

The Word on the (F) Street

Reflections on Four Years

Jeff Heerspink, Pastor

My, oh my, we have four years of ministry at F Street,

What started as a prayer in 2008, "Lord let us have that building if it be your will," turned into a reality the spring of 2014 when we bought this amazing old building at 13th and F Streets. What was once one of the ten original churches of Lincoln, granted to different denominations to come and plant churches, now was entrusted to us.

It was a miracle, and to this day amazes me, that a church like the Northern Lighthouse could daughter a new church. Yet God, who is able to do far more than we could ask or imagine, (Eph 3:20) set up a situation whereby a donor paid \$260,000 to buy the building, and another denomination (the Reformed Church of America) gave us money to help staff both at F Street, and the Northern Lighthouse. Each of these parts is a miracle.

We began with the vision carried over from the Northern Lighthouse: to be a place of acceptance and direction. Today I believe that God has allowed us to live that out. I find "F" Street Neighborhood Church to be a place where people are both welcomed with the grace of Jesus, and find the life changing truth of who he is - and who we are in him.

There was a desire to not be just another church *in* the neighborhood, but to be a church *of* the neighborhood. We have seen many from the neighborhood come to Jesus and become a part of the church. God has been faithful in giving us the opportunity to share the hope that we have. Every year we have seen a number of baptisms.

In just the past year, God answered a specific prayer that he told his disciples to pray, (and that the leadership of this

church has prayed on many occasions): "Lord send us workers for the harvest, as the harvest is plentiful and the workers are few."

As we celebrate our fourth anniversary, I hope that you are able to give thanks to God. Thank him for his hand in making it possible for us to begin this ministry- with a multitude of miracles, thank him for his ability to provide through the years, and thank him for his continued faithfulness.

God has been good to us "in the hood."

Looking Forward

I remember it well, a sixteen-hour road trip with Brett Byford, at the time that we were preparing to start "F" Street Church. If you know Brett, you know that a road trip with him is going to be an interesting time. It was also a formative time. We drove to Chicago to learn from another ministry that had multiplied into different neighborhoods.

On the return trip, we talked about the vision Jesus gave to his church in Acts 1:8 *"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."* - Acts 1:8.

We have translated the end of that verse in our context to mean in our neighborhood, our city our country and to the ends of the earth.

Our Neighborhood: For us to continue, we must have a strong desire, as a church, to make a kingdom impact in our neighborhood. Up to now, we have used block parties, farmers market, a Parish Nurse, and new ministries like Atlas.

(Continued on the following page)



Calendar for June 2018

- 1st: **Happy Birthday Kevin Rogers**
3rd: Sunday Service; **Happy Birthday "F" Street Neighborhood Church**
4th: **Happy Birthday Mel Schroeder**
5th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ; **Happy Birthday Rachel Mailand**
6th: **Happy Birthday Lynn Davis, Jolene Wilson**
7th: 6:30pm FoodNet
10th: Sunday Service
12th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ
13th: **Happy Birthday Robert Bender, Brandie Watson**
14th: 6:30pm FoodNet
17th: **Father's Day**; Sunday Service
18th: **Happy Birthday Anna Leigh Nitzel**
19th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ
21st: 6:30pm FoodNet; **Happy Birthday Jean Stryker**
22nd: **Happy Birthday Kathleen Laws**
24th: Sunday Service; **Block Party**
25th: **Happy Birthday Desiree Thomas**
26th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ; **Happy Birthday Kim McFarland**
28th: 6:30pm FoodNet

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.

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: This will start again next fall.

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.



Hey Kids! You are invited to Neighborhood Bible Club! Bring a friend!

Who: All kids ages 4 and up

What: Games, craft, Bible story, face painting, singing, lunch, FUN!

When: Friday mornings from 9:45 a.m.-12:00 p.m., Starting June 8.

Where: The Redeemer Building (8th and D St.).

Why: To share the love of Jesus with children in our neighborhood! For more information, contact Beth at 402-217-2352.

Adults, if you would like to help with NBC, please talk to Beth. If you are willing to help canvas the neighborhood, inviting people to NBC please meet at the Redeemer Building on Wednesday, June 6, 7:00 p.m.

(Reflections on Four Years, Continued:)

These, and like ministries, are opportunities to engage in our neighborhood, to build life-giving and life-transforming relationships with others. In addition, it is imperative that we fulfill our call to go make disciples, build up, equip individuals who are passionate about Jesus, and live Christ-like lives in our community. This can happen via the Community Groups, Bible studies, and other opportunities like the Lincoln School of Ministry. Our primary calling is always to be a blessing, share the gospel, and equip others for ministry. We have to trust God to build his church as we do what he has called us to do - make disciples.

Our City: To help reach the city, it is our hope to connect with other churches and ministries. There are churches who do things that we don't or can't. There are those that are reaching a different demographic. Some churches are just starting, others established. Whatever the situation, we want to work with them.

It is important to continue close and intentional contact with the Northern Light-house. They gave us our start and are faithful in ministering to those incarcerated.

We plan to start new churches. There are so many reasons why starting a church is important—for us and the kingdom of God (more than I will list here, but this may be a topic for next month). If I can influence it, next year we will celebrate our fifth anniversary in conjunction with the start of a new church in a nearby

neighborhood. This new ministry would focus on its unique neighborhood, and be a light into a community beyond our area.

Our Country: One of the great reasons to be part of a denomination (actually we are a part of two), is receiving support from people around the U.S. (like the guys who came to Lincoln to install our AC unit, or the donor who purchased our building). This connection allows us to help plant other churches, or be a part of disaster relief. We get to have an impact, through ministries like Immerse, and bring in students from around the country - and we get to send people to new locations around the country.

To the ends of the Earth: Finally, we hope to help one another grow in Christ.

When we do that, there will be people among us that will get a call to go - to places where the church is not yet established, or maybe where people

have not had the Bible translated into their language. We hope to support missionaries like Chad and Erica who are in Thailand, Chad and Julie in Spain, or the Hispanic church in our building, or across the street.

It is evident to me that where there is the greatest gospel need there is also the greatest financial need.

Moving forward, I hope that you will passionately pray for the power of the Holy Spirit to help us live into the calling Jesus gave his church.

"Our calling is to always be a blessing, share the gospel, and equip others for ministry."

"F" Street Neighborhood Church Giving

Budgeted local giving per month \$4500

Actual giving for April \$5035

We give thanks to God that this places us \$274 over budget for the first time in our history. Thanks to everyone for your faithful giving.

Missionary Support: Kayla Carson Update

"You have been amazing partners on this journey. It's hard not to brag about you to the other students!

I want to update you on where I believe God is leading me. After this semester ends June 14th, I will not be returning to the Middle East. I will be making this shift with different ministry goals and job perspectives in mind. This decision has come through a lot of prayer, counseling, and processing.

This journey has been one of growth, discovery, and prayer. This is not what any of us envisioned happening, but I have come to realize that it was necessary in my story. The Father has grown me and used me in ways that might not have been possible without this semester. He has and is using this to draw me closer to his heart and I know He is using this to influence the lives of others.

Please continue to pray with me regarding this transition and direction. Thank you so much!

Lincoln School of Ministry

Jeff Heerspink, Pastor

We are thrilled to graduate our first students from the Lincoln School of Ministry (LSOM). There are three individuals, from "F" Street Neighborhood Church, who have completed the one-year course. From Bible Theology, to Art in Worship, fourteen students attended the classes on Thursday nights for nine months. It was an opportunity for everyone to learn and grow in their understanding of God and themselves.

We are happy to offer a second year of classes. It will be a repeat of the same overall curriculum, with the fall trimester being a focus on Theology and Church History, the winter trimester on Pastoral Care and Evangelism, and finish up the spring trimester with Leadership.

If you have any interest in being a part of the LSOM, you are welcome to fill out an application, in the back of the sanctuary, and turn it in to Pastor Jeff. Or you can talk to Pastor Jeff to learn more about the LSOM. The cost of each trimester is \$100, and the first trimester starts September 6.

Outdoor Worship Night

*Join us at
7:00 p.m.
Friday, June 5
in the
Church
parking lot.*

*(fire-pits & s'mores
included!)*



Nebraska Kingdom Awakening

You are invited to Peter Pan Park for an outreach event on Friday, June 8, 5:00 – 7:00 p.m.

There will be music, food and the gospel.

This is a multi-church event with a focus on sharing the hope of Jesus.

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

Summer Outreach Opportunities

Scott Loos

Hey "F Streeters,"

Summer is finally here, and with it comes many opportunities to "get out of our seats and into the streets." Those opportunities look like: our anniversary celebration in Cooper Park on June 3, monthly block parties beginning June 24, and several events involving Immerse groups. There are a lot of spaces and places to be filled so that we, as a church, can go into our neighborhood and make every event count.

How do we make it count, you might ask? Opportunities include: flipping burgers on the grill, staffing the bounce house, face painting, and set up/tear down. Simply smiling, and saying, "Hi, how are you?" is a great ice breaker for you and the other person - connecting with people in the way that Jesus did.

One of my favorite Bible stories is John 4, where Jesus meets the woman at the well. The meeting itself should not have happened but was, at the same time, right on so many levels. I love the way that Jesus opened that conversation by just asking for a drink of water. The Samaritan woman's encounter led many to believe, and was an event which he used as a teaching experience with his disciples. (I love it...Outreach 101!)

Here's the challenge moving forward this summer: Be engaged and then engage. Help is *always* needed at each and every outreach event. If you want to help, we will find a spot for you, just see Pastor Jeff, Melissa, or myself. Then *connect*. God works the details when we become his conduit - always has...always will.

Love you guys!

Scott

Yoga Class

Kristina Findley

Looking for a new way to keep your heart open to God, give yourself extra time for reflection, and add some physical activity to your life as well? We are hoping to start a yoga class, in the Fireside room, for all ages, levels, and experiences. The class will be free and yoga mats provided.

The class will present a meditative and biblical focus, beginning and ending with a scripture reading, while increasing your flexibility, strength, improve balance and joint health.

Yoga is a great way to listen and speak to God while growing physically, and in your connection with Christ. A schedule will be announced at a later date. We would like to know what times and days would work for you also! If you have questions or are interested please contact Kristina Findley, 02.617.1148.



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(See Genesis 6-8)

10-06-1998

IT WAS ONLY AFTER NOAH FINISHED HIS ARK PROTOTYPE THAT HE FINALLY ADMITTED THAT HE DID NOT KNOW WHAT A CUBIT WAS

Parish Nurse's Corner

Barb Douglas, Parish Nurse

Hello Brothers and Sisters in Christ,

The summer begins! Please remember to keep hydrated. Drink plenty of water and find shade whenever you can, especially when working in the heat and sun. Use good sense in all activities, and don't overdo. It feels great to exercise and have fun in the sun. Fitness and healthy food is very important for all ages and types of people. However, we don't all need exactly the same things to stay healthy, because we are different in many ways from each other. This month I am addressing the importance of fitness for recovering addicts.

There is a reason they call it addiction recovery: your body, mind and spirit all need major amounts of healing. While you shouldn't rush into any marathons, starting some kind of fitness routine can help keep your sobriety on-track, and promote healing inside and out. There are many options for exercise that everyone can benefit from.

It's no secret that recovery is hard. Even when you are totally committed, cutting substances out of your life comes with all kinds of stress on body and mind. Your body must learn to function in sobriety. Early on, your body and mind can scream for that drug of choice, and be overwhelming at times, often leading to relapse. So, having a healthy outlet for relieving your stress isn't just a good idea, it's crucial.

Exercise is one of the healthiest, most rewarding forms of stress relief you can get. Any kind of exercise will give you a mood-lifting boost of endorphins that can immediately take the edge off. Exercise relaxes you. It works the mind-body connection to burn off the frustrated energy that you're constantly building up while in recovery, and gives you something healthy to focus on.

You won't be able to instantly get to the root of your addiction or find the right words to make things right with your loved ones, but you *can* start stretching every day and eating healthier as well. Keeping tangible goals and developing a trusting relationship with God and His people is as important to your recovery as breathing is to us all.

No matter what your drug of choice, your body likely has some resulting damage from your substance abuse. Keep in mind that, depending on your circumstances, your health issues may require that you don't over-exert yourself within the first few weeks of sobriety. Putting too much strain on the body while it's getting over the shock of detoxification can be dangerous, so it is very important to talk to your Dr. about what is right for you.

Walking is probably one of the most versatile and helpful exercises anyone can participate in. It can improve your flexibility, mobility, and cardiovascular health, lower your blood pressure, improve circulation, and even reduce the risk of developing diabetes, and other chronic illnesses. What may seem like small steps toward improved fitness are actually significant, and the

results often develop more quickly than you would expect.

Working out is also a good way to help reduce addiction related withdrawal symptoms and cravings. That's probably in large part because the endorphins released during exercise are the same ones that were triggered by your drug of choice----it's the same kind of boost, but in a healthy form.

Yoga is an excellent way to maximize the benefits of exercise. Not only is it amazing for your body, it implements meditation as well. Meditation on God's word is one of the most rewarding activities we can do to encourage ourselves in recovery. Being able to let go of your worries and struggles, even briefly, can be the best medicine for you. You may even find that meditation on God's word alone can help you overcome moments of temptation. "F". Street Church will be starting a class on Yoga later this summer. Keep reading the Newsletter for more information.

Swimming is an especially good form of exercise for those who have physical pain or damage following their substance abuse because it makes your body buoyant. This allows you to exercise without putting undue pressure on your joints and muscles. The calming effect of the water can be soothing in itself, and may even become the part of your day you look forward to the most.

Dancing can lower stress, improve your mood, get your heart pumping, and increase your energy and flexibility. You can create your own dance exercise routines at home or get a friend to join you in the park! Whatever you do, it can give you an escape from the frustrations of recovery, a hobby to focus on, and healthy fun you can enjoy just about anywhere.

Realize that God loves you and is rooting for your recovery. There is a wonderful group that meets every Tuesday evening from 7:30 - 8:30 p.m. called Freedom through Christ (FTC). We get together, encourage each other in all things, study the Bible together, and just enjoy one another's company. So if you've a mind to, please join us. There is always room for one more!

On the next page are cool recipes to enjoy any time, but summer time is best! They are full of energy, great taste, and fun. Please get together with family or friends and enjoy this time together.

Blessings from our Father to you all,

Your Parish Nurse

Barbara J. Douglas PNFSNC

Recipes

Barb Douglas, Parish Nurse

Dunkin' Veggies and Dips

Prep time: 5-10 minutes for each dip **Cook time:** none

Yield: 4 servings **Serving size:** 1 Tbsp. dip (nutrients listed separately for each dip and for 1 1/2 c. vegetables)

Nutritional information per serving of each kind of dip (Percent Daily Values are based on a 2,000 calorie diet.):

Low-fat Blue Cheese Dip (1 Tbsp.): calories 56, total fat 4 g, saturated fat 1 g, cholesterol 4 mg, sodium 145 mg, total fiber 0 g, protein 3g, carbohydrates 3 g, potassium 22 mg, vitamin A 2%, vitamin C 0%, calcium 2%, iron 0%.

Honey Mustard Dip (1 Tbsp.): calories 71, total fat 0 g, saturated fat 0 g, cholesterol 0 mg, sodium 46 mg, total fiber 0 g, protein 1g, carbohydrates 19 g, potassium 86 mg, vitamin A 4%, vitamin C 4%, calcium 2%, iron 0%.

Tuscan White Bean Dip (1 Tbsp.): calories 87, total fat 4 g, saturated fat 1 g, cholesterol 0 mg, sodium 25 mg, total fiber 3 g, protein 3g, carbohydrates 10 g, potassium 158 mg, vitamin A 2%, vitamin C 4%, calcium 0%, iron 6%.

Vegetables (1 1/2 C. mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

calories 42, total fat 0 g, saturated fat 0 g, cholesterol 0 mg, sodium 77 mg, total fiber 2 g, protein 2 g, carbohydrates 9 g, potassium 456 mg, vitamin A 140%, vitamin C 80%, calcium 6%, iron 10%.

Ingredients:

Low-fat Blue Cheese Dip (1 Tbsp.):

- 1/4 c. reduced-fat blue cheese crumbles
- 1/4 c. fat-free sour cream
- 2 Tbsp. light mayonaise

Honey Mustard Dip (1 Tbsp.):

- 1/4 c. honey
- 2 Tbsp brown mustard
- 2 Tbsp fat-free evaporated milk
- 1 tbsp. fresh parsley, rinsed , dried, and chopped (or 1 tsp dried)

Tuscan White Bean Dip (1 Tbsp.):

- 1 Tbsp. olive oil
- 1 Tbsp. garlic, chopped (about 2 cloves)
- 2 Tbsp. onions , chopped
- 1 c. low-sodium cannellini beans rinsed
- 1/4 c. low-sodium chicken broth
- 1 Tbsp. fresh parsley, rinsed, dried & chopped (or 1 tsp. dried)
- 1 tsp. fresh oregano rinsed, dried & chopped (or 1/4 tsp. dried)

Vegetables (1 1/2 C. mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

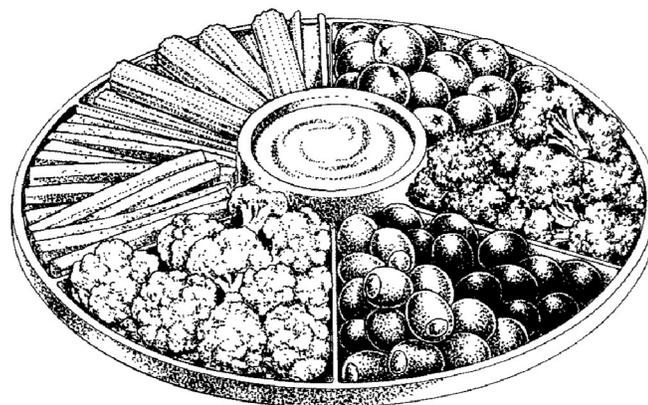
5 c. assorted raw vegetables, rinsed and cut into bite-sized pieces as needed—such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes.

Instructions:

- 1) Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).
- 2) Arrange vegetables on a platter and serve with choice of dip.

Note: Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

Tip: Children can help make the dips and rinse the vegetables



Matthew

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.

Ephesians

This is a very descriptive book for the church. It helps us to understand who we are in Christ and how we are to live as a church. It holds one of the great teachings, on the armor of God, and how we are to stand against the devil. In this six-chapter book of the Bible, Paul is not addressing a specific moral issue in the church, but seeks to build up the believer in their faith helping them to become mature believers in Christ. May you be encouraged, challenged, and grow in maturity, as you read through this book of the New Testament.

Philippians

Known as the "book of encouragement," this text is believed to be Paul's last of the four books that he wrote while in prison. He used this as an opportunity to express his affection and appreciation for them, and the support that they have shown to him.

Philippians brims over with often quoted passages: "He who began a good work in you will perfect it until the day of Christ Jesus," "To live is Christ and to die is gain," and "I can do all things through him who strengthens me." These are just a few, but the portrait of Jesus Christ, as a humble servant, is as the core of Paul's teaching in this letter.

Colossians

Paul's letter to the Colossians presents Christ as Lord over all of life. In Colossians, we come face to face with the God-man. False teachers in the church at Colossae believed Jesus to be unique; but Paul paints Christ in ways that no one can deny as supreme over creation. Besides establishing Christian theology, this letter touches on individual conduct for how one should live. Paul writes about the home and family, our work life, as well as the way we should treat others. This letter glorifies Christ as entirely sufficient for our salvation as well as sanctification. Enjoy!

May/June	Matthew	June	Matthew	June	Matt/Eph	June	Eph/Phil	June	Phil/Col
28	<input type="checkbox"/>	17	<input type="checkbox"/>	11	<input type="checkbox"/>	27	<input type="checkbox"/>	25	<input type="checkbox"/>
29	<input type="checkbox"/>	18	<input type="checkbox"/>	12	<input type="checkbox"/>	28	<input type="checkbox"/>	26	<input type="checkbox"/>
30	<input type="checkbox"/>	19	<input type="checkbox"/>	13	<input type="checkbox"/>	1	<input type="checkbox"/>	27	<input type="checkbox"/>
31	<input type="checkbox"/>	20	<input type="checkbox"/>	14	<input type="checkbox"/>	2	<input type="checkbox"/>	28	<input type="checkbox"/>
1	<input type="checkbox"/>	21	<input type="checkbox"/>	15	<input type="checkbox"/>	3	<input type="checkbox"/>	29	<input type="checkbox"/>
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		7	<input type="checkbox"/>	25				1	<input type="checkbox"/>
		8	<input type="checkbox"/>	26				2	<input type="checkbox"/>
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