

# The Word on the (F) Street

## Block Parties Year-Round

Jeff Heerspink, Pastor

Since the first summer that we started here in the neighborhood, “F” Street Neighborhood Church has hosted block parties. It has always been our desire, and purpose, to connect with our neighbors, and to follow the words we pray in the Lord’s Prayer, “Your Kingdom come, on earth as it is in heaven.” Block parties are a means to display the Kingdom of God to others.

The first year, they took place on Saturdays, with some good connections made. The decision to have them after church on Sundays, came about to provide a way for more people from church to stick around and be a part of the party. It is my hope that everyone would be a part of these gatherings, to serve, and get to know those who live in our neighborhood.

This year, we are planning to keep the block parties going for the entire year. The reason for this decision is to fulfill one of our goals of being *present* in the neighborhood. *Present* means only here and that we are not available for people, but that we can be counted on. Routine is an important part of being *present*. To have a gathering that is regular, matters to people, and I believe will help to increase our ability to meet the people in our neighborhood, deepening their trust in us. It is my hope, as we continue having these on the last Sunday of each month, we will see people not just for the summer but throughout the year.



We are blessed that other churches are willing to help with some of these parties. However, I also need to ask you as well, to join in on this. If you are interested in helping out with meal prep, serving, or creative activities (games, face painting, services) I encourage you to speak with Savannah, who is going to be overseeing these parties as we move forward.

## One Hour, Every Hour Jeff Heerspink, Pastor



You may notice this is the second month in a row that I have written about prayer. It is because I am more convinced than ever that we are powerless against the forces of evil in our neighborhood, and powerless to bring change apart from prayer (See Ephesians 6 text listed as one example).

Last month I encouraged us to take a prayer walk:

- Maybe listening to worship music, asking God to tear down the walls that hinder people from seeing God
- Maybe praying as we clean up the neighborhood picking up trash
- Maybe walking and asking God to open our eyes to specific needs that he wants us to address as a church or individuals

This week I am wanting to encourage you to set aside an hour to pray. That could be an hour daily, weekly, or even once a month. We would love to see people praying around the clock, 24/7. However, we recognize that



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

1302 F Street  
Lincoln, NE 68508

Pastor Jeff Heerspink  
[www.fstreetchurch.org](http://www.fstreetchurch.org)  
[fstreetchurch@gmail.com](mailto:fstreetchurch@gmail.com)

Volume 5, Issue 10  
October 2019

### Calendar for October 2019

- 1st: 6am Prayer; 7:30pm Freedom Through Christ
- 2nd: 6pm Youth Group
- 3rd: 6:30pm FoodNet
- 6th: Sunday Service
- 8th: 6am Prayer; 7:30pm Freedom Through Christ;
- 10th: 6:30pm FoodNet; **Happy Birthday Dennis Eastman**
- 13th: Sunday Service; **Happy Birthday Brad Geiger**
- 15th: 6am Prayer; 7:30pm Freedom Through Christ
- 16th: 6pm Youth Group
- 17th: 6:30pm FoodNet
- 18th: **Happy Birthday Donnette Massa**
- 20th: Sunday Service; **Happy Birthday Jeff Graham**
- 21st: **Happy Birthday Scott Loos**
- 22nd: 6am Prayer; 7:30pm Freedom Through Christ
- 23rd: **Happy Birthday Kristen Andeway**
- 24th: 6:30pm FoodNet
- 27th: 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.*

the priority is praying for the needs of our fellow church members, or the needs of our neighborhood, or giving praise to the Holy God we serve.

I want to encourage you to try it. Set aside one hour, and pray beyond your daily routine. Let's see, together, what God can do in our church body and our neighborhood.

*"A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places... Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. - Ephesians 6:10-12, 18*

## Outdoor Worship **Brody Van Roekel**

Like to be outside? Want to connect with the neighborhood in a new a different way? Join us for outdoor worship!

We've been posting up outside for a month now, and it has been a blast. Connecting with people, enjoying the nice sun, and getting to listen to the service the whole time. If you would like to join us outside, come on out and check the outdoor worship some week. We'll have comfy lawn chairs, and fellowship. If you want to help set up, and take the initiative in connecting with people, reach out to Brody at [brody@atlaslincoln.org](mailto:brody@atlaslincoln.org) or (712) 441-5403.

## 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](mailto: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/>



## Online Prayer Calendar **Brody Van Roekel**

If you go check out our website (you should!), you might head over to "Our Schedule" to see the weekly happenings at "F" Street Neighborhood Church. If you head down to the bottom of the page, you'll see a new calendar for prayer within our church.

As a church who takes prayer seriously, we want to pray and be prayed for without ceasing. Moreover, this is a way to give

friends, family, and other Christ-followers outside of the "F" Street Church, an opportunity to sign-up and get engaged with our ministry through prayer.

This is a new opportunity to commit to prayer, for hourly blocks, throughout the week. We'd love to get as many of these blocks filled as possible. If you would like to sign up for to pray for our ministry, or invite others to do so as well, you can talk to Brody or email him at [brody@atlaslincoln.org](mailto:brody@atlaslincoln.org).

## We Need You **Kayla Wilson, Resident**

There is no shortage of places to serve at "F" Street Neighborhood Church, and several ways to get involved and use your gifts to build up the body. One thing I value, in the recruitment process of teams, is putting people where they fit. Yes, we could throw you into a position to fill a need, but you probably won't get excited about it. My desire is to prioritize your experience, gifts, and passions, and find a place that not only builds up the body, but also gets you excited.



With that being said, I am looking for a few people who love kids to serve in the nursery. Are you willing to love on some kids once every other month? I am looking for people who love people to serve on the greeting team. Are you willing to welcome the neighborhood into our church once a month? I am looking for people who love meal prep to serve on the Coffee and Bagels team. Are you willing to help us create a hospitable environment once a month?

If you are interested in serving on one of these teams or if you have a desire to serve in a different way, connect with me!

## Introducing Savannah

**Savannah Clapper, Resident**

Hey FSNC fam,

My name is Savannah, and I wanted to take up some space in the newsletter to introduce myself. I am a new Resident here at FSNC, where I will be learning a lot, loving the neighbors, and coming alongside some of the exciting things that are going on around the neighborhood. I also work as the mentor coordinator for Atlas.

The story of how I got here is one of the Holy Spirit moving. I am originally from Nebraska, and I had no intention of coming back to this good ol' state. After graduating college, I moved to Los Angeles, the home of the Dodgers, and the best tacos I have ever eaten. (Shout out to the taco place across the street though). I went there to be an assistant youth pastor to over 200 students, and was a pastoral intern at the church. I was there for three years, loved the students, attended seminary online, and really grew from my small town roots. At the beginning of my second year, I moved into Compton, where I lived at a church with a lot of other families in the area. It was beautiful. Yet, my heart began to yearn and stir for something else.

I was scared, I didn't want to leave the city and people that I

had come to love. I didn't let the fear stop me. Instead, I started to pray.

Every January, I ask God to give me a word to guide my year, to lean into as I run beside the Spirit in Kingdom work. This year, I got the word soar. It has unfolded itself to me again and again as I turn it over in prayer and through time. It was also in January that one of my mentors challenged me to consider praying for what it might look like to leave LA. With great hesitation, I started to pray--and God started to move.

Eventually I became comfortable thinking about leaving my job, and really felt a release from the church. It was my Compton community that was going to be hard to leave. However, they were leaning into prayer with me and through them I felt like I needed to take action.

So, I asked another mentor where she saw me, and she very quickly said, "Now you are not going to like where it is at, but I see you at "F" Street Church and working at Atlas." I took a breath. I wasn't expecting her to have an answer, and especially one so quick. She had just heard about Atlas a month before, and when I had asked her where she saw me using my passions and gifts, it was the first and only thing that came to her mind.

Long story short, I came. It was a long process of prayer and fundraising, but I came. I knew that the Lord was helping me soar to new places, to new healing, to new passions. I am so excited to be here, to get to know your stories, and to walk beside you in this coming year.

## Parish Nurses' Corner Barb Douglas, Parish Nurse

Hello Brothers and Sisters in Christ,

We are starting my favorite time of year - autumn! I love fall weather because I get to wear my favorite type of clothes: jeans and sweatshirts. I hope we can all enjoy this beautiful season safely and in good health.

Movement. It's God's design. We are created to move. We are created body and spirit. Since we cannot separate our bodies from our spirits, we, as whole beings created by God, are made for movement. Psalm 139:14 " *I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.*" In the earliest pages of the Bible, we read about God walking in the Garden of Eden in the cool of the day (Genesis 3:8). We are created in his image. He moves, so must we! I am the first one to admit that sitting in my favorite chair with my feet up past times. However, when I do some walking with a friend, neighborhood in the member how much raking leaves in the in the piles before This is a wonderful way to get exercise, and create some beautiful memories of family fun times.



is one of my favorite I don't feel as good as pleasant activity: or just alone in the cool of the day. I re- fun my kids and I had fall, and then jumping gathering them all up.

Remember as a kid, how we rode bicycles, ran races, played leap frog, baseball, basketball, touch football, climbed trees, walked all over the place? So much activity and fun at the same time! As<sub>3</sub>

we got older we began to "drive" everywhere. Our interests and activities were no longer within walking distance. Jobs in another town, games and recreational activities occur far from home. The only mode of transportation Jesus ever engaged in, aside from walking, was riding a donkey. It's really hard to realize that Jesus, Creator of the Universe, never traveled any further from home than he could walk, during his time here on earth with us. It really boggles my mind to realize how different my life is from the one he lived. Movement/exercise is very important to our creator, so it must also be to us, if we are to remain healthy, active members of our society.

Here are five reasons exercise is important:

1. Exercise improves mood. You might tend to be more kind, patient, and gentle because you went for a brisk walk, and you are now in a better mood. You might even yell less at your kids, and find that you enjoy some time with them.
2. Exercise promotes sleep. If falling asleep and staying asleep are difficult for you at times, perhaps a walk before bed would be beneficial. Try walking in place if going outside isn't possible.
3. Exercise boosts energy. Physical activity delivers oxygen and nutrients to your whole body. When your heart and lungs are doing their jobs well, you will have more energy to do the things you love.
4. Exercise combats disease. It helps manage chronic conditions like: high blood pressure, arthritis, diabetes, and high cholesterol. Regular exercise is a key weapon to prevent and control these types of diseases, so they don't control your life.
5. Exercise makes you feel better about yourself. Meeting even small goals for exercise can boost your confidence. Exercise distracts you from a vicious cycle of worries and negative thoughts.

I am not telling everyone to run a mile every morning or lift weights until you drop. I am only suggesting that we can improve our physical, mental, emotional and spiritual selves by living a little closer to the way our creator created us to be. *Move for his glory!* He died for us and rose again! Let's all make an effort to live for him.

Opportunities for increased movement are everywhere.

With much love to you all,

Your Parish Nurse, Barbara J. Douglas PNFSNC

## 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.



## Wisdom Literature Monthly Bible Reading Plan

### Reading Proverbs

I love the book of Proverbs, and wish that I had read it and followed the teachings in it years ago. I even ponder today why have I not read it more. It is a book filled with practical statements that are intended to provide wisdom to the reader. From relationships to finances, this book is filled with nuggets of truth for us to learn and apply.

It has often been the book of the Bible that I encouraged my kids to read, so that they too would grow up with the wisdom that God has to offer to us for godly living.

I hope that you will read through the book of Proverbs over the month of October, and a little bit of November. Better yet, read one a day for the month of October, and see how God will provide you with wisdom in your life.

Sept	Psalms/Prov	Sept/Oct	Proverbs	October	Proverbs	October	Proverbs	October	Proverbs
23	<input type="checkbox"/> 148	30	<input type="checkbox"/> 3	7	<input type="checkbox"/> 8	14	<input type="checkbox"/> 13	21	<input type="checkbox"/> 18
24	<input type="checkbox"/> 149	1	<input type="checkbox"/> 4	8	<input type="checkbox"/> 9	15	<input type="checkbox"/> 14	22	<input type="checkbox"/> 19
25	<input type="checkbox"/> 150	2	<input type="checkbox"/> 5	9	<input type="checkbox"/> 10	16	<input type="checkbox"/> 15	23	<input type="checkbox"/> 20
26	<input type="checkbox"/> 1	3	<input type="checkbox"/> 6	10	<input type="checkbox"/> 11	17	<input type="checkbox"/> 16	24	<input type="checkbox"/> 21
27	<input type="checkbox"/> 2	4	<input type="checkbox"/> 7	11	<input type="checkbox"/> 12	18	<input type="checkbox"/> 17	25	<input type="checkbox"/> 22