

The Word on the (F) Street

Go Take a Walk

Jeff Heerspink, Pastor

Often, we joke about the guy who puts on his dating application, “likes long walks on the beach.” Yet in all seriousness, I remember a long walk I took down the beach one morning, in Michigan, just me and God (I do like walks with Beth, and know I need to get more of them with her, but that’s a different story). I remember it because it was impacting. I spoke with God, and I would say, that on that day he spoke to me.

Walking with God, literally, is a great thing. It is a chance for us to get out, away from distractions, or into a new area that gives us new insight. To go prayer-walking could be one of the greatest things we can do in our neighborhood. After all, it is God who we depend on to bring the change, but it also gets us out into the neighborhood that we are here to serve.



Neighborhood prayer walking helps us to know how to pray for the neighborhood. Being present gives us insight and understanding. Being present also brings you, me, and God’s people, here to be a light into the midst of this community. It could be, that while we walk and pray, we pick up trash. It could be that we take opportunities to get to know people, or at least be a smiling face greeting those we see.

When we started here, even before we owned the building, we would gather here on a Sunday night and go out and pray. I encourage you to walk, to pray and to engage in the F Street neighborhood. I encourage you to see what God can do in and through you as you do.

If you have thoughts from your time in prayer, please communicate them. If you want to join with others, send out an invite, but let’s see together what God can do when we pray.

“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.” - 2 Chronicles 7:14

Residents Jeff Heerspink, Pastor

I wanted to take a moment to explain a few things about our Residents. They were mentioned in the last newsletter, and I have heard a few questions about them. We currently have four Residents at church. *Why?* The reason is that we believe that the call of the church is to raise up followers of Jesus, who are equipped to serve him. That can be stated in many different ways, and it can also be fulfilled in many different ways. Regardless, our call is to help each other to be built up in our knowledge and skill for ministry.

Residents make a one-year commitment, with the church, to serve in a specific area of ministry so that they can be better prepared for ministry here, or elsewhere. They are paid for their work, and we strive to provide lots of educational opportunities through trainings, and experiences.

As for their pay, we work to raise their funds through grants from our denominations, and support from individuals. As a church, all our staff is either volunteer, (Barb) or works to raise their own funding (myself). So in the end, this is not a big expense to the church. It is a responsibility to the



A Place of Acceptance and Direction
“F” Street Neighborhood Church

1302 F Street
Lincoln, NE 68508

Pastor Jeff Heerspink
www.fstreetchurch.org
fstreetchurch@gmail.com

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Calendar for September 2019

- 1st: Sunday Service
- 3rd: 6am Prayer; 7:30pm Freedom Through Christ
- 4th: 6pm Youth Group; **Happy Birthday Carylon Gable**
- 5th: 6:30pm FoodNet; **Happy Birthday Barb Douglas**
- 6th: **Happy Birthday Timolyn LongGray**
- 8th: Sunday Service
- 9th: **Happy Birthday Jaclyn Moredock**
- 10th: 6am Prayer; 7:30pm Freedom Through Christ;
- 12th: 6:30pm FoodNet
- 15th: Sunday Service
- 17th: 6am Prayer; 7:30pm Freedom Through Christ
- 18th: 6pm Youth Group
- 19th: 6:30pm FoodNet; **Happy Birthday Steven Cerveny**
- 20th: **Happy Birthday Conner Greenfield, Matt Young**
- 22nd: Sunday Service; **Happy Birthday John Knapp**
- 23rd: **Happy Birthday Candice Wounded Shield**
- 24th: 6am Prayer; 7:30pm Freedom Through Christ;
- Happy Birthday Alix Jacob**
- 25th: **Happy Birthday Amanda Fuller**
- 26th: 6:30pm FoodNet; **Happy Birthday Elia Heerspink**
- 27th: **Happy Birthday Julie Balero**
- 29th: Sunday Service
- 30th: **Happy Birthday Tayden Greenfield, Diana Rogers**

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.

church to fulfill the call to equip people for ministry.

I hope that this helps you to better understand why we have Residents. I would encourage you to get to know them all better, maybe invite them over for dinner.

Our Current Residents:

Meg Arbogast: Meg is continuing with her work in Youth and Children's Ministry.

Savanna Clapper: Savanna is going to be working with ATLAS, as well as Community Development.

Art and Kayla Wilson: Art is working with the preaching, evangelism, and discipleship, while Kayla is working with Team Development.

"Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ."-Ephesians 4:11-12

Transportation Team Looking For New Members

Tad Stryker, Elder



We need to replace two of our Transportation Team members. Are you willing to drive the church van once a month to allow other people to come to "F" Street Neighborhood Church?

Our goal is to finish our route and arrive at the church between 9:30 and 9:45 a.m. After the service, they will be returned home.

Qualifications for being a Transportation Team member:

- Must have a current Nebraska driver's license
- Exhibits reliability, friendliness, the ability to work positively with others
- Reports for duty unimpaired by drugs or alcohol
- Available to drive people to church (and home again afterward) at least once every month. (approximately 8:30 a.m.-1:00 p.m. availability the day you drive, although days with church dinners or block parties will go later)

If interested, please call or text Tad Stryker at 402-802-0597.

Giving is Part of Worship

Tad Stryker, Elder

Giving is part of worship, every bit as much as singing praises to God, or thanking him for the good things in your life. By its very nature, worship demands participation. We cannot worship God passively. It's an active thing. Even prayer, which you can do quietly by yourself, demands active thought and focus on our creator. Why does God demand our worship? Because it's good for us.

Why does God command us to give financially? Not because he needs it, but because it's good for us. For Christians, giving is an

outward indicator of the inward condition of our heart. If you're not already giving regularly, please ask God to give you guidance about how you can become a faithful giver, no matter how large the gift or how small.

We're trying to make it a little more convenient for you, too. Please investigate two ways you can give electronically to the ministry of "F" Street Neighborhood Church.

- You can give using our website (www.fstreetchurch.org). Choose the ***Donate*** link, and use the interface. You can give cash, a gift card, a vehicle, or various large or long-term assets including stock, mutual funds, business assets or real estate.
- Use the free Generosity by Lifeway app. Download it to your smartphone and you'll be set up to give no matter where you are.

If you have trouble remembering to give, you can designate that your gift be made, weekly, monthly, quarterly or annually. Once you set it up, it will happen automatically.

Do you have questions about electronic giving? Ask CeCe Robinson or Tad Stryker.

Giving

Offerings at 69 percent of goal through July.

The board of elders has set a financial goal of \$6,000 per month in local giving for 2019. Through the end of July, we are averaging \$4,161 per month in local giving, or about 69 percent of our goal. Let's work together to raise this monthly total!

January: \$4,270

February: \$3,513

March: \$5,489

April: \$3,107

May: \$3,266

June: \$3,426

July: \$6,059

Website Announcement

Brody M. Van Roekel

If you have something you would like put up on the "F" Street Neighborhood Church website or Facebook page, you can contact Brody at brody@atlaslincoln.org. Also, if you have an upcoming event you would like added to the "F" Street Church calendar, regular Bible studies you need to share about, or need to change something already on the calendar, you can reach Brody at the same address.

Find the church calendar at <https://www.fstreetchurch.org/our-monthly-schedule/>





Atlas: Lincoln, September Update

Brody Van Roekel, Director- Atlas: Lincoln

Can you believe it's already September?

Last month we celebrated the first anniversary of Atlas in Lincoln. God has done amazing things already and we're so excited to see how he continues to work through our ministry. So much has happened since August 1, 2018 and God has grown this young ministry in exponential ways. It's amazing what can happen when we follow him in obedience. We hosted a Mini-Golf Outing, and so many folks attended to support the work and mission of Atlas. More people attend our mentor training workshop every month. New people reach out for help weekly.

By the numbers from August 1, 2018-August 1, 2019:

- Approximate number of individuals served: 35
- Staff hours spent with clients: 438
- Mentor Training attendees: 40
- Mentees paired: 15
- Approximate mentor/mentees hours: 500

Numbers are only one way to see how the first year went. I'm partial to the stories, myself, and the words of folks I get to meet. "You gave me hope," or "You're the only person who hasn't given up on me," always touch my heart and encourage me in the mission of Atlas. Thank you for being a part of this first year as we serve God through Atlas in Lincoln, we couldn't do it without him and we couldn't do it without you.

If you would like to pray for Atlas on a monthly basis, you can sign up on our website, <https://www.atlaslincoln.org/volunteer>. If you'd like to find out what it means to be an Atlas mentor, we are hosting another Mentor Training Workshop on Monday, September 23, 7:00 p.m. at the Atlas office (745 D Street). If you want to find out how to make a gift, to support the work God is doing through Atlas, reach out to Brody for a meeting.

If you have any desire to serve our community through Atlas: Lincoln, but don't know how you might fit in, there are many opportunities to do so. Contact Brody at 712.441.5403 or brody@atlaslincoln.org and let's talk about ways we can touch lives for Christ together.

Team Development

Beth Heerspink, Director-- Immerse

"Nothing of significance was ever achieved by an individual acting alone. Look below the surface and you will find that all seemingly solo acts are really team efforts."-John Maxwell



I wish "the church" would bring more meals to people in need. I wish "the church" would take out the trash more often. I wish

"the church" would do better at organizing block parties. I wish "the church" gave more money to people in need. I wish "the church" had fancier power point slides. I wish "the church" would post pictures online. I wish "the church" <insert your thought>.

Shoot. I am the church. You are the church. This is not what I want to hear or think about. I would prefer someone else cook the meal or create the power point slides. I am good at some things. I am terrible at some things (You are probably good at the things at which I am terrible). The things that bug us are probably the things we know we could do something about. It is easy to blame "the church" for shortcomings. But who are we really blaming? Who is this illusive "church?" It can be anyone. Or Sally. (I can't think of a Sally that goes to "F" Street Church. If she does, I'm not trying to blame her.)

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."
- Mother Teresa

I once read a book entitled, "She did what she could." It is based on the New Testament story of the Mary of Bethany, expensive perfume. The Pharisees scoffed at her, but Jesus celebrated her. He said, "She did what she could. She poured perfume on my body beforehand to prepare for my burial" (Mark 4:6-8). Jesus' words are freeing. She did what she could. She did what she was capable with the resources she had. For each person, this is different. We all work within the constraints of life, and have different things to offer during different seasons. She did what she could. There is no guilt or shame in not giving more than you are able.

At "F" Street Church, our primary "vehicle" to "get things done" is teams. We are not a large church with a large staff. We rely on (and are incredibly grateful for!) our volunteers. If each person, who considers this their home church, were to serve on just one team - that they were gifted and/or passionate about, our "body" would be using all of its parts. Each person would have a sense of belonging to and contributing to something greater than themselves.

Last week, Rob Robinson came and cleared brush and tree limbs from the parking lot after a storm. A few weeks before that, Jeff Graham had his ladder out and was changing the lights in the basement hallway. My husband Jeff is often unplugging a toilet, or mowing the church lawn. These are the things that nobody notices, and nobody cares about until it's not being done.

Imagine if we had teams of people helping to maintain the church. Clean the church. Deliver meals. Care for and mentor our youth. Run the sound system. Create power points. Post pictures. Help run block parties. Not all the responsibility would fall on one person, or on the illusive "church." Each of us could fill a role according to the resources we have during this particular season of life. If we each did one or two things, one or two people would not have to try to do it all.

This is why Kayla Wilson is working to develop teams at "F" Street Neighborhood Church. We don't want to be crippling around, because the "leg" of church is at home watching TV. We need people who are qualified as leaders to lead teams of

people who will engage together to accomplish a certain function of the church. Kayla's role is to lead the team leaders. If she asks you to serve in a specific capacity, consider it an honor. She sees you as gifted and competent. Pray about participating on at least one team. If you are a qualified leader, pray about starting a team or leading a team with no leader.

In the meantime, please just take out the trash if it's overflowing.

Parish Nurses' Corner Barb Douglas, Parish Nurse

Hello, and God's blessings to all my sisters and brothers here at "F" Street Neighborhood Church.

School has begun! It's so important to remember that, in many cases, our precious little bundles are out there walking to school. We, as responsible adults, need to be on our toes when driving. Remember to slow down, be watchful, obey the traffic signs, and stay alert!

It's also important to eat right and get enough physical exercise. I looked back on my notes and I haven't really written much about the need for a healthy diet and plenty of exercise. So here are a few quick tips for doing just that!



Eating Healthier

1. Eat less sodium: Most sodium we eat isn't in the salt shaker. It's in the foods we buy, like processed foods, like

bread and tortillas. Try to limit these items when you shop:

- Processed meats like lunch meat, hotdogs, and sausages
- Sauces, dressings, and condiments, like catsup and steak sauce
- Instant foods like flavored rice or noodles, or for example, Raman noodles and Rice a Roni

Read labels if you are unsure, or if it isn't marked as "lowered," or "reduced," or "none added." Shift to healthier choices in the way you shop, and the way you cook. Don't add salt to things you cook, either before, during, or after the process. Use seasonings like garlic or ginger instead.

2. Get enough calcium: Calcium is a very necessary part of a healthy diet. Of course, drink milk, and eat yogurt. If you are lactose intolerant, you can drink calcium fortified orange juice, and eat cereal with the same fortification. Taking calcium in a daily vitamin is also a very good way to get this necessary mineral in your diet. Here are a few other suggestions as well on how to get more calcium:

- Cereals containing calcium are Kellogg's Rice Krispies, Cheerios, Corn Flakes (non- frosted), Raisin Bran, Oatmeal Crisp, Smart Start, and Life, just to name a few.
- Dark green vegetables: spinach, kale, collard greens, turnip greens, broccoli are some good ones.

3. Eat a balanced diet: Try to get as many servings of fruits and

vegetables everyday as you can. Eat a protein source like meat, nuts, eggs, cottage cheese, yogurt and beans.

4. Limit your sugar intake: Try not to eat candy bars, or sugary treats between meals.

5. Drink more water and less juice or sodas: Definitely stay away from the high- powered caffeine drinks! These highly caffeinated drinks are very hard on your heart, and other organs of the body.

I know everything is getting more expensive every day, and food is no different. It is a huge challenge for us to keep that budget under control, but it's not impossible. I know too, that we all need help sometimes. So please remember that there are lists in the back of the church that have all of the free Food Pantries in Lincoln. They are open every day of the week. And just as a reminder, here at FSNC we have the FoodNet that is open every Thursday, at 6:00 p.m. But there again, shopping smart is a necessity for good health. Be aware of package contents, read labels on all processed foods. Make sure you know what you're are serving to your families and putting in your own mouth!

Physical activity is also a very important part of staying healthy. Following are a few ideas:

- Walking is always a favorite, because almost everyone can enjoy taking a good long walk, either at a slow pace or speed it up for a better work out.
- Swimming or climbing stairs are also good aerobic choices. Wheelchair walking is also good if you need a little help.
- Raking leaves or mowing are great choices, especially if getting things done in also on your agenda.

Always start any exercise slowly, and build up to a greater endurance. Try to build yourself up to two hours and thirty minutes of good exercise every week. Enjoy this fall weather. Take time to thank our Heavenly Father for all his blessings, even the blessings we don't see or feel right now. He is always smiling down on us, loving us, no matter what our circumstances are. Remember Jesus' commandments to us as his Christian children: First is to love the Lord your God with all your heart, soul, and mind. And the second is like it, love one another as I have loved you and love your neighbor as yourself.

Have a wonderful, and safe autumn, enjoy the new school year. Take care, and God's blessings to each and every one of you.

Your Parish Nurse, Barbara J. Douglas PNFSNC



Farmer's Market
Tuesdays, 4:30-7:00 p.m.
Good Food, Good Fun
Don't Miss It

Community Groups

Thursday Group: 7:00-9:00 p.m. at Keith Morrissey's home. Contact Keith Morrissey, 402-525-4897.

Sunday Group: 12:00-1:00 p.m. at "F" Street Church. Contact Keith Morrissey, 402-525-4897.

Sunday Group: 5:30-7:30 p.m. at Art & Kayla Wilson's home. Contact them, 402-318-4968.



"F" Street Neighborhood Church

Block Party, Sunday, September 29

Come at 9:30 a.m. for the Bagels & Coffee,

*Celebrate with us in Worship, then join in the fun at the **Block Party**.*



Bring yourself, a friend, and enjoy some free burgers, hotdogs, and a great time.



Wisdom Literature Monthly Bible Reading Plan

Congratulations to everyone who will finish reading of the book of Psalms over the past few months. At the end of this month, it is a great opportunity for you jump into weekly reading, if you have not been. We will be starting a new book of the Bible, and focus the biblical books of wisdom. Proverbs is an exciting book, filled with nuggets of truth, and guidance. I often have wished, and have actually searched, for a children's version of Proverbs. It would be great as a means to help impart some of the great truths, for life, in my kids. I also wish that I had a stronger grasp, or memory, of these things for myself. I hope that many

August	Psalms	Sept	Psalms	Sept	Psalms	Sept	Psalms	Sept	Psalms/Prov
26	<input type="checkbox"/> 128	2	<input type="checkbox"/> 133	9	<input type="checkbox"/> 138	16	<input type="checkbox"/> 143	23	<input type="checkbox"/> 148
27	<input type="checkbox"/> 129	3	<input type="checkbox"/> 134	10	<input type="checkbox"/> 139	17	<input type="checkbox"/> 144	24	<input type="checkbox"/> 149
28	<input type="checkbox"/> 130	4	<input type="checkbox"/> 135	11	<input type="checkbox"/> 140	18	<input type="checkbox"/> 145	25	<input type="checkbox"/> 150
29	<input type="checkbox"/> 131	5	<input type="checkbox"/> 136	12	<input type="checkbox"/> 141	19	<input type="checkbox"/> 146	26	<input type="checkbox"/> 1
30	<input type="checkbox"/> 132	6	<input type="checkbox"/> 137	13	<input type="checkbox"/> 142	20	<input type="checkbox"/> 147	27	<input type="checkbox"/> 2