

The Word on the (F) Street

Lent

Jeff Heerspink, Pastor

Lent is fast approaching, starting on February 26, with Ash Wednesday. Lent is a season of preparing, and remembering what Christ has done through the cross, by solemnly focusing on prayer, spiritual disciplines, and repentance. It is also based around the forty days that Jesus spent fasting in the desert, so there is often time of fasting included.

This year for Lent, we will be encouraging our church community to consider some different rhythms, or habits, for our lives. These rhythms come from years of tradition known as a "Rule of Life." We will be taking our direction from the book *The Common Rule*, by Justin Whitmel Earley. This book takes some of the ancient practices and puts them in eight modern practices: four daily, and four weekly. They are also broken into habits we are adding to our lives, and habits we are working out of our lives. Some are to help us pursue the love of God, and others the love of our neighbor.



A Place of Acceptance and Direction
"F" Street Neighborhood Church

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Calendar for February 2020

2nd: Sunday Service
4th: 6am Prayer; 7:30pm Freedom Through Christ
5th: 6pm Youth Group
6th: 6:30pm FoodNet
7th: **Happy Birthday Abbi Schmeekle**
9th: Sunday Service
10th: **Happy Birthday Kristi Keller**
11th: 6am Prayer; 7:30pm Freedom Through Christ
12th: **Happy Birthday Zephyr Ingraham**
13th: 6:30pm FoodNet
14th: **Happy Birthday Jenna Fuller, Carlos Gomez**
16th: Sunday Service; **Happy Birthday Tim Erickson**
18th: 6am Prayer; 7:30pm Freedom Through Christ
19th: 6pm Youth Group
20th: 6:30pm FoodNet
21st: **Happy Birthday Leaudrie Foster**
23rd: Sunday Service
25th: 6am Prayer; 7:30pm Freedom Through Christ
27th: 6:30pm FoodNet
28th: **Happy Birthday Deb 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.

We all have habits, but most of them are formed by default not intention. However, the book challenges us to make healthy habits in our lives. Most of us do not like anyone challenging these habits either, but consider the following quote from the book, "What if the good life doesn't come from having the ability to do what we want, but from having the ability to do what we were made for? What if true freedom comes from choosing the right limitations, not avoiding all limitations?"

We will be offering the book for sale, in the back of church, for \$10, so that you can read the text for yourself and work to practice them. We will also be teaching the practices in church, starting on February 23, taking one practice a week with. We hope that all of us would form some new habits, as well as shed some, allowing us to love greater.

Ash Wednesday Service Jeff Heerspink, Pastor

This year we are inviting everyone to attend the Ash Wednesday Service at the Northern Lighthouse. Service details:

February 26, at 6:30 p.m.

6131 North 14th Street



"Dad Tired" Conference Information

Jeff Heerspink, Pastor

The Dad Tired Conference is a great opportunity, and we want to encourage many of the men of "F" Street Church to consider attending. It is taking place on February 29, (this is leap year meaning it is a bonus day and you are missing nothing by going) at Maurice Reformed Church. This conference led by Jared Lopez, author of the book "Stop Behaving" and host of the Podcast "Dad Tired."

The conference will be covering four topics/sessions:

- The gospel and your heart
- The gospel and your marriage
- The gospel and your kids
- The gospel and your work

Maybe not all these topics apply to you at this time in your life, but there is sure to be a key part that does apply to each of us.

Due to the distance of the conference, (three hours away) we are planning to leave from "F" Street Church, on Friday night, (the 28th) at 5:30 p.m., stopping along the way to eat dinner. We will spend the night, either in a church, or homes, returning on Saturday around 7:30 p.m. The cost is \$25, and includes the conference, transportation, Friday dinner, Saturday breakfast, and lunch. You will only need to take a few extra bucks for snacks, if desired, on the trip.

Please register by Sunday February 2, by talking to Pastor Jeff, and getting us your \$25.

Care Team



"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. ³⁵ Your love for one another will prove to the world that you are my disciples." John 13:34-35

A command that we are given is to love one another and it is by the fulfillment of this command that we display to the world that we are the disciples of Jesus.

One area that the Elders are wanting to see our church grow, in is this area of love for one another, or care for one another. In many ways this should happen organically, as we worship together, and practice the other "one another" passages in scripture: teach, encourage, bear the burdens, build up, honor, live in harmony, just to name a few. However, that does not always happen.

We see the need for it to happen through organized groups like the five different Community Groups, currently being offered (See community group list following this article), as people get together to study God's word together, and share their lives.

Yet, we recognize that we can still do better with the organization of care. Therefore, we are inviting anyone interested in attending, to come to church on **Tuesday mornings at 8:00 a.m.** (following the 6:30 a.m. prayer meeting). During this time, we will write notes to those who have been missing, those who just attended for the first time, as well as those who are having birthdays and anniversaries. We will also work to get meals out to those who have need, and coordinate other care activities.

Current Community Groups:

Sunday Noon Group

- Location: Fireside Room at "F" Street Neighborhood Church
- Time: Following the morning service
- Contact: Keith Morrissey

Monday Night Men's Group

- Location: Fireside Room at "F" Street Neighborhood Church
- Time: 7:00 p.m.
- Contact: Tad Stryker

Wednesday Afternoon Group

- Location: Community Room at the VA Victory Park Apartments (445 Honor Dr, 68510)
- Time: 2:00 p.m.
- Contact: Pastor Jeff,

Thursday Evening Group

- Location: Keith Morrissey's Home (1750 Prospect, 68502)
- Time: 7:00 p.m.
- Contact: Keith Morrissey

Friday Morning Women's Group

- Location: Fireside Room at "F" Street Neighborhood Church
- Time: 9:15 a.m.
- Contact: Beth Heerspink and Jean Stryker

A Message From Kayla Kayla Wilson

Hey Y'all! I love my job and I am thankful for what I do. This position, Team Developer, gave me opportunities to experience new things, and build friendships. I enjoy connecting with the people at "F" Street Church, and partners of the church. I have grown in different characteristics and skills, which I am also thankful for, and hope they will be used in the future. I pray that my gifts were used in a way that encouraged you in your fellowship with Christ.

You, my friends, are the reason I write this with a heavy heart. After lots of prayer and contemplation, Art and I have decided to end our time at "F" Street Neighborhood Church. Although I am confident in the Lord's wisdom regarding this, it is a big bummer for me, considering how much I enjoy serving with you. Change is hard, and this is no exception.

I want to make sure you know how thankful I am for the privilege of serving with you, and supporting you in your service. I look forward to hearing about the growth and the development of "F" Street Church. I pray your fellowship with one another is strengthened, and your ministry to the neighborhood is effective. But most of all, I pray you enjoy, worship, and glorify our great God in unity with one another.

Thanks for all you do and thanks for allowing us the privilege of being with you during this past year.

Much love, Kayla Wilson

P.S. I am still available for coffee dates ;)

Health Ministry Corner

Barb Douglas, Health Minister

Happy Valentine's Day to all of you that come to "F" Street Neighborhood Church. Welcome, and God's blessings to each of you. I am happy to report that the Health Team Ministry, here

at our church, is growing and serving in this neighborhood! There are two new members the team, and I would like to introduce them to you all. They are Jennifer Foreman, and Kathryn Wiese. You may know them, they are both currently very active in service. I am also hoping that you will, occasionally, be hearing from them in the Health Ministers Corner. Be looking for their personal introductions in the coming months.

We are extending the office hours, of benevolence assistance, from Tuesday, Wednesday, and Thursday 10:00 a.m. until 2:00 p.m., to include Fridays from 8:00 a.m. until 10:00 a.m. I will continue to be available for any assistance on Tuesdays, Wednesdays, and Thursdays. Beginning February 7th through the 28th, Kat will be manning the phones, and available to offer assistance at the church office, on Fridays. This will be a trial period to see how these hours work for everyone. Jennifer will also help to extend these hours to include every other Wednesday evening, from 6:30 p.m. to 7:30 p.m., starting on Wednesday, February 5th and 19th. (If you need assistance, the church phone number is 402.435.3673.) So if you see these two beautiful young ladies, please tell them hello, and thank you, for helping the people of this church, and neighborhood. Jennifer will also be assisting in the facilitation of classes for the RIP program at Northern Lighthouse, on Monday nights. Thank you loads to both of you!

The new year has gotten off to a very cold start here in Nebraska! Wouldn't you all agree? The ice has been extremely dangerous as well. Please be extra careful walking, and driving here in Lincoln, especially on the side streets. Main traffic arteries are well maintained and safe, but the residential areas remain very slick, icy, and difficult to navigate safely, whether driving or on foot.

Please be careful, and God's blessings to everyone. Isaiah 41:13 "For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee." I would like to make a public thank-you to the One who answers all prayers. Romans 8:28 " And we know that all things work together for good to them that love God and are called according to his purpose." Luke 10:2 " The harvest is plentiful, but the laborers are few." Thank you Lord of the harvest for the beautiful hands and feet that rush to serve.

God's blessings to each one of you. Once again: please take care during this ice cold season - and always.

Barbara J. Douglas, HMFSNC

Monday Night Men's Bible Study -

Restart Tad Stryker

The Monday Night Men's Bible Study will resume Monday, January 20, in the Fireside Room (this is a change of venue). It starts at 7:00 p.m. and ends at 8:30 p.m. We'll continue Monday nights, through the winter and spring. The topic is "Discovering God From Creation to Christ." We'd love to have you join us! Questions? Call or text Tad Stryker, 402.802.0597.



Community Groups

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

Monday Night Men's Group: 7:00 p.m. at "F" Street Church Fireside Room. Contact Tad Stryker, 402.802.0957.

Wednesday Afternoon Group: 2:00 p.m. at the VA Victory Park Apartments, 445 Honor Dr., Lincoln, NE. Contact Pastor Jeff Heerspink, 402.805.2667.

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

Friday Morning Women's Group: 9:15 a.m. at "F" Street Church Fireside Room. Contact Beth Heerspink, 402.217.2352, or Jean Stryker, 402.784.1599.



