

# The Word on the (F) Street

## A Place for Our Doubts

Jeff Heerspink, Pastor

Thomas, a disciple of Jesus, is often referred to as "Doubting Thomas" because of his denial of the resurrected Jesus, until he could see the proof. In Greek, Thomas means "twin." This leaves many to ponder, "Who was his twin, or was he a twin?" Henri Nouwen, in his book *The Genesee Diary*, references a Trappist monk who stated that we are all twins like Thomas filled with doubt and belief.

There is the one side of us that longs for God, believes in God, and relates to the Psalmist in Psalm 63:

O God, you are my God;

I earnestly search for you.

My soul thirsts for you;

my whole body longs for you.

There is also the other side of us: one that doubts his word when it comes to putting it into action. It struggles to trust that his ways are really best for us. When pressed with the lies of our culture, believes them in place of God.

Yet, Thomas never leaves the community of the disciples. Even when the others believed that Jesus had risen from the dead, he was in the community.

It was not just Thomas who doubted. When Jesus gave the Great Commis-

sion (book of Matthew) to "go and make disciples," we read, "When they saw him, they worshiped him—but some of them doubted!" Some of the early disciples who were the life givers of the church, who were all killed because of their faith, DOUBTED."

Doubt should not take us out of the community. In fact, it should drive us into the community to press for answers and sustain us in those times. It is in community that we find encouragement, and prayer support. As a church, whose mission is to be a place of acceptance and direction, I would hope that we make ample space for people with doubt. Therefore, I encourage you to - as the author of Hebrews writes: "...not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near" (Hebrews 10:25).

This can mean the gathering on Sunday mornings. However, I encourage you even more to consider being a part of a Community Group. They are listed with the times and locations in the newsletter. Let this be a place where you come with your doubts, where others can help you sort through them - from God's word. and where you can find community to be a blessing.



### Calendar for October 2018

2nd: 6am Prayer; 7:30pm Freedom Through Christ  
3rd: 6pm Youth Group  
4th: 6:30pm FoodNet  
7th: Sunday Service  
9th: 6am Prayer; 7:30pm Freedom Through Christ  
10th: 6pm Youth Group; **Happy Birthday Dennis Eastman**  
11th: 6:30pm FoodNet  
12th: **Happy Birthday Terry Oxford**  
13th: **Happy Birthday Brad Geiger**  
14th: Sunday Service  
16th: 6am Prayer; 7:30pm Freedom Through Christ  
17th: 6pm Youth Group  
18th: 6:30pm FoodNet; **Happy Birthday Bradley Hant, Donnette Massa**  
21st: Sunday Service; **Happy Birthday Scott Loos**  
22nd: **Happy Birthday Calysta Wagy**  
23rd: 6am Prayer; 7:30pm Freedom Through Christ  
24th: 6pm Youth Group  
25th: 6:30pm FoodNet  
28th: Sunday Service

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.

## Books

Did you know that there is a great collection of books in the green room for you to take and read? It is our desire that you would come and take a book or two to read. Our only request is that you either pass the book on after you have read it or bring it back. There is no check out just enjoy, learn and pass it on.



## Shape Groups

### **Solid Ground, Men's Study:**

Mondays, 7:00-8:30 p.m. in the Redeemer Bldg., 745 D St.

### **Community Group:**

Tuesdays, 6:00-8:00 p.m. in the Redeemer Bldg., 745 D St.  
Each session begins with a potluck.

### **Connection Group:**

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

### **Women's Group:**

Saturday mornings at the Meadowlark Coffee Shop, 1624 South St.

## Digital Prayer Share

Diana Rogers

Now, at "F" Street Neighborhood Church, we have a new way to request prayer and pray for others, using a cell phone app.

Simply download the app for [Pray.com](http://Pray.com) and search for "**F" Street Neighborhood Church**. If you feel moved to post a prayer request, by all means we want you to share.

Keep in mind that anyone can see your post. While we love hearing from you, this is not to be used as Facebook; we want to keep it dedicated to prayer.



## ATLAS of Lincoln: October Update

Brody M. Van Roekel, Resident Pastor

A few weeks ago, a brother in Christ and I helped a young woman, named Lucy, and her two kids, escape a domestic-violence situation. She met this brother of mine, by God's grace, as she was walking. He called me so that I could connect with her. On a random Thursday afternoon, we went over to Lucy's apartment, packed up everything she owned, along with stuff for her kids, while her abusive partner was at work. The we moved them away from the darkness and pain, that inflicted their lives, to a safe place. Through the entire process, he and I had the privilege of ministering and loving on her, her mom, and many others whose paths we happen to cross that afternoon. She was safe, and I had a blast playing with her two little kids, who seemed to think that I was a jungle-gym.

We are almost finished with two months of operation. I am continually amazed and endlessly blessed by the ground that can be covered in 60 days. We've already met so many people in our community who show interest in Atlas mentoring. Many pastors and church leaders have already asked what a partnership with Atlas would look like. They are excited about the centered mentorship that we who truly seeks it.

Gospel-oriented, Christ-desire to offer anyone

On Thursday night, we tor training. The group encourage our work with with big hearts for Jesus, (one of our Atlas missions). Each of them left equipped to come alongside folks, who are in the midst of life struggles, to direct them in the truth of the Gospel, and to demonstrate the magnificent love of Christ.

*Many of the people in our community ...fall and have no one to help them up, We can change that.*

In the coming weeks, we plan to partner almost ten kids, in the "F" Street Neighborhood Church Youth Group, with mentors. I've had many of the kids ask me, "So when we gonna get them mentors?" This is an amazing opportunity, and the kids have shown some great excitement at the prospect of having a personal mentor.

We continually meet people who would benefit from the guidance and love of a mentor. The author of Ecclesiastes says we should "pity the person who falls and has no one to help them up." Many of the people in our community, many of us ourselves even, fall and have no one to pick us up. We can change that.

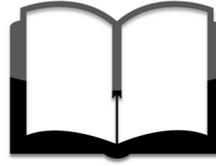
We need your prayers. You can sign up for our monthly prayer email on our website at <https://www.atlaslincoln.org/get-involved>. We need mentors. If you are interested in being a mentor, you can contact Brody at 712.441.5403 or [b.m.vanroekel@gmail.com](mailto:b.m.vanroekel@gmail.com). We need you to give. Your donations will make it possible to expand our staff, expand our footprint in the community, and expand our ability to help more people, like Lucy, on a daily basis. We can offer acceptance and direction to help a brothers and sisters when they fall, but we need your help. Consider supporting Atlas today.



## Resident Meditations

Brody M. Van Roekel, Resident Pastor

“Judging others makes us blind, whereas love is illuminating. By judging others we blind ourselves to our own evil and to the grace which others are just as entitled to as we are.” – Dietrich Bonhoeffer, *The Cost of Discipleship*



In one of his most famous works, Dietrich Bonhoeffer, a German pastor who resisted the Nazi regime and was martyred in 1945 as a result, explains the true price of real “discipleship.” A gifted writer, Bonhoeffer writes in ways far beyond my ability to understand. Moreover, these brief few lines hold within them enough depth to write for pages and pages. Instead of pages, I’ll just offer a short reflection on this famous line by one of my spiritual heroes.

Bonhoeffer summarizes nicely, in the first line, the two possible dynamics at work in our relationships with others. We can either judge others, or we can love them. Our first option, judging others, is a direct reference to the Gospel of Matthew. In Matthew 7:1-3, the author shares, “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. ‘Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?’” This plank that is in our own eye blinds us to our own evil, our own darkness. When we get caught in the trap of judging others, projecting our own shortcomings, we lose sight of the effects of sin in our own lives. No one is without blemish or sin, except Jesus himself. Additionally, when we judge others, we are in turn blind to the amazing extent of Christ’s grace. There is no sin too big, no mistake too huge, no fall too far, that we are beyond the grace of Christ, if we submit to him asking forgiveness. Every person has this opportunity. Everyone has the chance to come to Christ for the incredible grace he offers to us. When we fall into the habit of judging others or looking down on our neighbors, this grace, the essence of the Gospel, becomes invisible to us.

If we leave behind our first option, judging others, we are left with the second option, loving others. Scripture gives us dozens of verses instructing us on how to love one another. A few things need to be said here. Loving other people does not mean we think that everything they do is acceptable. In Romans 12:9, we see that we are to “hate what is evil; cling to what is good.” As already noted, each of us has evil and darkness within us. We must hate that evil and shine light into the darkness, both in ourselves and in others. This is done, as Bonhoeffer suggests, with love. Love shines into the darkest corners of who we are and drives away that darkness. The darkness cannot remain when the light is shone. Love is showing each other acceptance and hope when everyone else judges. Love is also showing each other direction and truth when everyone else wants to hold onto the secrets keeping them sick. Love is that incredible grace that none of us, least of all me, deserve, but through Christ is available.

Christ loves us wherever we’re at, but he also loves us too much to keep us there. If we’re to imitate Christ (we are), we must love each other in the same way. We must accept our brothers and sisters wherever we find them. Then, we must also love them enough to guide them into a more fulfilled life of sobriety, healthy relationships, positive community, and a Gospel-centered and God-honoring walk through life. That’s light in the darkness. That’s love instead of judgment. That’s the grace of Christ and that’s how we’re called to live with one another.

## Family Meeting

Jeff Heerspink, Pastor

**When & Where:** It has been a while since we have had a family meeting at F Street. But we have one scheduled for Wednesday, October 24 in the Fire Side Room at 6:00PM. This will begin with a potluck meal together and then our meeting.

**Who:** These meetings are intended for those who are members of F Street. We define a member as someone who believes in Jesus Christ as their Lord and Savior and is active in giving, serving and attending F Street. If this defines you than as a member we would love to see you attend this time.

**What & Why:** At this family meeting we will share some about the expanding footprint in the community, sharing the 2018 budget, as well as will be looking for your input on several topics including nominations for Elders as we intend to add one Elder to the Elder team.



“F” STREET   
Neighborhood  
CHURCH

## Parish Nurse's Corner

Barb Douglas, Parish Nurse

Hello Church Family,

Well, we are at the end of all of the summer activities. Farmer's Market is now done for this season. The last big Block Party was the last Sunday in September. Now all the fall fun begins! Weather will be changing, leaves falling, cooler temperatures, and school activities will be going strong. Please continue to be on the lookout for our favorite foot traffic-our children. Watch the street signs, and obey the speed signs. We are all in this together. A family that worships together, and watches for each other, stays together and healthy. There will be more activities going on, so keep a sharp eye out.

Thank you to everyone that assisted and or helped with the Farmer's Market, and Outreach Sundays. Their success was due to all of you pulling together and working as a team. Continue to read the newsletter for all of the new opportunities coming up for church fellowship involvement.

I love you all, please have a safe, happy, fall- fun time.

Following this article is a wonderfully delicious recipe for Shepherd's Pie:

### Shepherd's Pie (Great for leftover chicken and vegetables)

**Nutritional information per serving:** calories 336, total fat 4 g, saturated fat 1 g, cholesterol 31 mg, sodium 302 mg, total fiber 7 g, protein 24 g, carbohydrates 54 g, potassium 957 mg, vitamin A 160%, vitamin C 40%, calcium 155%, iron 155%. *Percent Daily Values are based on a 2,000 calorie diet.*

**Prep time:** 40 minutes **Cook time:** 10 minutes **Yield:** 4 servings **Serving size:** 1/4 bowl (about 1 c. potatoes and 2 c. chicken and vegetables)

#### Ingredients for Potatoes:

- 1 lb. of any kind of white potato, rinsed, peeled, and cubed
- 1/4 c. low-fat plain yogurt or sour cream
- 1 c. low-fat hot milk
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbsp. fresh chives, rinsed, dried, and chopped (or 1 tsp. dried)

#### Ingredients for Filling:

- 4 c. mixed cooked vegetables, frozen, canned or leftover
- 2 c. low-sodium chicken broth
- 1 c. quick cooking oatmeal
- 1 c. grilled or roasted chicken, diced (leftover friendly)
- 1 tsp. dried parsley
- 1/4 tsp. black pepper
- Nonstick cooking spray



#### Instructions:

- 1) Place potatoes in a medium saucepan, add enough cold water to cover by an inch. Bring to a boil, then simmer gently until potatoes are easily pierced with a fork (20-30 minutes).
- 2) While potatoes are cooking, begin to prepare the filling. Combine vegetables, broth, and oatmeal, in a medium saucepan. Bring to a boil, then simmer gently until oatmeal is cooked (5-7 minutes).
- 3) Add chicken and continue to simmer until heated through. Season with parsley and pepper. Keep warm until potatoes are ready.
- 4) When potatoes have about 5 minutes left to cook, pre-heat oven to 450 F.
- 5) When potatoes are done, drain them well, and mash with a potato masher or large fork.
- 6) Immediately add yogurt, hot milk, and salt to the potatoes. Stir until smooth. Season with pepper and chives.
- 7) Lightly spray and 8x8 square baking dish, or four individual ceramic bowls, with cooking spray. Place filling in the bottom of the dish, or about 2 c. in each individual bowl.
- 8) Carefully spread potato mixture on top of the chicken and vegetables, or about 1 c. for each individual bowl. They should remain 2 separate layers.
- 9) Bake in the preheated oven for about 10 minutes, or until the potatoes are browned and an internal temperature of 165 F. Serve immediately.



**A DISCOVERY PROCESS TO LAUNCH  
THE NEXT CHAPTER OF YOUR LIFE**

Please join us for a weekend retreat where you will discover your:  
calling, gifting, AND design Mission Impact Plan

Session 1: Friday, October 19 from 7:00 p.m. to 9:30 p.m.

Session 2: Saturday, October 20 from 8:30 a.m. to 2:30 p.m.

Facilitated by Rev. Dale Assink

Holland Reformed Church,  
22005 S. 96<sup>th</sup> Street,  
Hickman, NE 68372

To reserve your spot, please call or text Dawn Assink at 402-250-1213

# Titus

How close of a correlation do you see between your beliefs and how you live; between theology and practice? In his letter to Titus, Paul instructs the church planter, who ministered on the island of Crete, what the portrait is of a healthy church; how to properly handle error; how to live as Christians; and the power of the gospel to promote good deeds. For Paul, teachings directly shape life, and sound teachings about Christ are vitally important for the life of our faith.

## 1 John

The first of three letters, written by the apostle John - who also authored the Gospel account, as well as the book of Revelation - uses familiar contrasts: light and darkness, truth and lies. These confirm, to believers, the reality of the Incarnate Christ and God's transforming work in the believer's life. The letter was circulated to various churches in Asia Minor, around AD 90, to combat false teachers, and to promote fellowship between God and his people. This book offers the reader a close look at the Good News we have in God, who conforms us through his love into the very image of Jesus!

## 2 John

John's second letter focuses on protecting church fellowship from those who teach falsehood. Traveling missionaries and evangelists commonly stayed in the homes of believers while on their journey. 2 John sets up safeguards to love within the limits, that the truth about Jesus allows, by urging discernment on the part of the believer. That they choose not to have fellowship with those who taught heresies contrary to the Gospel of Christ.

## 3 John

The final letter of this trilogy, 3 John tells of the importance of offering fellowship to those who carry on the work of God. This letter was most likely written around AD 90, when John wrote from exile on the island of Patmos. In the letter, John addresses Gaius, who was a leader of the church in Asia Minor, about a man named Diotrephes. Diotrephes was not receiving traveling preachers with hospitality. John commends the believers in the area to continue to live according to the truth, by showing love to traveling preachers. This book continues to testify that our life, lived according to the power of the gospel, is welcoming to those who may be strangers today - but with whom we share a common bond of Jesus Christ.

## 1 Peter

Probably written in AD 64, just before the Roman Emperor Nero began his persecution, Peter writes to Christians who lived as "aliens" and "foreigners" from their surrounding culture. Their alien status is for their continued lifestyle of living as Christ lived, and bearing up under unjust or unexpected suffering. Peter walked intimately with Jesus for three years, and his letter encourages his readers to be like Jesus. That they pursue holiness in a hostile world, endure suffering, and recognize that their hardships are temporary, being encouraged to be a people of faith and endurance during their time of trial.

## John

Written between AD 85 and 95, while serving the church in Ephesus, John penned the gospel that highlights the divine qualities of Christ as the Son of God. One commentator says that the first half of John's gospel might be known as the "Book of Signs." It highlights seven of Jesus' miracles that he performed during his ministry. This book, more than any of the other gospels, points out Jesus as the God-man, the one who died for our sins, and was risen to new, eternal life. Many of the miraculous signs, that John captures in his book, are written so that you may believe that Jesus is the Messiah, and "that by believing in him you will have life by the power of his name." Come, read and enjoy, the life-giving message and hope of eternal life in Christ that has brought countless people to belief in Jesus as their Lord and Savior.

October	Titus/1 John	October	1,2,3John	October	1 Peter	October	John	Oct/Nov	John					
1	<input type="checkbox"/>	1	8	<input type="checkbox"/>	3	15	<input type="checkbox"/>	1	22	<input type="checkbox"/>	1	29	<input type="checkbox"/>	6
2	<input type="checkbox"/>	2	9	<input type="checkbox"/>	4	16	<input type="checkbox"/>	2	23	<input type="checkbox"/>	2	30	<input type="checkbox"/>	7
3	<input type="checkbox"/>	3	10	<input type="checkbox"/>	5	17	<input type="checkbox"/>	3	24	<input type="checkbox"/>	3	31	<input type="checkbox"/>	8
4	<input type="checkbox"/>	1	11	<input type="checkbox"/>	1	18	<input type="checkbox"/>	4	25	<input type="checkbox"/>	4	1	<input type="checkbox"/>	9
5	<input type="checkbox"/>	2	12	<input type="checkbox"/>	1	19	<input type="checkbox"/>	5	26	<input type="checkbox"/>	5	2	<input type="checkbox"/>	10