

The Word on the (F) Street

A Place of Acceptance and Direction

"F" Street Neighborhood Church
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March 2019

Calendar for March 2019

3rd: Sunday Service; **Happy Birthday Vicki Hatfield, Jeff Heerspink**
5th: 6am Prayer; 7:30pm Freedom Through Christ
6th: 6pm Youth Group; **Happy Birthday Scott Hatfield**
7th: 6:30pm FoodNet
9th: **Happy Birthday Timothy Mailand**
10th: Sunday Service; **Happy Birthday Kylei Bridges**
12th: 6am Prayer; 7:30pm Freedom Through Christ; **Happy Birthday Shirley Robinson**
14th: 6:30pm FoodNet
17th: Sunday Service
18th: **Happy Birthday Johnny Mann**
19th: 6am Prayer; 7:30pm Freedom Through Christ
20rd: 6pm Youth Group
21st: 6:30pm FoodNet
24th: Sunday Service; **Happy Birthday Jack Dicter**
26th: 6am Prayer; 7:30pm Freedom Through Christ
27th: **Happy Birthday Elise Richard**
28th: 6:30pm FoodNet
30th: **Happy Birthday Stephanie Mevissen**
31st: Sunday Service; **Happy Birthday Andea Mailand, Keith Morrissey**

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.

Lent Jeff Heerspink, Pastor

Lent begins Wednesday, March 6. This is the time of year when we prepare for Easter, the celebration of the Resurrection of Jesus. It is the time to reflect on what Christ has done for us, as well as prepare ourselves through fasting (the giving up of things), and other practices of repentance, prayer and self-denial.

As a church, we want to encourage you in this process. Following are a few of the things that we will be doing together to help in the journey.

Consider a personal fast. Consider giving up something for the sake of gaining something greater. For example: Lay down forms of media for the sake of gaining more time with Jesus. Lay down an addiction for the sake of picking up a greater source of comfort or joy. It is in the laying down of these things that we gain a deeper trust and dependency on Christ himself.

Read 40 Day of Decrease. We offered this book last year, and are again, starting this week, for \$10. It is a great daily devotional to use during the Lenten season to help you contemplate the decrease of things such as resentment, self-comparison, or criticism. One might be surprised at what happens when laying these things down for the sake of the cross.

Join us on Wednesday nights: This year we bring back the Wednesday night gatherings for Lent. We will start on Ash Wednesday with a worship service and time of reflection. A series of unique movies will be show each week (see the schedule below). However, April 3rd will simply be a time of prayer and worship. These times are all intended to be thought provoking, simple, community building, and Christ glorifying. Each service starts at 6:30 p.m.

Lent Schedule:

Wednesday, March 6 – Ash Wednesday Service

Wednesday, March 13 – American Gospel (Movie): 2 hour documentary raising the question, "Is Christ the focus of the American Gospel?"

Wednesday, March 20 – Live 58 (Movie): A powerful documentary that looks at poverty and its affect around the world.

Wednesday, March 27 – I Can Only Imagine (Movie): This recent film is the story of the lead singer of Mercy Me and the song that came from his heart and launched his career.

Wednesday, April 3 – A special service of prayer and worship.

Wednesday, April 10 – Risen (Movie): A fictional journey with a Roman soldier who witnesses the death and resurrection of Jesus.

Wednesday, April 17 – The Passion (Movie): This powerful movie is a great display of the sacrifice and suffering that Jesus experienced on our behalf.

Together let's make Lent meaningful by participating in all or any of these activities. Maybe just stop and take a fast from being gone all the time and stay home with the family.

***Note: We will be taking an offering during each of these services. The offering will, in some cases, go to the makers of the movie, or to fight injustice.**

****Note: Popcorn will be served on the movie nights.**

Journey for Kids

Megan Arbogast, Director, Children's Ministry

I'm ecstatic to announce that we are launching a program called *Journey for Kids*, for children K - 5th grade, on Sunday mornings!

Journey will take place in the youth room, during the sermon. We hope to teach our young church members bible stories in such a way that brings biblical history to life. Each lesson will be filled with interactive activities and plenty of imagination-provoking questions to give these kids a growing curiosity about Jesus. Before we can officially start this ministry, we are in need of individuals who would be willing to help lead and who have an interest in guiding kids towards Christ. Commitments can be as regular as serving once a month, up to three times a month – class time is 45 minutes. If you are interested or have questions, feel free to reach out to Meg: (402)219-1993 Email: megashley.arbo@gmail.com.

New Foundational Strength

Cece Robinson, Treasurer FSNC

"They don't care how much you know until they know how much you care." That statement makes a great foundation for Hospitality and Discipleship, two areas that "F" Street Neighborhood Church feels strongly about. Coordinating those teams and the ministry that flows out from them, requires someone with vision and a special gifting. God has provided us with that person in Kayla Wilson.

Kayla has experience in sharing Christ in some hard places both here and abroad. In her time here at "F" Street Church, she has done more than just share Christ. After being a member of our church for only a short time she stepped into the position of Hospitality and Discipleship Team Coordinator, a position she feels called to. Immediately Kayla began meeting with people, finding out where their hearts and gifts are, what's important to them, and what their vision for the church is. Sunday mornings you will find her visiting with people and reaching out to newcomers. She has a gift for seeing people's strengths and talents and calling them to service.

If you haven't had a chance to meet Kayla yet, seek her out. She brings great strength to two foundational teams. If you are wanting to be of service in the areas of Hospitality or Discipleship, she can lead you to a team that you can serve with.



ATLAS of Lincoln: March Update

Brody M. Van Roekel, Director, Atlas: Lincoln

Another month come and gone. Days continue to fly by, and Atlas continues to grow. This month we've had some amazing opportunities to connect with different folks in the community and share about the work we get to do every day.

Recently, we held our Trivia Night Fundraiser at Hope Communi-

ty Church. Close to one hundred people joined us for the friendly competition. We had almost two-dozen individuals and businesses offer items for the silent auction. Many people picked up the brand-new Atlas: Lincoln t-shirts. This awesome group of people also enjoyed hearing some of the amazing stories of the Lord's work in the lives of our people. Everyone I've talked to had a great night, and we were blessed so much by everyone who showed up. A special thanks to all of you who helped make it spectacular evening.

In March, we'll hold our third mentor training workshop. We've set a goal of 100 trained and ready mentors for the 2019 year. At this workshop, we'll walk through the underpinnings of Christian mentorship, basic tools to use within a mentoring relationship, and some experiences you might expect. Mentorship is the heartbeat of Atlas, and you can't have mentorship without mentors who are empowered and equipped followers of Jesus Christ. If you're interested in being a mentor, or the March training, connect with Brody.

Over the last few months, we've been privileged to speak at a variety of settings, regarding the work and needs of Atlas. University Church and Redeemer Church have given us opportunities to share about this new community ministry. We also had a chance to talk at the IF: Gathering (a women's conference), and a Saturday morning men's bible study at North Pointe Church. In addition to these fantastic group opportunities, folks continue to hear about us through word of mouth, and intentional encounters.

As is common in this work, there have been blessings and difficult heartaches. The other day, I was hanging out with a guy who lost his wife last fall. He's a kind-hearted, caring and gentle person, and her passing has been painful - to say the least. With financial burdens piled on top of everything else, he was beginning to lose hope. "I either need to be taken Home or get some help," he shared. In the last week, he's had opportunities for employment and survivor's benefits come close to fruition. Sometimes the heartaches feel like they have no end. Sometimes things happen that change us forever. But then, I suppose that's why we're so privileged to serve a perfectly-stable and always-supportive God.

It is often said, that the harvest is plentiful and the workers are few. We are always in need of 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 talents. If you have a desire to serve your community through Atlas: Lincoln (whether it's multiple hours a week, or a few hours a year), 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, together, touch lives for Christ.

Renovation, Transformation, and YOU

Beth Heerspink, Volunteer Coordinator, Transformations Thrift Store

Renovate means, "To restore to a former, better state (as by cleaning, repairing, or rebuilding)." I feel like my own life is either in a state of disre-



pair (getting worse), or renovation (getting better). There is little middle ground. For example, either I am actively choosing to eat three slices of Papa Johns, BBQ chicken pizza, and a Krispy Kreme donut to top it off (gaining weight), or I am eating spinach and tuna to try to “restore to a former better state” (which happens to be about 20 years and 20 lbs. ago). The same is true for my house. It is either in a state of being cleaned and fixed, or it is naturally disintegrating as the clutter of daily living piles up around us. Renovation naturally leads to enthusiasm, excitement, and joy. But it is oh-so-much work getting there. It is easy to give up along the way.

The *Transformations* building, on the corner of 14th and B Streets, has been in a constant state of renovation since October. It has been oh-so-much work but there is enthusiasm, excitement, and joy (ok, a little fear, too) as we prepare to open (hopefully) within the next month. The butterfly on the Thrift Store logo reminds us of change, growth, and beauty. Christ does a new thing in us and produces a beauty greater than our own. His fingerprint is on this neighborhood, too, bringing about change and transformation in both hearts and buildings.

We invite you to on embark on this experience of *Transformation* with us. We want to serve our neighborhood by offering high-quality, low-cost goods. This store can be a light in the neighborhood, a place where people are receiving acceptance and direction. If you have a desire to see this happen, would you consider the opportunity to volunteer? Whether you have a few hours a week or a month to give, we would love to get you involved. Volunteers will be the heart of this store and the key to its success. If you are willing to sort, organize, price, clean, visit, haul, visit, bake, sell, repair, or whatever else you happen to be good at, we need you! Please talk to Beth Heerspink (Volunteer Coordinator), or CeCe Robinson (Store Director) if you are interested in being involved. Call Transformations at 402-413-5672 for more information!

Butterfly Gifts for Transformations Thrift Store.

Would you like to walk into Transformations Thrift Store, once time a week, and pick out any item (up to \$10) for **free** for three years? In addition, you would receive a free Transformations coffee mug that you can fill up for **free** every time you are in the store. We are looking for 20 individuals, who are interested in getting a great deal (potentially \$1500 worth of merchandise), while helping with some of the start-up cost of the thrift store, by giving a gift of \$500. For more information, or to set up your Butterfly Gift, please contact Transformations Thrift Store at 402-413-5672. Thank you for your consideration!

Immerse 2019 Update

Beth Heerspink, Director, Immerse

Students to be "Immersed" at "F" Street Neighborhood Church soon!

As the snow flies and the temperature dips below zero, it is difficult to imagine that in six short weeks, our church will be home to our first *Immerse* group. They will be from Mount Vernon, Washington, coming to serve in Lincoln during their spring break. Nine students and four adults will sleep on air mattresses

in the nursery and youth rooms of "F" Street Church, shower at the Community Center across the street, and spend six days serving in our neighborhood and city. During the summer, six more groups plan to come and do the same (three groups in June and three groups in July). Immerse is an amazing experience for the youth who attend, be- cause of the relationships that are built during the week. Our church does an incredible job showing hospitality and building community with the students and leaders. The students are challenged, stretched, and inspired as they serve, listen, and have fun living in a new environment for a week.



I (Beth) am just beginning to map out all of the “pieces” needed to make Immerse happen in the summer. If you are interested in playing a role during one or more of the Immerse weeks, please talk to me (402-217-2352)! I would love to have you be involved in one or more of the following ways:

- Connect me with families in need, who would be blessed by a service team for 2-3 hours on a morning or afternoon during the summer
- Host a team (8-10 people) for a meal at your house on a Wednesday night
- Share a testimony during a “Power Hour” at the church (5:00-6:00 p.m. on Wednesday and Friday nights)
- Cook a meal for a team at the church on a Friday night
- Help to plan a Community Night at Church on Friday nights during Immerse weeks
- Help with Neighborhood Bible Club on Saturday afternoons
- Go out on the streets with a group of kids to distribute “Blessing Bags” to those in need
- Help to prepare a spaghetti dinner at the church on Thursday evenings

Please pray for *Immerse*, for God to be at work in amazing ways. Thanks for your support!

Prayer Jeff Heerspink, Pastor

It is our desire to see the light of Jesus shine in our neighborhood. To shine, we believe that lives should be transformed, addictions broken, the hurting healed, good news brought to the poor, and both young and old inspired.



We realize that we are powerless apart from God to accomplish these things. Individually and corporately, we should be a church of prayer, learning to pray both talking to God and listening. We need to give praise to God for who he is and for what he has done, and carve out time for it in our lives and in our worship services. There should be prayer with those who are hurting, and for those who do not yet know they are hurting. Prayer should be about decisions we need to make - along with prayer for his peace after making them. There is so much more to pray about. The point is that we want to continue, and even increase

our prayer at "F" Street Church as we continue and increase our impact in the neighborhood.

If you have ideas about prayer ministry, want to be more involved in the prayer ministry, or simply check out what is going on, there will be a short meeting following the worship service on March 24.

If you cannot attend the meeting and want to contribute ideas and thoughts, please contact Pastor Jeff or Kayla Wilson.

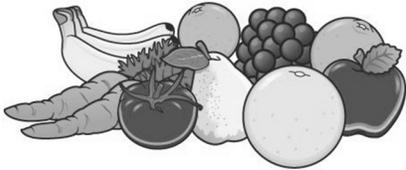
Parish Nurses' Corner Barb Douglas, Parish Nurse

Greetings Dear Brothers and Sisters in Christ,

In the January newsletter, I introduced some information from Dr. Scott Morris in his book "God, Health, and Happiness". It depicts a flower with 7 petals, and each petal has a part of health and happiness that affects our lives. This month I will address *nutrition*, the first petal.

Of course, nutrition has to do with food. Food is a gift from God. Eating alone, or too quickly, can be dangerous to your health! The concept of "fast food", or "quick meals" would be a completely foreign and unacceptable idea to Jesus. He used meals to create and form community and fellowship. Eating meals together is a way

and grow
closer together as
fellow believers
in Christ.
Food is a gift
from God.
Give you



to share faith
closer together
low believers
Food is a gift
God said, "I
every seed-

bearing plant and the face of the whole earth, and every tree that has fruit with seed in it. This will be food for you." - Genesis 1:29. Unfortunately, we treat this gift as a product of technology. The physical need for it, as an inconvenience that interrupts our speed and efficiency. Though technology has been developed to make obtaining, preparing, and eating food easier, faster, and less inconvenient...has it really? How many times have I heard this expression, Oh how wonderful! A home cooked meal!" We all love grandma's recipe's, especially at holiday time. But how much of those tasty recipes actually resemble the healthy food it started out to be? I'm not suggesting that you should discount or do away with grandma's wonderful tasting recipes. No, not at all. But perhaps making some small changes to them, could/would make a big difference in the way food can become a true gift from God again - rather than a tasty but unhealthy treat. Example: Try using 1/2 the sugar, fat and/or salt in those recipes. It may surprise you how good they will still taste! Jesus used mealtime to connect with people, to connect with them, to get to know them. I know all of us eat alone or in a hurry, it's inevitable. But being a part of things can really change your life around.

Being part of the church, Bible study groups that form around meals, is one of God's true blessings for me and for many. Maybe try to make a habit of inviting someone to have a meal with you, after church, or for lunch, or try a home fellowship group in your own home or apartment. There are countless ways we can enjoy the gift of food with God's blessings in mind. Good nutrition is an important piece of wellness. The whole point of food is

to make and keep us healthy and better connected to each other and to God. Following is more information:

Processed Foods: What's Okay and What to Avoid

Processed food has a bad reputation as a diet saboteur. It's blamed for obesity rates, high blood pressure and the rise of Type II diabetes. But processed food is more than boxed macaroni and cheese, potato chips, and drive thru-hamburgers. It may be a surprise to learn that whole-wheat bread, homemade soup, and chopped apples are also processed foods. While some processed foods should be consumed less often, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

What is Processed Food?

Processed food includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving, or preparing in different ways. Any time we cook, bake, or prepare food, we're processing food. Processed food fall in a spectrum from minimally to heavily processed:

- Minimally processed foods- such as bagged spinach, cut vegetables, and roasted nuts- are often pre-prepped for convenience.
- Foods processed at their peak to lock in nutritional quality and freshness include canned tomatoes, frozen fruits and vegetables, and canned tuna.
- Foods with ingredients added for flavor and texture (sweeteners, spices, oils, colors and preservatives) include jarred pasta sauce, salad dressing, yogurt, and cake mixes.
- Ready to eat foods - such as crackers, granola, and deli meats - are more heavily processed.
- The most heavily processed foods are often the pre-made meals including frozen pizza and microwavable dinners.

The Positives of Processed Food

Processed foods can help you eat more nutrient-dense foods. Milk and juices are sometimes fortified with calcium and vitamin D, and breakfast cereals may have added fiber. Canned fruit (packed in water or its own juice) is a good option when fresh fruit is not available. Some minimally processed foods such as pre-cut vegetables and pre-washed bagged spinach are quality convenience foods for busy people. If you want to minimize your intake of processed food, aim to do more food prep and cooking at home. Base meals on whole foods, including vegetables, beans, and whole grains.

Look For Hidden Sugar and Sodium

Eating processed foods in moderation is fine, but many of them may contain high amounts of added sugar and salt. Added sugar is not only present in sweets, like cookies, and candy. There is also hidden sugar in nearly everything that is canned or boxed commercially, to enhance flavor. There are surprising amounts of sugar in pasta sauces and cereals. Added sugars are often used in low-fat foods to improve taste and consistency. The best place to check for these added sugars is on the label. Review the

product ingredient list and look for added sugars among the first two or three ingredients including sugar, maltose, brown sugar, corn syrup, honey, and fruit juice concentrate. Salt is commonly added to preserve foods and extend shelf life. Most canned vegetables, soups, and sauces have added salt. Choose food labeled no salt added, low sodium or reduced-sodium to decrease the amount of salt you are consuming from these processed foods.

Food is God's gift to us, and caring for our bodies with good nutritious foods is our gift back to God. Be grateful for God's gift and treat it with care.

With much love and care from your Parish Nurse,
Barbara J. Douglas PNFSNC

(Try out the recipe at the bottom of this page!)

Giving

Sunday, March 3, we will take a special offering for the Loftis' and their work in Thailand. Thanks to the contributions from "F" Street Church and other individuals, they were able to return to Thailand at the beginning of this past year.

I encourage each of you to consider the amount of your gifts to "F" Street Church ministry. We have made some commitments to increase our staffing, in order to help increase our ministry impact. Thanks to each of you who have faithfully been giving to the ministry.

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



Apple Cinnamon Baked Oatmeal

Nutritional information per serving: calories 160, total fat 3g, saturated fat <1 g, sodium 80 mg, dietary fiber 3 g, protein 4 g, total carbohydrates 30 g, sugars 18 g, vitamin A 248 IU, vitamin C 1.5 mg, calcium 56mg, *Percent Daily Values are based on a 2,000 calorie diet.*

Yield: 9 servings **Serving size:** 1 square

Ingredients:

- 1 1/2 c. fat-free milk or soy milk
- 1/2 c. packed brown sugar
- 1/2 c. egg substitute or egg whites
- 1 Tbsp. Melted margarine
- 1/2 tsp cinnamon
- 2 c. rolled oats (not instant)
- 1 tsp. baking powder
- 1 1/2 c. chopped apples



Instructions:

- 1) Preheat oven to 350 F
- 2) In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine & cinnamon
- 3) In a larger bowl combine the oats and baking powder
- 4) Pour the wet mixture into the bowl with the oats; add apples & stir together
- 5) Spoon the mixture into an 8x8" pan, coated with cooking spray
- 6) Bake for 30-40 minutes, until top is firm and a toothpick comes out clean (poke in the center)

It is not to late to start

Seriously.

Today is always a good day to start reading the bible.

I am not kidding.

This week we are starting in the Psalms, one of the most read books of the bible. It is filled with prayers, laments and proclamations about God.

Here are a few reasons to read the Psalms

- They speak to the entire spectrum of human experience. In them you can rejoice, fear, get angry, love, and experience just about every other emotion.
- They allow you to worship with your whole body. The psalmists tap, stomp, lift their hands, kneel, bow, and shudder.
- They give room for any expressions you may want to give. You can laugh, shout, be silent, play an instrument, rage, weep, sigh, cry out, yell, bellow, roar, and just about anything else.
- They are universal. They are meaningful to all.
- They join you in a timeless community of praise. When you pray the Psalms you are joining with thousands of years of prayer.
- They are beautiful. The Psalms can bring you to tears with their beauty. They speak to your soul more then to your mind. The tension that they weave speaks to the very heart.
- They challenge you. There are some places in the psalms that are hard to deal with. Reading through the Psalms is a good way to force yourself to come face to face with many uncomfortable things about the bible, God, and human nature itself.
- They can give you words for others. There are few things more powerful to give people peace in the midst of trial as having a dearly loved Psalm read.
- They will carry you. In life sometimes it's hard to pray. The Psalms give you words and prayers when you can't muster the words myself.
- They create sacred mental space.

Consider reading them with others in the church starting today.

The reading plan is below.

Seriously.

Feb/Mar	Job/Psalms	March	Psalms	March	Psalms	March	Psalms	March	Psalms
25	<input type="checkbox"/> 40	4	<input type="checkbox"/> 3	11	<input type="checkbox"/> 8	18	<input type="checkbox"/> 13	25	<input type="checkbox"/> 18
26	<input type="checkbox"/> 41	5	<input type="checkbox"/> 4	12	<input type="checkbox"/> 9	19	<input type="checkbox"/> 14	26	<input type="checkbox"/> 19
27	<input type="checkbox"/> 42	6	<input type="checkbox"/> 5	13	<input type="checkbox"/> 10	20	<input type="checkbox"/> 15	27	<input type="checkbox"/> 20
28	<input type="checkbox"/> 1	7	<input type="checkbox"/> 6	14	<input type="checkbox"/> 11	21	<input type="checkbox"/> 16	28	<input type="checkbox"/> 21