

The Word on the (F) Street

Denominations

Jeff Heerspink, Pastor

Many people ask me if we at "F" Street Church are a part of a denomination, or if we are a "community church." The answer is yes. We are both, in that we are a part of a denomination (in fact we are a part of two denominations), and we are a church focused on the community - or as we prefer to call it, the neighborhood.

We officially came into being when the Christian Reformed Church (CRC) first called Pastor Sam Keyzer to begin a new ministry here in Lincoln. That church became the Northern Lighthouse. When "F" Street Neighborhood Church started, we intended to be a CRC as well. At the time, we were also in relationship with the Reformed Church of America (RCA) and in the process of working together to begin new ministries. (This is the group of churches that started the Block Party Trailer and Immerse). The RCA was excited about starting this particular ministry and provided funding that paid wages to Brett Byford and Jon Keyzer for the first several years. As a result, we are working to become a church that is both RCA and CRC.

God has clearly used these denominations to support our very existence. The donor who provided the funds to purchase the "F" Street Church building is a member of the CRC and lives only three hours away. The CRC gave \$15,000 of seed money, and has continued to support us with

grants. The RCA gave \$24,000 our first year and has given more throughout the years.

As it turns out, their support has been more than financial. They have prayed for us. There are people throughout the U.S. who say prayers for our ministry as a result of us being a part of the denomination. Let us remember that we are not battling against flesh and blood but against spiritual forces. Prayer is a necessity as we seek to have a kingdom impact here in our neighborhood.

Finally, I am thrilled that when the weather turns warm we will be able to turn on a

"There are people throughout the U.S. who say prayers for our ministry, as a result of us being a part of the denomination."

new air conditioning unit to cool this building. What was once thought to be a \$100,000 project, was reduced to under \$20,000, as a result of the willingness of a

group of people. These folks gave three days, came to Lincoln, paid for their own hotel rooms, used their own time, tools, skills, and installed this new unit. Several others installed new floors in the church offices. In addition to the work, they gave towards it financially.

So, yes, we are a part of a two denominations. We are also a church striving to serve a specific community by being a loving place of acceptance, and by teaching God's truth to provide direction.



Calendar for May 2018

- 1st: 6am Prayer; 7:30pm Freedom Through Christ; **Happy Birthday Madilyn Wagy**
- 2nd: 6pm Youth Group;
- 3rd: 6:30pm FoodNet; 7pm LSOM
- 6th: Sunday Service
- 8th: 6am Prayer; 7:30pm Freedom Through Christ
- 9th: 6pm Youth Group
- 10th: 6:30pm FoodNet; 7pm LSOM
- 11th: **Happy Birthday Robert Long**
- 13th: Sunday Service
- 15th: 6am prayer; 7:30pm Freedom Through Christ; **Happy Birthday Josiah Heerspink**
- 16th: 6pm Youth Group
- 17th: 6:30pm FoodNet; 7pm LSOM
- 20th: Sunday Service; **Happy Birthday Jennifer Kern-Thornburg**
- 21st: **Happy Birthday Rae Lynn Neims**
- 22th: 6am Prayer; 7:30pm Freedom Through Christ
- 23th: 6pm Youth Group
- 24th: 6:30pm FoodNet; 7pm LSOM
- 27th: Sunday Service; **Happy Birthday Diahna Welch**
- 29th: 6am prayer; 7:30pm Freedom Through Christ; **Happy Birthday Braden Mann**
- 30th: 6pm Youth Group; **Happy Birthday Mariann Kerzmann**
- 31st: 6:30pm FoodNet; 7pm LSOM

Please keep us up to date on birthdays & anniversaries! If you aren't sure that we have your information, talk to Jane Mailand or simply fill out a Welcome Card and hand it to her. In addition, if your address, phone, or email has changed, let Jane know.

Mother's Day

Just a reminder that Mother's Day is May 13. We will have a special gift for all the women in our church on that morning, in addition to a special breakfast.



Shape Groups

Connection Group: Thursdays, 7:00-9:00 p.m. at Keith Morrissey's home, 1750 Prospect. Contact Keith at 402.525.4897.

Connection Group: Tuesdays, 6:00-8:00 p.m. at the Redeemer Building, 745 D St.

Youth Group: 6:00 p.m. Wednesdays at the Redeemer Building. Contact Trent Hansen.

Women's Group: Wednesday mornings, 10:30 a.m. in the Green Room. Contact Jennifer Foreman.

Men's Group (Solid Ground): Monday evenings 7:00-8:00 p.m. at the Redeemer Building. Contact Scott Loos 402.304.9093.



Books, Books, and More Books

Jeff Heerspink, Pastor

There are many books that have been donated to our church. These are available, in the Green Room, for you to read. Most of these, at this time, are Christian fiction. We do not operate this as a library, where you check them out and then return them. We ask that you simply take one or more books to read, and then return them or pass them on to others. If you have books that you think others at "F" Street Church might value, you are welcome to bring them and add them to the book shelves.

A Note From Barb Peterson

Dear "F" Street Friends,

Life is full of adventures, both finishing and starting. Before I end my forty years in Lincoln and my last six at F Street, I wanted to make sure I was able to thank you for your prayers and support. I know that I would not have gotten through the tragic event of my daughter's partner being killed in a drive by shooting or made it through a year of cancer surgeries, chemo, and radiation without the sanctuary that F Street provides.

While I struggled with some of the tenets of the church, I so appreciated listening to other points of view and the meaningful dialogue that occurred. Healthy organizations always provide differing conversations and help a person grow. I grew at F Street and I thank you

My dream was to live in a blue state with a loon license plate and while I will so miss the music, the thoughtful words and the genuine friendships that sheltered me throughout the years, it is time to stretch and learn in a new location.

I wish all of you God's blessing. Thank you for being such an important part of my life.

Barb Peterson

SHAPE Lunch, May 6

Jeff Heersink, Pastor

After church on Sunday, May 6, you are invited to join us downstairs for about two hours, where we will lead you through a time of discovery about yourself. We want to help you learn more about how God has created you for ministry, and how you might be better plugged into the ministry here at "F" Street Church.

In this time, you will learn about your

Spiritual gifts,
Heart (passions),
Abilities,
Personality, and
Experiences.

Afterwards, you will can sign up to meet with someone from "F" Street Church to help you learn about your specific "SHAPE."

Lunch is provided. I do hope that you will attend.

ATLAS: Lincoln

Jeff Heerspink, Pastor

I am thrilled at the potential, as we start a new ministry in our neighborhood; one that will walk with the hurting, utilize the body of Christ, and unite the community. This has been in the works for some time, and I have shared about it on a number of occasions. Each month we get closer to getting ATLAS: Lincoln off the ground.

You can learn more about it by going to their website, www.atlaslincoln.org, or pick up a flyer about it in the back of church. The board is working hard to raise \$40,000.00, so that we can hire a director to start this new ministry - we are almost halfway there. We are taking an offering on May 6 to help raise those funds.

Interns and Students to be "Immersed" at F Street This Summer!

Beth Heerspink, Immerse Director

On Sunday, June 3, please join me in welcoming our three Immerse interns, who are joining our "F" Street Church community for the months of June and July. Sarah is a student at Dordt College in northwest Iowa; Morgan is a graduate from Northwestern College, also in northwest Iowa, and lives in Central City. In addition, our very own Trent will be joining us for the third straight year. If you have a chance to welcome these young people into our church family, it will be much appreciated!

These interns will be working some long hours this summer, investing in Immerse's middle and high school students who will be coming to Lincoln to serve, learn, and grow.

The first group, from Maurice Reformed Church, will arrive at the Farmer's Market on Tuesday, June 12, and stay until Sunday, June 17. We will have four more groups throughout June and July. Pray with us that God will be at work in these students' hearts and minds, and that they will learn and grow through their experiences. Our goal is to see in them a passion for God, and compassion for people.

Here are a few things that last year's Immerse students said regarding their experience:

"This trip taught me to be more accepting of others and forgiving."

"I feel more confident in sharing my love and testimony for Jesus Christ. I feel a calling to keep serving others in his name."

"This trip impacted me spiritually because I learned to love God with all my heart and love my neighbors. I also learned not to judge people because everyone has brokenness."

"This trip has opened my heart and makes me more willing to talk to and help those in need."

"The testimonies were so amazing and so touching."

Want to help? Here are some ways you can get involved:

1. Do you know a family in need? We are looking for families to serve: painting, yard work, light repairs, clean gutters, etc. Please pick up a form from the back of church, and help spread the word so we can bless families in our community. If your family can use assistance, please do not hesitate to ask.
2. Would you be willing to cook a meal for the kids at church on an evening?
3. Would you be willing to host a team in your home for an evening?
4. Would you be willing to share a personal faith testimony with a group?
5. Would you be willing to go out with a team on a Thursday evenings and pass out blessing bags to those who are homeless?
6. Would you be willing to help with Neighborhood Bible Club on Friday mornings?
7. Would you be willing to pray, pray, pray, for God to be at work in hearts and minds and lives?

Please contact Beth Heerspink at 402-217-2352 if you have an interest in any of these opportunities. Thank you so much!



Facebook

If you haven't done it already, be sure to check out our "F Street Neighborhood Church" Facebook page.

Need Prayer?

As a compliment to our prayer request box in the sanctuary, we are now providing an email option. You may email prayer requests to prayer.as.incense.com. (This address will be posted on our FB page, just in case you need a reminder.) As always, the ministry team here at "F" Street Church will keep your requests confidential as they pray over each and every request.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

Philippians 4:6

Freedom Through Christ

John Golden

Come join us on Tuesday nights at 7:30 p.m. Freedom Through Christ is a Christ-based support group for anyone and everyone.

We come together to listen and to love. We meet down in the Fireplace Room at the "F" Street Neighborhood Church. Hope to see you soon.



“F” Street Neighborhood Church Giving

The first three months of giving, here at “F” Street Church, have now been calculated. We are excited to see that we are just short of our budgeted amount. That means we have taken in \$13,239.00 of our \$13,500.00 budget, leaving us a deficit of only \$261.00 for the year. That is awesome and we are grateful.

We encourage you to give to the ministry of “F” Street Neighborhood Church, as we enter one of our most exciting times of the year. Soon, we will begin hosting block parties (Last Sunday of June – September), farmers market, outdoor worship nights, Neighborhood Bible Club, and other seasonal events. Each of these are opportunities for us to get to know others and share the gospel, and your giving provides a means for us to do this.

- Budgeted monthly offering \$4,500.00
- Giving in March \$4,371.00

Special offering for May: ATLAS: Lincoln (see the following article to learn more)

FSNC Transportation Team

Tad Stryker, Elder

Know of someone who needs a ride to church?

Do you know of anyone who would come to “F” Street Neighborhood Church regularly, if he had a ride? Maybe that someone is you! Our Transportation Team would be glad to pick up anyone who needs help getting to our Sunday morning worship service.



Tad Stryker is team leader for Transportation. Call or text him at 402-802-0597 and ask to be included on our weekly list. You can call on behalf of someone else.

Our van service also can pick you up if you have a short-term need. If you have car trouble that would keep you away from church, get in touch with Tad (early Saturday evening is best, but if it happens Sunday morning, call anyway!)

We use the church van to pick up people at their home and arrive at the church between 9:45 and 10:00 a.m. After the service, we return them home.

Want to Host a Party?

Scott Loos



Did you know, that as a part of the “F” Street Neighborhood Church family, you have access to a block party trailer? This trailer houses everything you need to throw a great party in your neighborhood. It comes stocked with a bounce house, grills, coolers, sound system, signs, and yard games. For \$25.00, you can use these supplies to throw a great party that will allow you to get to know, and serve your neighbors. You simply need to reserve it, then come and pick it up when needed.

Why is this available to us? Because, we are a part of a larger body of churches that work together to help advance the kingdom of God. (This is same group of churches who helped start Immerse). Their desire is to help you throw a great party and get to know those who live around you, as a means to share Christ through those relationships.

Want to reserve the Block Party Trailer? Call Scott Loos at 402-304-9093.

Lincoln Marathon

Once every year, we have to be aware of the Lincoln Marathon event. It is always on the first Sunday of May, and this year it lands on May 6. What that means is, that for many of you it will be a challenge to get to church. It may mean that you need to park a few blocks away, and walk in, or get here early - like really early (before 8:00 a.m.)

This event also brings a great opportunity, because it is on a Sunday. We get visitors who cannot leave the neighborhood to go to their regular church, so they come to worship with us. There are a few great people who have made “F” Street Church their home after such a weekend.

I hope that you will prepare properly and make sure to come and worship with us.

Parish Nurse's Corner

Barb Douglas, Parish Nurse

Hello "F" Street Church Family,

The month of May has a lot going for it. It is the month of Mother's Day, Memorial Day, and Health, Sports and Fitness month. I will touch a little on each subject, as it pertains to God's family.

First, I want to say, "Happy Mother's Day," to all of you who are, will be, and are considered to be mothers.

According to one poet, this is the definition of a mother: "Mother is the name for God in the lips and hearts of little children." - William Makepeace Thackeray

Mother's Day was not always an official holiday. It was made a national holiday by President Woodrow Wilson, on May 9th, 1914, and has been celebrated in America for 104 years. The Carnation flower was chosen to represent Mother's Day, ever since they were distributed at one of the first commemorations to honor the day.

We can thank the tireless efforts of Anna Jarvis for this day of remembrance. She began the crusade to honor her own, and all mothers, after the death of her mother, Anna Reeves Jarvis, on May 9, 1905. After nine years of campaigning, Ms. Jarvis won a legislative action to celebrate Mother's Day, annually, in May, to honor all mothers in this country.

It has since become a tradition, in many countries, to honor the women we call mother. Let us consider the woman God chose to be the mother of his son, Jesus. At the time, Mary was not looked upon as special, or even average. She was nearly stoned for being found pregnant (with Jesus), before she and Joseph were officially married. But God protected her and the unborn son of God.

Mary had special purpose that no one could understand or envision. She was a nobody, unimportant by any standards. However, God chose her to give birth to his son. We are all saved today because of her willingness to be all that God had purposed her to be, and because of his sacrifice on the cross. Do you think that she understood the significance of who that little baby would become? I don't, not really, not any more than we can understand our significance as God sees us. We are all very important to his plan. God has never made a mistake when forming us in the womb, no matter how messed up the world considers us.

Just as God blessed Mary with motherhood, so he has blessed many women. Those who have never given birth, but are mothers all the same - God planned that too. So we say, "Thank you," to all those women blessed with motherhood, whether it is by birth, adoption, fostering or just being there for any kid that needed you. You are a blessing, even though we don't always feel like it, act like it, or deserve it. God's blessings to you all.

Memorial Day is also a day of remembrance in our country. It is a day to remember all those who have given their lives for this country to remain free. May the United States always stand for freedom for *all people*.

Following is the 23rd Psalm, verse 4, and two prayers that I thought expressed the value of each of us - as people and children of a most gracious, and loving Father:

Psalm 23:4 - "Yea, though I walk through the valley of the shadow of death, I shall fear no evil for thy rod and thy staff they comfort me."

A Soldiers Prayer for the Fallen:

To the fallen soldiers let us sing
Where no rockets fly or bullets wing
Our broken brothers let us bring
To the Mansions of the Lord
No more bleeding no more fight
No prayers pleading through the night.
Just divine embrace, eternal light
In the Mansions of the Lord
Where no mothers cry, nor children weep
We will stand and guard though the angels sleep
Through the Ages safely keep The Mansions of the Lord.

An excerpt from a Holocaust prayer by Alexander Kimel, Holocaust Survivor:

God of our Fathers, let the ashes of the children incinerated in Auschwitz, the rivers of blood spilled at Babbi-Yar, or Majdanek be a warning to all mankind that hatred is destructive, violence is contagious, while man has an unlimited capacity for cruelty. Almighty God fulfill the prophecy of Isaiah, "they shall beat their swords into plowshares...nation shall not lift a sword against nation, neither shall they learn war anymore. Amen.

May is also National Health, Sports, and Fitness month. We are all aware of how important it is to stay healthy and fit. Following are a few fun tips to get and stay healthy:

1. Get your mom and take a walk! It's good for your health and hers, and good to strengthen that relationship as well as your muscles.
2. Regular physical exercise is important to maintain our health, and well being. Just 15-20 minutes a day can make a big difference.
3. Walking, for nearly everyone, is a great and inexpensive way to get daily exercise and take care of your health.
4. Swimming is also an excellent way to get low impact exercise.
5. Mainly encourage each other to care for yourselves. Each

(Parish Nurse's Corner Continued:)

one of you is an irreplaceable member of God's family.

Words from the scriptures to live by: Luke 6:35-38 - "But love ye your enemies, and do good, and lend, hoping for nothing to gain; and your reward shall be great, and you shall be children of the highest: for he is kind unto the unthankful and to the evil. Be ye therefore merciful, as your Father is merciful. Judge not and ye shall not be judged; condemn not and ye shall not be condemned; forgive, and ye shall be forgiven. Remember always these words describe God's attributes toward us, not our attributes or treatment of each other. something we should strive toward as children of God.

With love to you all, care for yourselves and each other. Bless your mom, this Mothers Day, with a Carnation, a phone call, or better yet, a visit if possible. Following this article, is a 'Healthy Living' recipe. Please enjoy it, and may your family connect in the best way possible.

Love to you all.

Barbara J. Douglas PNFSNC



Empanapita (similar to a Spanish empanada, tis empana "pita" uses pita bread for the shell)

Nutritional information per serving: calories 373, total fat 4 g, saturated fat 1 g, cholesterol 34 mg, sodium 374 mg, total fiber 14 g, protein 27 g, carbohydrates 60 g, potassium 741 mg, vitamin A 180%, vitamin C 50%, calcium 8%, iron 25%. *Percent Daily Values are based on a 2,000 calorie diet.*

Prep time: 10 minutes (20 min. with homemade salsa) **Cook time:** 10 minutes **Yield:** 4 servings **Serving size:** 1 stuffed pita half, 1/4 c. tangy salsa

Ingredients:

2 (6 1/2 inch) whole-wheat pitas

1 c. salsa

For Filling:

2 c. low-sodium black beans, rinsed

2 c. frozen broccoli, corn, and pepper vegetable mix, thawed (leftover friendly).

2 c. grilled boneless, skinless chicken breast, diced (about 4 small breasts)

1/2 c. shredded low-moisture part-skim mozzarella cheese

1 Tbsp. fresh cilantro, rinsed, dried, and chopped (or substitute 1 tsp. dried coriander)

2 Tbsp. scallions (green onions), rinsed and chopped (or substitute red onions)

Instructions:

- 1) Preheat oven to 400 degrees F.
- 2) Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
- 3) Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1 1/2 cups each)
- 4) Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
- 5) Serve each empanapita with 1/4 cup of salsa

Note: *If you can't find beans labeled "low sodium," compare the Nutritional Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.*

Tip: Children can help stuff ingredients into the pita pockets.



Matthew: Overview

The book of Matthew is not only the first book of the New Testament, it is likely the most treasured of the gospels by most Christ followers. From the famous "Christmas Story," to the most famous "Sermon on the Mount," the many beloved parables, and the poignant account of the crucifixion with the dramatic account of the resurrection; it is all capped off by the greatest of challenges to GO and make disciples.

I have said several times that if we read the gospels, begin to apply them to our lives, and let them sink into our hearts, that we will forever be ruined. We will see Jesus as the Lord and it will affect how we do everything. We will see Jesus as our savior and it will forever change what we treasure. It is my prayer that you will take the challenge to read this great gift from God, and that it will change you forever.

James: Overview

If the first two books that we are reading through this year are calling us to keep the faith, then James is teaching us how to live by faith. James, the brother of Jesus, writes this book to the early converts living among non-believers.

It is a book that we could and maybe should read every day as a reminder of how to live. When I first came to Jesus, it was the book that I was encouraged to read everyday for a month, as a means to soak it in and have influence on my life. To this day, it remains a favorite, yet still a challenge to live out. I hope it will be that for you as well.

May	James/Matt	May	Matthew	May	Matthew	May	Matthew	May/June	Matthew
1	<input type="checkbox"/>	2	<input type="checkbox"/>	15	<input type="checkbox"/>	7	<input type="checkbox"/>	12	<input type="checkbox"/>
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3	<input type="checkbox"/>	4	<input type="checkbox"/>	17	<input type="checkbox"/>	9	<input type="checkbox"/>	14	<input type="checkbox"/>
4	<input type="checkbox"/>	5	<input type="checkbox"/>	18	<input type="checkbox"/>	10	<input type="checkbox"/>	15	<input type="checkbox"/>
5	<input type="checkbox"/>	1	<input type="checkbox"/>	19	<input type="checkbox"/>	11	<input type="checkbox"/>	16	<input type="checkbox"/>
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