

# The Word on the (F) Street

## Goals

Jeff Heerspink, Pastor

It is always good to have goals. As a church, we have some as well. One of those goals is to plant a new church by the summer of 2019. Now, let me be clear that this is a human goal, and we are not saying that God has called us to do it by that particular date. God has called all churches to multiply, and we hope to begin new churches that plant new churches.

I share this for a few reasons. First, it is our desire that some of you might be part of the team that plants a new church. In no way do we want to get rid of you, it is just that we know that God will call some of you to reach new neighborhoods; to be a part of a church that has a different kingdom-focus than F Street. That is exciting, and we want

you to be a part of it. Second it is simply a fact that new churches are most effective at reaching people for Jesus. Therefore, when the church stops planting, it hinders its kingdom- impact to reach the lost.

Starting new churches is about being obedient and experiencing everything that God has for us. I hope that you will pray with us that God will raise up leaders, and show us when and where we are to plant a new ministry in the seasons ahead.

Rest assured that we would never force church planting. However, we always want to be looking for the opportunities that God has in front of us, and hear where he is calling us to take big steps of faith for him.



## Calendar for August 2018

- 1st: **Happy Birthday Vonnie Wietrefe**
- 2nd: 6:30pm FoodNet
- 3rd: **Happy Birthday Willie Smith**
- 5th: Sunday Service
- 7th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ;
- Happy Birthday Chelsea Pfeiffer**
- 9th: 6:30pm FoodNet;
- 10th: **Happy Birthday Matthew Greenfield, Michael Mann**
- 12th: Sunday Service; **Happy Birthday Autumn Wray**
- 13th: **Happy Birthday Tad Stryker**
- 14th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ
- 15th: **Happy Birthday Jose Lopez, Elouise Schowlater**
- 16th: 6:30pm FoodNet
- 17th: **Happy Birthday Jakob Medrano**
- 18th: **Happy Birthday Judy Gruidel**
- 19th: Sunday Service; **Happy Birthday Michael House**
- 20th: **Happy Birthday Tory Moghadam**
- 21st: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ
- 23rd: 6:30pm FoodNet
- 25th: **Happy Birthday Stephen Mailand**
- 26th: Sunday Service; 12:00pm Block Party
- Happy Birthday Abigail Heerspink**
- 28th: 6am Prayer; 4pm Farmer's Market; 7:30pm Freedom Through Christ;
- Happy Birthday Kristina Findley**
- 30th: 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.*

## Block Parties

Melissa Loos

June's Block Party was amazing!! Thank you to all who helped make it such a great outreach for our "F" Street Neighborhood!

**July 29** and **August 26** are our next two Block Parties, and again, much help is needed and appreciated! Not sure how to help? Connect with Melissa, Scott, or Jeff and we'll get you plugged in. Also, watch for the sign-up sheets that circulate the Sunday before each Block Party.

It's exciting to see God at work all around us. He invites us to join him and he calls each one of us to love others and be a light in the darkness.

"...we should love one another." 1 John 3:11

"The light (Jesus) shines in the darkness, and the darkness can never extinguish it." John 1:4

Be blessed and remember you are a child of God!



## Shape Groups

### Update:

Currently many of our Community Groups are off for the summer. We are also processing the best plan and structure for these groups as we see them as an important part of our personal discipleship. If you would like to be involved with community or learn more about them, please contact Pastor Jeff.

They will begin again soon.

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



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. throughout July.

**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.

## Introducing Brody

Hello All!

I'm so incredibly excited to start with "F" Street. I've been dreaming about living in Lincoln and serving in its neighborhoods for months now and it's so cool to finally be here. I'm looking forward to getting to know everyone who comes through the church doors. I walk the sidewalks of 13<sup>th</sup> Street, or hangs out in the parks south of downtown. Really, I'm just stoked to meet anyone and everyone with whom I'm privileged to cross paths.

I grew up in northwest Iowa, where I lived, for just about my whole life, and where I graduated high school and college. In college, I studied history and philosophy, but loved theology and religion classes. After college, I went on to graduate school in Michigan and studied medieval history, hoping to become a college professor. I always loved school, but during that time I grew increasingly drawn towards ministry.

For ten years, I've had people tell me to consider working in ministry. For most of those years, I sort of laughed it off and thought, "Well, if everything else fails, I guess I can always do ministry." When I got to school in Michigan, I was excited to start working towards my goal of being a professor. As time progressed, though, I struggled to enjoy school. By the end of my degree, I didn't even want to go to classes anymore. I began reevaluating what I wanted to do with my life. Something I enjoyed immensely during this time was spending time with friends and doing life together. I constantly looked forward to sitting by a campfire or playing video games at someone's house, sharing stories, food, and hugs.

This experience, along with many others over the last few years, led me to admit, and accept happily, my calling in ministry. One of my favorite things in the world is sitting down for good conversation over coffee. I love hearing people's stories, learning about their hopes and dreams, talking through their struggles and shortcomings. Walking beside other people on the journey of life is one of the greatest goods, I think, on this side of Eternity. This life can be so hard, the pain sometimes feels like the only thing there is - but we can all make the pain a little bit less for each other.

When we walk alongside other people, we can help them carry their baggage and their pain, and they can help carry ours. Together, we might just be able to make it through this scary world; and that is a dream worth pursuing.

I cannot wait to see all the beautiful ways that the Spirit is moving in Lincoln. I pray that I can imitate Christ in all the friendships with which I'm blessed. I hope to honor the Father in everything I do.

Grace and Peace,

Brody M. Van Roekel

## Party in the Parking Lot!

Let's come together for a Party in the Parking Lot!

**Friday, July 20, 7:00 p.m. here at "F" Street Neighborhood Church**

All ages are welcome!

Lots of fun, free activities:

**Bounce house, Face painting**

**Yard games, Ice cream**



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## ATLAS is Starting

Jeff Heerspink, Pastor

We loved you so much that we shared with you not only God's Good News but our own lives, too.

It was one and a half years ago that a few of us drove up to Sioux Center, Iowa, toured the original ATLAS, and met the founder, Jerry Keift. A few months later, Jerry was here and excited to see ATLAS start.

Being excited is only a small part of what was necessary for this new ministry to begin.:

- We had to form a board, and to my delight, each member is from a great church in our city.
- We had to raise the funding, of which we now have over \$20,000.
- We had to change some of our planning, and we now are hiring our Staff Mentor prior to a Director.

As of August 1, ATLAS Partners of Lincoln will be running under the skilled leadership of Brody Van Roekle. That is correct, the young man that we also hired as a part time staff at "F" Street Church, will also be working part time with ATLAS.

The ATLAS main office will be at the Redeemer building (745 D Street) where Brody will meet with people during ATLAS office hours, as well be out making contacts with local community agencies and those we help to serve.

I hope and pray that in the weeks to come you will learn more about the impact that this ministry is having in Lincoln, as well as ways that you can be involved.

## Lincoln School of Ministry

Jeff Heerspink, Pastor

I want everyone who reads this to consider if the Lincoln School of Ministry is for you.

Do you want to grow in your understanding of God?

Do you want to grow in your understanding of yourself?

Do you want to grow in your skills and abilities for ministry?

If you answer yes to any of these, then it is very likely that LSOM is perfect for you. Starting September 6, first trimester classes will begin, with the focus on Theology, Church History, and Bible Survey. The following trimesters are focused on ministry and leadership.

The vision for the Lincoln School of Ministry is to equip the local body of believers for ministry in the local church. We hope that everyone who attends will be encouraged, informed and prepared to better minister in their local context, and that some might even be called to plant new churches in our city.

To attend the LSOM you must be active in ministry in a local church. Applications are accepted till September 2, and each trimester cost \$100.



## Facebook

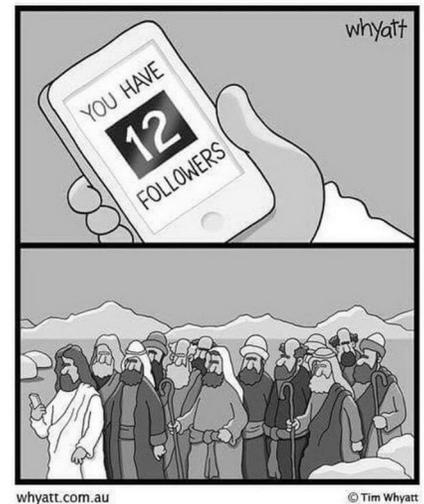
If you haven't done it already, be sure to check out our "F Street Neighborhood Church" Facebook page.

## 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](mailto: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



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## Parish Nurse's Corner

Barb Douglas, Parish Nurse

Hello and God's Blessings to you all!

Following are some healthy tips to help you enjoy this summer:

1. **Be healthy.** As you load your plate with food from the grill, throw on some fruit, and take a walk after you eat. Keeping yourself healthy and taking steps to ensure that you are in good physical health can help you to be better prepared to respond and recover from a disaster. Disasters can be physically and mentally exhausting. Exercising regularly and practicing healthy habits, like hand washing and eating healthy, can help you be more resilient and better able to help others during an emergency.
2. **Meet your neighbors.** As people grill out and spend time outdoors, take time to say hello. Knowing who your neighbors are can help you better be prepared to seek and offer help when a disaster occurs. During an emergency you may have to rely on each other to help with evacuation or clean-up.
3. **Check your First Aid Kit.** Accidents happen. Is your first aid kit stocked and ready? Make sure it includes adhesive bandages, dressings, antibiotic ointment, sterile gloves, scissors, tweezers, and burn ointment. It's a good idea to keep a kit in your car at all times. They can be purchased in their entirety from any local general store (like Wal-Mart).
4. **Get Trained.** Do you know how to provide basic medical aid if needed? Sign up for a first aid or CPR class. Knowing how to provide even minimal medical aid during a disaster could make a critical difference in saving someone's life.
5. **Volunteer in your community.** Your local police and fire

departments, the American Red Cross, Salvation Army, or other disaster response groups may have opportunities for you to help your community be more prepared. Remember our own *Clinic with a Heart* can use volunteers all the time. They will be represented at most of our outreach Sundays this summer. Please make come and talk with the representatives who will be here. See how you can help them.

In Matthew 7:12, Jesus said, "Therefore all things whatsoever ye would that men should do to you; do ye even so to them: for this is the law and the prophets." In today's language that means, "Do unto others as you would have them do to you." Simply put, if you want help then be prepared to help as well. Some refer to this as the "Golden Rule" of the scriptures.

As promised, there are two delicious recipes - on the following page - that go great with summer activities: Hawaiian Huli Huli Chicken and Wow-y Maui pasta Salad. Enjoy!

Thank you all for reading the newsletter. May you be better informed as to what your church is doing, and how you can help!

With much Love from your Parish Nurse,

Barbara J. Douglas PNFSNC



# Recipes

**Hawaiian Huli Huli Chicken** (so fun to eat that your children won't know it's healthy too—try serving with Wow-y Maui Pasta Salad)

**Nutritional information per serving:** calories 156, total fat 2 g, saturated fat 1 g, cholesterol 47 mg, sodium 320 mg, total fiber 0 g, protein 18 g, carbohydrates 16 g, potassium 255 mg, vitamin A 2%, vitamin C 15%, calcium 2%, iron 6%. *Percent Daily Values are based on a 2,000 calorie diet.*

**Prep time:** 10 minutes **Cook time:** 30 minutes **Yield:** 4 servings **Serving size:** 2 skewers

## Ingredients:

12 oz. boneless, skinless chicken breast, cut into 1-inch cubes (24 cubes-about 2 breasts)

1 c. fresh pineapple, diced (24 pieces) or canned pineapple chunks in juice

8 - 6 inch wooden skewers

## For Sauce:

2 Tbsp. ketchup

2 Tbsp. lite soy sauce

2 Tbsp. honey

2 tsp. orange juice

1 tsp. garlic, minced—about 1 clove

1 sp. Ginger, minced

**Tip:** Use leftover chicken.

**Note:** Skewers have sharp edges, so monitor younger children while eating. Or take the chicken off the skewers for them.

Children can help mix the sauce and thread the chicken and pineapple on the skewers.

## Instructions:

- 1) Preheat broiler or grill on medium-high heat.
- 2) Thread three chicken cubes and three pineapple chunks alternately on each skewer.
- 3) Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
- 4) Grill skewers for 3-5 minutes on each side. Brush or spoon sauce (from bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
- 5) To prevent chicken from drying out, finish cooking skewers in a 350 degree F oven immediately after grilling (to a minimum internal temperature of 165 degrees F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before



## Wow-y Maui Pasta Salad

**Nutritional information per serving:** calories 273, total fat 2 g, saturated fat 0 g, cholesterol 1 mg, sodium 171 mg, total fiber 7 g, protein 10 g, carbohydrates 56 g, potassium 207 mg, vitamin A 35%, vitamin C 50%, calcium 8%, iron 6%. *Percent Daily Values are based on a 2,000 calorie diet.*

**Prep time:** 15 minutes **Cook time:** 15 minutes **Yield:** 4 servings **Serving size:** 2 c. pasta salad

## Ingredients:

2 c. dry whole-wheat rotini (spiral) pasta (8oz)

1 c. fresh or frozen snow peas, sliced thinly on an angle (julienned)

1/2 c. cucumber, peeled and diced

1/4 c. carrots, peeled and diced

1 can (8oz) pineapple chunks in juice, diced, set aside 1/4c of juice

1/2 c. fat-free plain yogurt

1 Tbsp. fresh chives, rinsed, dried and chopped (or 1 tsp. dried)

1 Tbsp. fresh parsley, rinsed, dried, and chopped (or 1 tsp. dried)

1/4 tsp. salt

1/4 tsp. ground black pepper.

## Instructions:

- 1) In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8-minutes. Drain, cool, and set aside.
- 2) In the meantime, place peas in a microwaveable dish, add enough water to keep moist, and microwave for 1-2 minutes, or until warm.
- 3) Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
- 4) Add cooked pasta and peas, and toss gently to coat the pasta.
- 5) Serve immediately, or refrigerate for later use.

**Tip:** this is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots

# Cooper Park Celebration

Grant Daily, Community Specialist NeighborWorks Lincoln

To all that attended, or helped to make the Cooper Park Celebration a success, I want to say, "Congratulations on a job well done," and a big "Thank you," for all your hard work. I was pleased with the turnout and attendance, especially with this being the first year the Cooper Park Celebration has been held!

We wouldn't have been able to make this event possible without the organization tables, the meat donation from LPD, "F" Street Neighborhood Church running the grill, the bands that played, and all of the individual volunteers from Friedens, South Salt Creek, and Everett that helped with set-up and clean-up.

Also, feel free to take a look at the Lincoln Journal Star article when you get a chance!

[https://journalstar.com/lifestyles/recreation/event-celebrates-cooper-park-s-history-renovations-to-landscape-and/article\\_2b606c6b-8c34-5a7a-81b9-152a9679d5bc.html](https://journalstar.com/lifestyles/recreation/event-celebrates-cooper-park-s-history-renovations-to-landscape-and/article_2b606c6b-8c34-5a7a-81b9-152a9679d5bc.html)



# Philemon

Paul’s epistle to his beloved brother in Christ, Philemon, attests to the glory of the cross of Christ. A once slave under Philemon, Onesimus has become a forever brother and partner with Paul in the gospel of Christ. Onesimus had escaped from Philemon in Colossae, and fled to Rome where he met Paul. Paul turned both Philemon’s ,and now Onesimus’, once dead hearts to the Lord. Now he pleads with Philemon to forgive Onesimus – who could have been executed under Roman law –and welcome the once slave with the same identity he now too had claimed in Christ: a forgiven man and fellow brother in the Lord.

# Luke

The third of the four gospel accounts, Luke presents his investigation of Jesus so that the readers of his account may be “certain of the truth.” The book contains narrative history, genealogy, sermons, parables, and even prophetic oracles. A careful chronicler and beloved doctor, Luke presents Jesus as the “Son of Man,” our Savior. While the gospels of Matthew and Mark emphasized Jesus as King and Servant, Luke portrays Jesus as the great and compassionate friend to the marginalized and “sinners” of society. Come read Luke’s account of God’s ideal man who came to seek and save the lost!

# 1 Corinthians

Paul's first letter to the Corinthian church tackles sin on a variety of fronts. Sexual immorality, issues of marriage, lawsuits with other believers, and difficult doctrines that caused division are all addressed by Paul. Paul writes to encourage an accountable and unified church that pursues purity while holding on tightly to the hope of our bodily resurrection with Christ. Paul wants to unite the church to witness against the corruption of the city of their time, a witness that we need still today.

# 2 Corinthians

In 2nd Corinthians the paradoxes of Christ and Christian living are thrust out into the open. In Paul's second letter to the church in Corinth, the ways of apostleship are made known as the reader is refashioned in the image of God in Christ. One of the most dramatic turns in the life of the Christian that Paul talks about is that God's power is perfected in our weaknesses. Read and behold the several other apparent contradictions that the Spirit of Christ has for the disciple who measures his ways not by the worldly expectations, but by the fullness of Jesus made manifest in their own life.

July	Col/Phi/Luke	July	Luke	July	Luke	July	Luke				
2	<input type="checkbox"/>	4	9	<input type="checkbox"/>	4	16	<input type="checkbox"/>	9	23	<input type="checkbox"/>	14
3	<input type="checkbox"/>	1	10	<input type="checkbox"/>	5	17	<input type="checkbox"/>	10	24	<input type="checkbox"/>	15
4	<input type="checkbox"/>	1	11	<input type="checkbox"/>	6	18	<input type="checkbox"/>	11	25	<input type="checkbox"/>	16
5	<input type="checkbox"/>	2	12	<input type="checkbox"/>	7	19	<input type="checkbox"/>	12	26	<input type="checkbox"/>	17
6	<input type="checkbox"/>	3	13	<input type="checkbox"/>	8	20	<input type="checkbox"/>	13	27	<input type="checkbox"/>	18

July/August	Luke	August	Luke/1Cor	August	1 Cor	August	1 Cor	August	1 Cor		
30	<input type="checkbox"/>	19	6	<input type="checkbox"/>	24	13	<input type="checkbox"/>	5	20	<input type="checkbox"/>	10
31	<input type="checkbox"/>	20	7	<input type="checkbox"/>	1	14	<input type="checkbox"/>	6	21	<input type="checkbox"/>	11
1	<input type="checkbox"/>	21	8	<input type="checkbox"/>	2	15	<input type="checkbox"/>	7	22	<input type="checkbox"/>	12
2	<input type="checkbox"/>	22	9	<input type="checkbox"/>	3	16	<input type="checkbox"/>	8	23	<input type="checkbox"/>	13
3	<input type="checkbox"/>	23	10	<input type="checkbox"/>	4	17	<input type="checkbox"/>	9	24	<input type="checkbox"/>	14