

The Word on the (F) Street

Seriously?

Jeff Heerspink, Pastor

Seriously? This is a question I find myself saying and thinking when I hear things that seem unreal or impossible. It is a question that I hope we can wrestle with as a church, moving into the new year. Seriously, what did Jesus teach? Seriously, what is he asking of you and me? Seriously, how will this affect our neighborhood?

Seriously, Jesus came to heal and transform, rescue the lost, and restore justice. He calls us to a totally different way of living, and is passionate about us being witnesses. Jesus commands us to take sin seriously, love our enemy, not worry, and choose serving him over money. He teaches that hell is real, that narrow is the way to heaven, and wide is the path to destruction. So, we should take him seriously.

In a Year

As 2018 comes to a close, it is a thrill to look back and see what God has done.

This year, we had the privilege to baptize several people, as God continues to be at work in the hearts and lives of folks here at "F" Street Neighborhood Church, the neighborhood. We hosted another successful year of Immerse, having close to 100 students and youth leaders live and serve in this neighborhood. There are people, who have

been a great part of our church, to whom we said good bye, sending them- as they moved- to other parts of the country. Four people were hired this year, to ministry positions: Brody started in June, as a Resident Pastor. We hired Meg, Kayla, and Jeff as Team Developers, a move to strengthen our Teams at "F" Street Church.

"F" Street Church has been instrumental in the start of ATLAS: a ministry that walks along-side the hurting. In addition, everything is in place for the February opening of Transformations Thrift Store, which is located on the corner of 14th and B. This ministry will assist in financial support ATLAS.

Looking to the future, we have great hope.

We have witnessed the Lord of the Harvest bringing new people to our congregation, as a direct answer to prayer for workers. This year, we will celebrate five years of ministry in this neighborhood. I pray that we will see more lives transformed, by the power of the Risen Savior, through the new ministries, and sharing the love of Christ through "Loving God and Loving our Neighbor."

God is at work in our church, and neighborhood, and I look forward to seeing what he will do in 2019.



Calendar for January 2019

3rd: **Happy Birthday Jane Mailand**

4th: **Happy Birthday Sarah Dicter, Sara Watson**

6th: Sunday Service

8th: 6am Prayer; 7:30pm Freedom Through Christ; **Happy Birthday Amber Schmeekle**

9th: 6pm Youth Group

10th: 6:30pm FoodNet

11th: **Happy Birthday Ken Curtis**

12th: **Happy Birthday Kyle Raney**

13th: Sunday Service

15th: 6am Prayer; 7:30pm Freedom Through Christ

16th: 6pm Youth Group

17th: 6:30pm FoodNet

20th: Sunday Service

22nd: 6am Prayer; 7:30pm Freedom Through Christ; **Happy Birthday Amy Whyte**

23rd: 6pm Youth Group

24th: 6:30pm FoodNet

27th: Sunday Service

29th: 6am Prayer; 7:30pm Freedom Through Christ; **Happy Birthday Samuel Phillips**

30th: Youth Group

31st: 6:30pm FoodNet; **Happy Birthday Asher Schmeekle**

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

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 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: January Update

Brody M. Van Roekel, Resident Pastor



A happy New Year dear people! We're ready to get rolling with our first full year of operation in 2019. Amazing things have already been in the works, and I'm so excited to see what the Lord has in store for our mission here in Lincoln, NE.

From the Atlas launch in August, we logged around 100 appointments with clients, spending time in different capacities, and helping folks in different ways. At our two mentor-training workshops, we equipped nearly 20 faithful followers of Jesus Christ to walk in meaningful relationships with people. Most excitingly, we made five mentor-mentee pairings, with a number of potential pairings in the works. These couples will walk together, throughout the next year. I can't wait to hear about all the growth within these relationships by everyone involved.

2019 will bring some great opportunities to go to work in his kingdom. I've been absolutely blessed and privileged to be hired as the new full-time Director for Atlas: Lincoln, beginning January 1st. This means I'll be stepping out my role as paid staff at "F" Street Neighborhood Church. However, I will continue to be engaged with everything going on at the corner of 13th and F St. I would miss you all way too much if I left.

I'm hoping to increase our presence in the community, and with people who are hurting. This will include regular office hours, prospective staffing expansions, and consistent outreach and connection to churches and organizations, with whom we can partner. Our hope and desire is to make disciples, together, as brothers and sisters in him, and show people the love of Jesus.

We need people who want to be the hands and feet of Christ, by being prayer partners, mentors, and financial investors. Atlas can use volunteers with many giftings. If you have a desire to serve your community through Atlas: Lincoln, there are many opportunities to do so. Contact Brody at 712.441.5403, or b.m.vanroekel@gmail.com, and let's talk about ways we can touch lives for Christ together.

Team Developers

Megan Arbogast, Team Developer: Community

Ayo Church Fam! I'm Meg, the Team Developer for the incredible Community Team, here at "F" Street Neighborhood Church. How I became part of the church is a rather long story. However, thanks to God, John and Deb Sweazy, and y'all, I'm beyond blessed to call this my church home. To me, one of the most attractive aspects of this church is the way members love folks where they are at. No one has to be a certain way to feel accepted here. My hope, for our team, is to continue to extend the acceptance and direction to our neighbors, here in "the hood," and beyond. While serving with stellar Team Leaders (Barb, Jenn, Andrea, Jean, and Brody), I can't help but feel giddy in anticipation of all that God has in store.

Kayla Wilson, Team Developer: Hospitality and Discipleship (formerly called Connections)

"By this all people will know that you are my disciples, if you have love for one another" (John 13:35) My husband, Art, and I recently moved to this neighborhood, and decided to make "F" St. Neighborhood Church our home. I moved from Ozark, MO, in 2014, and married in August 2018. Through my church and ministry experience, I have developed a passion for community and mentorship. My desire is that we will develop a deep understanding of the value of community, and engage in a lifestyle of loving one another in a manner worthy of the Gospel. I am thankful, honored, and super-stoked to be a part of what God is doing here.

Working on Faith Through Service

Jeff Graham, Team Developer: Church Structures

As you may know, I was recently hired to fill the position of Team Developer: Church Structures. This entails working with the people who are serving in financial development, accounting and bookkeeping, janitorial, security, web page/social media, and maintenance of the church buildings. I feel privileged to serve in this role, not only because it allows me to work in areas of personal interests, but because it allows me to exercise God-given gifts and strengths. It's an eclectic range of activities, and yet, I have had reasonable experience in all the areas, except physical security. I recall, more than once, wondering what these areas of interest had in common, and why I did these activities without becoming an "expert" at any one thing. When I became an entrepreneur, the answer was clear: These odd sets of life experiences added up to just what an entrepreneur - and I - needed. My faith, in the idea that this would someday make sense, paid off. I recently had to answer some questions, regarding faith, that made me think of all this oddball and disparity related sets of experiences, and I thought I would share some of that here.

What does faith look like for you on a daily basis?

I had to spend some time looking up what "faith" means. It's a word that I instinctively understand, but to define it - not so much. One website says, "The biblical definition of faith does not apply only to salvation. It is equally applicable to the rest of the Christian life. We are to believe what the Bible says, and we are to obey it. We are to believe the promises of God, and we are to live accordingly. We are to agree with the truth of God's word, and we are to allow ourselves to be transformed by it. (Romans 12:2)"

So what does faith look like to me, on a daily basis?

- It looks like the effort I put into learning God's word: going to church, reading, studying, discussing the Bible and God with people; appreciating our natural world, and universe in which we live.
- It looks like the effort I put into living in a particular way, based on what I have learned from God's word: how I run my businesses, serving in various roles in and out of church, spreading God's word in a way I can be effective, being faithful to my wife and friends, etc. It's not my explicit goal, but more a result of the way I live (I hope), but the result ends up with me being an example, in the community, as someone living a decent life.
- It looks like the effort of transformation: opening my mind and heart to those who are different than me, stretching my comfort zone by engaging in other ministries, asking God for help and forgiveness, praying, making the effort to change things within me, working towards physical fitness that continually eludes me, and so on.

I have been placed in a sowing and reaping world. Therefore, I must learn God's word, and do what God wants, to grow in his world. By and large, my daily faith looks like personally satisfying, and meaningful work that I am happy to do.

Why do I serve? Why would you serve?

Interesting question. I don't need the job. I don't need the money. Often, with volunteering, there is no money. I have plenty to keep me busy, and I'm not bored. I think the desire to serve boils down to: my internal drive, a sense that the job duties fit my particular skill sets, knowing I have capacity, and knowing how much I can take on without causing myself or my marriage harm. I have a genuine desire to serve in a personally satisfying, and meaningful way, and to be a part of something bigger than myself. If you would like to serve, talk to me. There is plenty to do, even if it's with a different group, with different responsibilities.



Resident Meditations

Brody M. Van Roekel, Resident Pastor

2 Corinthians 5:17 – “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

The New Year is often a time when people reflect on what has passed, and imagine the possibilities of what is to come. The move from December 31 to January 1 is a great time to re-evaluate your situation and think about your priorities. Maybe that means eating healthier. Maybe that means spending less money on unimportant things. Maybe that means a new attitude and path to life.

I don't much buy into the “new year, new me” approach to January 1st. What makes January 1 different from July 9? Or October 23? Or March 2? Why wait until a specific day of the year to make life changes? We do this kind of thing all the time: “I'll wait until I'm 40 to quit this bad habit.” “I'll wait until Saturday to do dishes and laundry.” “I'll wait until January 1 to start exercising.”

Why wait? What good does waiting do to make life changes? Waiting doesn't just make the present issue into a future issue, it can make a small issue into a big one. When is the easiest time to quit something? At the beginning, right? Every day you wait means it will be that much harder to kick the bad habit or start a good one.

Christ doesn't wait when we begin our walk with him. The new creation has already come. It's not that the new “will eventually be” here, it's here now. Christ doesn't wait for us to figure it out before he comes to us. He didn't wait to die for us until we lived pure lives. Not at all. Paul writes in Romans, “While we were still sinners, Christ died for us.” He just did it, no waiting.

It's easy to say, “I'll just do it later.” But also, be real with yourself. Will you honestly do it later? Or is it that you just don't want to change? I struggle with this all the time. I tell myself I'll start exercising later, eating healthy later, spend less money later. I have dishes in the sink that I'll be doing Saturday. (That's usually a cop-out though. I'd just rather watch TV and sit on the couch, do the easy thing.)

But a piece of wisdom, I was given a long time ago, rings true, “If it's easy, it's probably not worth it. If it's worth it, it's probably not easy.” So, enjoy the New Year. Set awesome goals. Be better, do better. Kick butt on January 1, and every day after it. I support you in all of that. Just make sure you aren't using “new year, new me” as an excuse to get out of doing something you should do today.

Parish Nurses' Corner

Barb Douglas, Parish Nurse

Hello “F” Street Church Family, and Happy New Year, Does anyone else feel like 2018 went by, and they missed half of it? Me too! But 2019 is upon us, and I want to get a head-start by introducing some subjects of health for us all to consider. I have read material written by Dr. Scott Morris. He is the creator and developer of the Church Health Center in Memphis, Tennessee. He wrote this book in 2011 called, “God, Health, and Happiness”. It has some innovative, and God centered, ways to approach health, and promotes a way of living first established in scripture. I hope that this will be a real informative for each one of us, as we embark on this adventure together. I am excited to share facts from scripture about how the choices we make are directly related to our connection to God, and being loved and directed by a real, loving God. Dr. Morris has made a picture of a beautiful flower that is (in the center) YOUR LIFE. There 7 flower petals, each one labeled as a model for healthy living:

#1 Nutrition, as a congregation we have covered many areas of healthy eating with the recipes I have supplied over the last couple of years. Now we will enhance this practice.

#2 Friends and family: giving and receiving support through relationships. You have been given many articles for support for your friends and families. Now we will enhance this prac-

tice.

#3 Emotional Life: managing stress and understanding feelings to better care for yourself. Stress management has been approached, but now we will enhance and explore this subject more closely.

#4 Work: Appreciating your skills, talents and gifts. This will be more of a new subject for us, and I am excited to see what scripture says about this vital part of life.

#5 Movement: discovering ways to enjoy physical activity. We have touched on this subject, but I am looking forward to getting a better handle on how to accomplish this God's way.

#6 Medical Care: partnering with health care providers to manage medical care. I know this has been a difficult subject for nearly all of us. I am excited to explore Dr. Morris' ideas on how to accomplish this goal in a God fearing manner.

#7 Faith Life: building a relationship with God, neighbors and self. I think that the “F” Street Church has a pretty good handle on this subject. But I know we can always do more, and look forward to building stronger, more satisfying faith lives.

(Continued on next page)

(Parish Nurse Corner, Cont.)

I will present one of these subjects each month, until the complete "Flower of Life" has been presented. We will start in February with Nutrition. I hope and pray we can, together, move forward this next year, and make each person's "Flower of Life"

bloom with great expectancy and trust in God. He is the reason for the season, he is the reason for everything. Nothing is possible without him, and everything is possible with him!

God's Blessings to you all and Happy New Year,

Your Parish Nurse, Barbara J. Douglas PNF SNC



New Year for New Life

Jeff Heerspink, Pastor

For the past two years I have sought to help us, as a church, dig into the word of God by providing, in the back of the monthly newsletter, a little reading plan. This was to help you and me read through the New Testament in one year. Why? Because, we strive to be a place of acceptance and direction. That direction is none other than the all powerful, life changing word of God. It is the nourishment for our lives as the Psalmist states: *"But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do."* (Psalm 1:2-3)

In simple loving words, we are fools to think we can live a life that is meaningful, life-giving, and God-honoring, if we are not willing to engaged with the truth that God has given to us for our lives. Peter tells us, in 1 Peter 2, that we are to long for the nourishment that comes from the word, like a baby who craves his mothers milk. Too often we are weak because we fail to be growing in the truth that God has for us in his word: truth that can, and will transform us, strengthen us and encourage us, truth that we need for our lives, and truth that others might need from us. We cannot give what we do not have.

As for all the lies that we hear, and the schemes that Satan is trying to trap us with, the author of Hebrews tells us: *"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires."* (Hebrews 4:12) Paul also addresses the power, in Gods word, when he informs us that it is the ONLY weapon we have, everything else is to protect. But, the only offensive weapon we have to fight with is the Sword of Truth: *"...the sword of the Spirit, which is the word of God."* (Ephesians 6:17)

So, why would we not read it for the strength we need, for the nourishment it provides, and the protection it offers? Why would we starve ourselves, our families and our neighborhood. What might we, as individuals, and as a church, look like if we were all to be people who read, memorized and meditated on the words of God.

I want to encourage you, empower you and equip you to be in the word. This year specifically I want to challenge you to read the word of God daily. *It will change you and other around you!*

This year I decided to set before you the *Wisdom Literature*. Who does not want to grow in wisdom? This takes us into the Old Testament, to look at Job, Psalms, Proverbs, Ecclesiastes, and the Song of Solomon.

We will begin with Job. It is the oldest book of the Bible, and some have even stated that it should be the very first book, since it begs for us to know who God is. Setting the stage for the first five books of the Bible, Job helps us to understand God, as the creator of all things, and the one who delivers his chosen people. This makes it a great place for us to start, as we dig into the *Wisdom Literature*. It is not a story of simple success, but calls us to wrestle with loss and pain. It introduces us to God and the devil, and it points to the greatness of God through all things. I hope you will take a step into the wisdom God has for us in his word, beginning with this epic story.

January	Job	January	Job	January	Job	January	Job	January	Job
1 <input type="checkbox"/>	1	7 <input type="checkbox"/>	5	14 <input type="checkbox"/>	10	21 <input type="checkbox"/>	15	28 <input type="checkbox"/>	20
2 <input type="checkbox"/>	2	8 <input type="checkbox"/>	6	15 <input type="checkbox"/>	11	22 <input type="checkbox"/>	16	29 <input type="checkbox"/>	21
3 <input type="checkbox"/>	3	9 <input type="checkbox"/>	7	16 <input type="checkbox"/>	12	23 <input type="checkbox"/>	17	30 <input type="checkbox"/>	22
4 <input type="checkbox"/>	4	10 <input type="checkbox"/>	8	17 <input type="checkbox"/>	13	24 <input type="checkbox"/>	18	31 <input type="checkbox"/>	23
		11 <input type="checkbox"/>	9	18 <input type="checkbox"/>	14	25 <input type="checkbox"/>	19	1 <input type="checkbox"/>	24