavior you wish to, to get. And when you see it, even in a small amount, you reinforce it, right? You tell them, thank you. You say, good job. You know, all that kind of stuff, right? So you're constantly always teaching and training a man toward that advantage, advantageous place that he ought to be. Right. He should be able to share with his

brothers, you know, what's on his heart. So when he does that a little bit, you know, make sure you reinforce that behavior.

Kurt Francom:

Yeah. And those principles are just really powerful. Like even going to the open to everyone. Now, if someone was to ask any elders quorum member or presidency, Hey, is your elders quorum open to anyone? And they'd be like, Oh yeah, of course. of course, literally anybody could walk in here. However, I think culturally we, these things creep up on us, right. As far as like if somebody walked in there and they're like, Oh no, like everybody's in a white shirt and tie. Like, I guess this isn't open to it. You know, it's like subconsciously that's sometimes where they go. Right. And so it's almost a, it's a proactive thing. Right. Cause I'm sure there's guys that think, Oh, I could never show up there because I am so overweight that they, I just don't fit in there. Right. Well, any, any like thoughts, like how do you really make it open to anyone other than just saying that?

Frank Schwartz:

Yeah. So one thing is get over yourself. That's, that's number one, right? If you think you hold the key to what a guy ought to look like or do or be to, to join your group, then you've got a problem. And I encourage you to look in the mirror and yell at that guy that's looking back at you and tell him what a jerk he is. And I mean that. I don't have a lot of tolerance or patience for that sort of thing. But I would say it this way, Kurt, there's a big difference between an open door policy and a go out your door policy. So a guy can say, Oh, I've got an open door policy and his door may be open, but he's putting all the pressure and all the onus on you to do something. Right. And if you're a guy who's not really sure how he feels about life, you ain't going to walk through any door. You're going to sit at your desk and you're kind of trying to pretend you don't exist. You know what I mean? That's, that's what you're going to do. But if you have a go through the door policy and that's what we have in F3, leave the 99. That is an absolute, we would never probably say it that way because it may not make sense to guys who aren't, you know, kind of tuned into what the Bible says. Right. But that's a hundred percent the way we look at it. You are, and there's some real wackos out there in our, in F3. I will say it's a big tent. You know, we, we've tracked them all. Right. Um, but, uh, you know, they'll chase guys down. They'll see a guy running across the park from them and they will chase that guy down and be like, Hey man, Hey man, you should come work out with us. You know, instead of doing what you're doing. Right. And they don't care. They don't care how, how big you are. They don't care what color you are. That's one of the great equalizers, right? When you go to an F3 workout, you're dressed in workout gear. It's tough to tell, you know, old Navy or, you know, Walmart workout gear from, you know, like a Dick's Sporting Goods workout gear. You know what I mean? Like it's all workout gear. And for us, you know, you put that logo on your chest, you know, our brand is pretty strong and we love to wear black and that's just sort of how it kind of, you know, it's very masculine of us, I guess. Big white, you know, F3 logo on your chest and everybody's wearing it. If you were to go up into Charlotte, in the metro area up there in Charlotte, you could work out next to guys who, and there's a workout that meets there every Saturday and some of them go to other places too, but you could work out next to guys who are



in a treatment facility. Okay. You know, recovering drug addicts, alcoholics, chronic homelessness, that sort of thing. And that'd be on your left. And on your right, there's a guy who very legitimately is worth hundreds of millions of dollars because, you know, all the big banks are here and there's plenty of very, very, very wealthy men here in Charlotte. And we all work out together and no one knows. And no one says anything and no one cares, right? The qualification we are, you know, and guys joke, and they even ask some of the, you know, like the transgender question or some of those kinds of things, right? I mean, there's, there's all kinds of questions that pop up from time to time around this. And I say, look, the answer for you, no matter who walks up, right? Whether he looks like he might be homeless, whether he looks like he, you know, might be rich, poor, it doesn't matter whether you're a black guy, white guy, purple guy, I don't care. Right. Although to be fair, if he's a purple guy, probably some questions that I want to ask, but right. But yeah, the question is, are you a dude? If he says yes, then you go, okay, well, are you willing to do burpees? If he says yes, then just proceed with the workout. Right. Past that does not matter. And I've worked out with all of them, you know, I've worked out with all of them. And it's the most equalizing thing in the whole world.

Kurt Francom:

Yeah. And then that's a big part, you know, the, that's my, the, the question I asked like that, that fellowship part's really, that's crucial. It's a proactive effort, right? Where we're not just focused on who's showing up, but like, Hey, there's somebody else. We know it's that guy here at, you know, every time that we show up at this park, let's, let's reach out to him. And we've gotten plenty, plenty of guys to join us that way.

Frank Schwartz:

Right. And yeah, cause it is, it really is a go out the door policy rather than an open door policy.

Kurt Francom:

Yeah. I'm just thinking of maybe some questions that might come up is like, ah, but come on, can I just bring my wife? Like, can't we just make this a couple's thing? Wouldn't that be awesome? Like we could do it a couple's thing.

Frank Schwartz:

It comes up more often than you would like to know, right?

Kurt Francom:

Because that's generally like in an elders quorum setting, that's where a lot of elders quorum activities goes. Like, well, can't we bring our wives? Like, that'd be so great to connect as couples. And on the paper you're like, oh, okay, yeah, sure.

Frank Schwartz:

I'm going to hurt somebody's feelings when I say this. I can feel it already. That is you as a man hiding behind your responsibility to be a man. You want a new wife. You want to offload the responsibility that you have to be in community and to love other men onto your wife. That's what you want to do. And if you don't, I'm sorry if that hurts your feelings, but that's the truth. You're shirking when you do that. Because going and being in community with men and being open and honest and a little bit, again, vulnerable, if you will, to share what's on your heart and to be in an uncomfortable situation, like you've done this your whole life, guy. I get it. You've always let your wife be the party planner. She tells you what your social schedule is. half of them dress you guys, like enough, brethren, enough. I don't know whether it's just a societal thing. I don't like blaming the church for things because I don't think the church did anything. The people in the church do stuff, you know what I mean? But there is kind of an overarching feeling of, I think it is societal, I think it's cultural too, and it's largely Western, but it's like, well, let's see. The school can raise my kid, right? The church can take care of my, you know, spiritual and they'll handle, they'll tell me what to do there. And my wife will tell me what chores I need to do. Heaven forbid, I look around and figure it out on my own, right? She'll tell me what chores to do, she'll tell me what to wear. And so we've created a society where men continue to outsource their personal and individual responsibility to be leaders. They have given it away. And there's very few things in this world that frustrate me more than that. I, it's going to sound a little crazy and whatever, and I get that, but again, two cults, it's fine. Don't worry about it. But, uh, like I believe that that's my mission on earth is to inspire men to overcome those self-limiting beliefs. To have them understand you were created for more. Enough is enough. And it's time. In fact, it's past time for you to stand up and to lead in those places you were called. That's what you're supposed to be doing.

Kurt Francom:

Yeah. You know, Adam, Adam hid and a lot of men are still hiding. Right. And it's not like- Very true.

Frank Schwartz:

The way that- Well, and then what do they do? The first thing is they go, Oh, she gave it to me.

Kurt Francom:

Right.

Frank Schwartz:

Come on, man. You know, right?

Kurt Francom:

Yeah. Yeah. Well, and the ways that men hide are so subtle, right? It's like, well, no, I want to be a good husband.

Frank Schwartz:

And so I want to include my wife or I need to be home with my family or these things when- It was core activity and develop a relationship with men because, you know, I need to sit home and play on my phone while my wife does things in the house. Shut up. It's not acceptable. We cannot continue to live like this. Because I'm going to tell you this too, and this is crazy belief number seven, right? That I've probably espoused here, whatever. But President Nelson was pretty clear about the timing of things. right? And the hastening of the work. And I'm going to tell you, gathering Israel, and I believe this to my core, when he said this, I mean, Kurt, the heavens may as well have parted and spoke to me directly. Moses may as well have come down and said, remember that whole gathering of Israel thing? I'm talking to you, Frank. The gathering of Israel is 100% without any question in my mind, the most important work that's happening on the earth today. And if you're sitting in your house playing on your phone while your wife does all the work for you, you are in direct opposition. You're in direct opposition and you've got to get yourself together. And I can tell you right now, the tool that I use, Elder's Quorum, sure, best I can, right? And I don't mean it to sound negative. I love my guys in my Elder's Quorum, right? But there's not a ton of hard chargers in there. The guys that I associate with are the ones that are, I mean, and they are out there doing the work. They are out there doing the work physically, mentally, emotionally. And those are the guys that I'm like, this is the tool that I use to help me to be a better saint, right? Tell me to be a better husband and a better faTher.

Kurt Francom:

Yeah. And, you know, in our structured church, as we've alluded to a little bit, I mean, it's, it's cool. I mean, Elders Quorum, I love the concept of Elders Quorum. And, and I get that many times it doesn't hit the mark that maybe some people, some men have with expectation of what it should be or what it could be. And I, and I get that and that's tough, but sometimes we kind of fold our arms, sit in the back of Elders Quorum saying, well, I guess, you know, this is it. Nothing's ever going to get any better here. Yeah. I can't go home because my wife has the minivan keys and I guess I'll just get through this, right? Or the guys that go sit in the foyer. That's right. Oh my gosh. But to put yourself in the driver's seat and saying like, yeah, you know, elders, my elders quorum could be better. And I know my elders quorum presidency is trying or yeah, I could give them a list of 10 things they can do better. But that doesn't mean you can't go out and find masculine fellowship elsewhere. I mean, there's so many opportunities. That's why I want to highlight F3 as one of those many things that if it's not down the street, then make yours the one that's down the street.

Frank Schwartz:

We will guide you every step of the way, man, I promise. But you're absolutely right. And, you know, we have a phrase that we use a lot in F3 and of course, you know, some guys who, you know, the ones who know, know, right? But I talk all the time about being an act or being an act upon, right? Encouraging guys not to be an act upon, right? And I tell them that, you know, and they're like, that's really good stuff. And I'm like, well, it's scriptural. I don't tell them where, right? But this idea, a phrase that we use a lot in F3 though is, you know, if you're sitting back and

you're saying to yourself, you know, somebody ought to do something about this. Well, brother, you're that somebody. And we'll hashtag it, you know, like on Twitter or other places, right? Like being that somebody is exactly what we want you to do as a man. We want you to always be that somebody. You're the guy who looked and you found a need or you observed the need in the community, in your home, in your church or wherever it might be. And you say, you know what? It's not anybody else's responsibility. It's my responsibility. I have to step up. If I'm going to become what God wants me to become, it ain't going to be because I tripped and fell into it. But I think that we think that it is because we treat it like that a lot.

Kurt Francom:

Yeah. Amen, brother. Maybe just tell us as we, before we wrap up here, like, what are you understanding about the masculine psyche? I mean, cause that's the thing, we kind of get in this place of being like, you know, I remember being the Bishop, just sort of being like, man, like, what's the problem with these guys? They just got to stop looking at the porn or, you know, like, it's so easy. You just don't look or, you know, why can't you get a job? Like, why are you, what's with the video games, right? We sort of go to these places of just like despair, like just stop it. Like just change, just be different. But how could you educate us just on the psyche of the masculine heart?

Frank Schwartz:

You know, you'll hear it in a million different places. And we say all the time in F3, there's nothing, nothing that we're teaching or doing that is revolutionary, right? This is all timeless principles that are just applied in a slightly different way. Right? So you'll hear, you've heard it a hundred times before, but I'll say it and maybe it'll, it'll resonate a little different this time, you know? But I think that it's important to recognize that men, well, first of all, you got to accept who you are and quit trying to pretend like you're something you're not. You're not, you know, Andrew Tate or any of these other just wastes of space. I mean, these poor guys just as lost as lost can be. You're not those people. That's not you. Quit trying to pretend like it is. You're not some kind of media mogul or, you know, some kind of internet influencers. Like you're none of those things. You got to admit what you are and what you are is a child of God. You're a son who has a divine calling and you've got to live that out. Now that means accepting the fact that sometimes it's tough, right? You talk about, you know, pornography or video games or whatever it might be, right? If a man is not willing to accept his purpose and he's trying to hide, I mean, those things are fig leaves. That's what they are. Those are fig leaves. And so he's just trying to hide from the fact that he doesn't accept and love who he is. there was a scripture. And so I'll just share this. You know what? And well, if this gets a little weird, you can cut it, Kurt. But I believed for a short period of time there, a few years back, I got to a point. Let me ask you this. Do you know what Lou Gehrig died of? ALS, right? Yeah. What do they call it? Lou Gehrig's disease. How do you see that coming? So you can't.

Kurt Francom:

Those are the chances.

Frank Schwartz:

You're like, oh, they named the disease after me. I guess I was number one, right? I had honestly gotten to a point where I believed that maybe I was the first guy that God was just like, Oh, all right. You know what? We tried. It's not that I don't love you. You're just too stupid. Yeah.

Kurt Francom:

We've all been there, especially as men. Yeah.

Frank Schwartz:

Fair. Right. But I really thought, am I the first one? Cause I could accept the idea that it was okay for other guys to be loved and guided and whatever by God. But it was just kind of like, it's not that I don't love you. It's just that I, you just wear me out. Yeah. So, I'm just going to kind of be disinterested in what's happening to you. And I think a lot of guys do feel that way. Yeah. Or something similar, right? And so, in this race that we've created in our society to become something, right? We want significance. We're talking about the male psyche. We want significance. We want to matter. We want to be important. Not in the way that the world teaches where it's like, oh, you're the CEO of a thing or an influencer or this or that or, you know, all these things I was kind of listing before. You know, like, That's what the world would want you to believe is the way to be important or to matter. The real thing I think a man wants is he wants to be able to look in the mirror and look at his family or whoever he is associated with, right? And he wants to know that no matter where he is, he knows exactly what he's supposed to do next and that it has impact, that it matters what he does. And that ultimately, whether you can articulate it this way or not, ultimately that he leaves a mark on the world. He wants to leave a legacy. That's what he wants. He wants to matter in a way that is much larger than just what he's doing right now in front of him. And so unfortunately what happens, you don't get enough attaboys at home. enough attaboys at church or wherever. And so you outsource the attaboys to your work. So these guys that are workaholics and they're chasing and they're like, well, that's not quite doing it. I know what I'll do next. I will purchase many things, Kurt. And if I can purchase enough things and I cram them in this hole in my heart, then that'll work. It won't work. It's not going to work. So in my belief, right? That I was this one guy who God had given up on and I was chasing these things and I was trying my best to live that life and to, and just to find meaning. What is the meaning? What is the purpose? And I knew, you know, uh, bring to pass your mortality and eternal life, man. I knew, I know the global purpose that we all share. What's my role? What's my purpose? What am I for? That's a tough question. That's a soul-wrenching question. And ultimately, to some degree, it came back to the Sermon on the Mount. And I had to admit to myself and go, okay, God said, don't worry about what you're going to eat. Because he feeds the birds. They don't plant seeds in the ground. They don't harvest anything, stick it in a barn. None of that happens, but look at them. They eat. And then you go, well, maybe I'm not as good as birds. Okay, fine, smarty. You're not as good as birds. Fine. How about this? Are you better than grass? Consider the lilies. Don't worry about what you're going to wear. Don't worry about any of that stuff. Worry about our relationship. And when you, when you really dive in and go, okay, help me father, I submit, I give in, you win. Right? Not that he's looking to win, but you

know what I mean? Like you win. And if you'll admit that, that's what the male psyche wants. You want to have, and this is why so many guys have so many damaged relationships with their dads. And I tell them all the time, look, I guess it's your dad's fault, but now it's your responsibility.

Kurt Francom:

Yeah.

Frank Schwartz:

They want to know that they're loved so that they can turn around and live the same way. Right? They want to matter. They want to leave a legacy. They want to be significant in the lives of other people, not in an arrogant or worldly way. at some point I'm going to stop doing this Nantan thing, right? If I travel around right now and it's very flattering and, you know, I try to live by the James E. Faust, you know, he told Elder Uchtdorf he said, you know, they're going to say nice things about you Dieter. Don't you ever inhale it. That's right. Right. Try to live by that, right? So I could travel all over and they'll say nice things and it's all wonderful. Again, tens of thousands of men that do this across the country. Many of them, you know, are aware of, of, you know, oh Daria or whatever, like he, you know, this person, right? in a few years when I stop doing this, I'm not going to remember a thing. I'm going to remember who I am. I'm going to move on. Right? And that's the beauty of it to some degree. But my hope is that the things that I taught them, the things that we talked about and the way that I led, right? And this, it's always very satisfying and maybe this is weird, but it's always very satisfying to me to hear a man talk about a thing as though he came up with the idea, right? And that this like this occurred to him. And I'm like, Yes. Well, that's really good. You know, even though knowing like five minutes before that's, you know, it's something that we said, right? But you go, all I did was teach you the truth, right? All I did was teach you the truth. And you took that and now you can go and you can create that legacy and on and on and on and on and on for everybody. So I know that was kind of a long winded way to get around to maybe not answering your question. I'm not sure, but I got off on a tangent. I get a little excited.

Kurt Francom:

That's great.

Frank Schwartz:

So, but yeah.

Kurt Francom:

No, I think that's really helpful. And this has been really informative and inspiring. And I hope many, you know, obviously Eldritch Corners, but also just any men, any men in the church, you know, can consider this as a resource. And so where would you send them if they want to learn more about F3 and find a group near Them?

Frank Schwartz:

Yeah, absolutely. The easiest way is to go to the website, [www.f3nation.com](http://www.f3nation.com) and find a location near you. We do a pretty good job, the local regions do a pretty good job of keeping that up to date. Generally speaking, we rely on that information as being pretty good, pretty dialed in. That's probably the easiest way. There's also, I think it's an I can't remember if it's an app or a website, but there's something called F3 Near Me. I think it's [f3near.me](http://f3near.me), and you can plug in your zip code, and it'll find the ones that are right where you are, right? Or actually, it might even just know your location and pull them up for you. And so that's probably the easiest way. The coolest part is you don't have to pay anything. There's no registration desk. You literally just walk up and be like, hey, is this F3? And they go, yeah. And then you go, cool. And then you run, or do whatever you're going to do, right? That's it. That's the whole of it. Now, they may get your email address or something after the fact, because they want help you stay connected or whatever. But, but that's, it really is as simple as that. And then when someone says, who EH'd you? They'll ask that, right? Who was the guy that invited you out? Who emotionally headlocked you? You can just, Dark Helmet. You heard it on a podcast, right? And then they'll give you some idiot nickname and you'll be, you'll be, you'll be one of us.

Kurt Francom:

One of us. That's awesome. And my mind just goes to like, just what a powerful resources that is, because I know there's so many like, leaders out there that are preying over certain men in the ward, or, you know, people who are struggling, and we often default to this, well, I need to make sure they get good, effective counseling and therapy. And of course, there's good in that, then sure, consider those things. But we often think that's like, if this person does not have an advanced degree in some psychology of some type, that that's the only thing that will help. When in reality, you'd be amazed how, especially in the context of men, how they find the solutions to their old problems when they have this community, this fellowship, this connection with God, with this masculine experience. And so this could be one of many things to say, Hey, yeah, I'm glad you're doing therapy, but Did you go to F3 this week? You should probably go to F3 this week, because that seems to always help you when you go, right?

Frank Schwartz:

Right. I mean, wives tell us all the time. Oh, when he starts getting grumpy, I ask him, how many times did you go out this week? And then I kick him out, right? It happens all the time, because you're exactly right. you know, tons of research, right? Oh, physical exercise. Sure. Right. And fellowship. Sure. And, you know, we, we see these articles all the time about, Oh, the, the great plague of male loneliness in our world. And of course, none of them have any solutions for it. They just want to talk about it, but that's, you know, whatever. Um, but I don't make any money if you, if we solve the problem, right. You know, whatever. Right. But I'm here to tell you, man, it doesn't even have to be an F3 group. I don't care. Don't care. Just get out there and start moving your body because that is you, your primary, your spirit lives in there. Right? And so if your body's not right and you're not doing things to take care of it and discipline that and treat that the way that it's supposed to be done, you're not going to get very far on the other stuff.

You're just not, it's not personal. I'm not, I don't get it. And that's the other thing about this, Kurt, that I love is I collect \$0 in salary to do this. And I'm just telling you, it takes probably, I'd give it anywhere between 15 to 20 hours a week, easy, in the work that we're doing to keep this organization moving and meetings I have and different things like that. And I'd do it twice as much if I could, if I could figure out how to, because I don't care that it doesn't make me any money. It makes me zero dollars. And that also means that I'm going to tell you the truth no matter what. Whether you come or whether you don't come, I don't care. It doesn't mean anything. I don't benefit in any way other than knowing that the mission gets accomplished a little bit more in your life, that you get to be a better man. I think that rising tide raises all boats. If things get better in your community, by golly, they're going to get better everywhere. We got a world to prepare for Christ coming back, Kirk. We ain't got time to play around.

Kurt Francom:

That concludes this episode of the Leading Saints podcast. We'd love to hear from you about your questions or thoughts or comments. You can either leave a comment on the post related to this episode at [leadingsaints.org](http://leadingsaints.org) or go to [leadingsaints.org](http://leadingsaints.org) contact and send us your perspective or questions. If there's other episodes or topics you'd like to hear on the Leading Saints podcast, go to [leadingsaints.org](http://leadingsaints.org) slash contact and share with us the information there. And we would love for you to share this with any individual you think this would apply to, especially maybe individuals in your ward council or other leaders that you may know who would really appreciate the perspectives that we discussed. Remember, learn more about disclosing betrayal from Jeff Struer by visiting [leadingsaints.org](http://leadingsaints.org) slash 14.

Elder Gordon B. Hinckley:

It came as a result of the position of leadership which was imposed upon us by the God of heaven who brought forth a restoration of the gospel of Jesus Christ. When the declaration was made concerning the only true and living church upon the face of the earth, we were immediately put in a position of loneliness. A loneliness of leadership from which we cannot shrink nor run away and to which we must face up with boldness and courage and ability.