

The Word on the (F) Street



Calendar for December 2020

1st: 6:30am Prayer; **Happy Birthday Spencer Schultz**
3rd: 6:30pm FoodNet
6th: Sunday Service
8th: 6:30am Prayer
10th: 6:30pm FoodNet; **Happy Birthday Jean Coburn**
13th: Sunday Service
15th: 6:30am Prayer; **Happy Birthday Aspen Triplett**
16th: **Happy Birthday Silas Richard**
17th: 6:30pm FoodNet
18th: **Happy Birthday Kat Wiese**
20th: Sunday Service
21st: **Happy Birthday Johnnie Zamrila**
22nd: 6:30am Prayer; **Happy Birthday Caleb Heerspink**
23rd: **Happy Chance Triplett**
24th: **Christmas Eve**; 6:30pm FoodNet
25th: **Christmas Day**
27th: Sunday Service
29th: 6:30am Prayer
31st: 6:30pm FoodNet

*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.*

Advent Season 2020 Bill Thornton, Teaching Pastor

As we look forward to Christmas (and the birth of Jesus we celebrate), the F Street Neighborhood Church annually observes the season of Advent as a time of preparation and anticipation for Christ to have renewed access into our hearts and lives as believers. 2020 has been a particularly difficult and challenging year for many people, so we may find ourselves especially longing for those beautiful qualities that the coming of Jesus brings to us: hope, peace, joy, and love. The following is a schedule of messages for this year's Advent season:

November 29th, First Sunday of Advent

Candle: Hope
Message: *Hope Watches*
Gospel Reading: Mark 13:24-37

December 6th, Second Sunday of Advent

Candle: Peace
Message: *Peace in the Wilderness*
Gospel Reading: Mark 1:1-8

December 13th, Third Sunday of Advent

Candle: Joy
Message: *Joy Witnesses*
Gospel Reading: John 1:6-8, 19-28

December 20th, Fourth Sunday of Advent

Candle: Love
Message: *Love Welcomes*
Gospel Reading: Luke 1:26-38

December 24th, Christmas Eve

Candle: Christ
Message: *Worshiping Christ*
Gospel Reading: Luke 2:1-20



Interested in Baptism? Bill Thornton, Teaching Pastor

Perhaps you have been present when a friend or family member has been baptized, and you have wondered about whether you should experience this, too. We believe that baptism is a significant event in one's life as a Christ follower, and as a church family we want to provide the spiritual encouragement and understanding that should accompany your decision to be baptized. If you are interested in learning more about this, please contact Pastor Bill.



Sabbatical **Jeff Heerspink, Pastor**

I am grateful to the Elders of F Street Church who have allowed me and my family a time of rest. Starting on the first of December, I will be off from work until the end of the year. It is typical for me to take off time in December, as we celebrate the birth of Jesus, but also our anniversary and one of our children's birthday.

This is the first sabbatical I have had in the 15 years of ministry in Lincoln. It is being taken in part, as a means to allow us some time to work on a house that we were recently able to purchase, and hope to also be able to use for the glory of God.

I will still be around on some Sundays, and hope to relationally stay connected in this month away. However, if you have a need please feel free to contact the church to get in touch with one of our other amazing staff members.



Enrollment is Open for Winter Classes at Lincoln School of Ministry

Bill Thornton, Teaching Pastor

With the fall session of LSOM ending the first week in December, plans are now underway for the winter classes that will soon be offered. Our focus for this coming series will be on developing ministry skills in areas such as communication, pastoral care, and evangelism. If you would like more information about how to be a part of these equipping classes, please talk with Pastor Bill. Our winter session is scheduled to begin on Thursday, January 7, and will meet at the Redeemer Building located at the corner of 8th and D Streets.

In Need of Pastoral Care or Counseling?

Bill Thornton, Teaching Pastor

The elders at F Street Neighborhood Church desire to help the Chief Shepherd (Jesus) care for the people who make up our congregation. You can help us be aware of needs that are physical, emotional, and/or spiritual by using the Communication Card, and placing it in the offering on Sunday mornings, or by contacting any of the following: Tad Stryker, Keith Morrissey, or Bill Thornton. While Pastor Jeff is enjoying his sabbatical, during the month of December, we hope to keep his interruptions to a minimum, so please contact one of our other elders if you have need for care or counseling during this time.

Sunday Coffee **Susie Kinsey, Leader: Sunday Coffee**

Greetings! My name is Susie Kinsey, and I am leading the committee that used to be called *Coffee and Bagels*. My family and I have known Bill and Marcia Thornton for a number of years, and am proud to share that Pastor Bill is the one who baptized me 37 years ago! I have been a teacher at Everett Elementary

School for the past seven years, and have come to know and love many families in the area. I am fairly new to F Street Neighborhood Church, and serving coffee on Sundays has allowed me the opportunity to meet and learn more about the church. *Sunday Coffee* offers a comforting cup of coffee to F Street Neighborhood Church and neighbors on Sunday mornings. I would like to recruit some additional members to this committee. If you can agree to serve coffee one Sunday per month, and work with some friendly folks, then this opportunity is for you. For more information, and to get signed up, please call or text me at 402.309.5035, or email me at kinseysusie@gmail.com,



Doubling Down on Coming Together

Tad Stryker, Eder

You don't need me to tell you, but in many ways, 2020 has been a strange and harmful year, filled with upheaval and divisive rhetoric. Some of us will be glad to see it end.

Yet God still controls his universe, and I believe that 2020 is part of his plan. You and I don't control the plan. As Christians, our part is to be faithful and obedient to the God who makes the plan, no matter the circumstances.

While the world is pulling farther apart, here at F Street Church it's been a year of coming together. We merged with Jacob's Well, and our ministry is taking steps of growth. We're excited and glad to see this, and want it to continue. I think it's something we can all support, starting with our prayers, and with acts of service. We can also support our church financially, and I'm thankful that so many of you have been doing just that.

Once again this year, we're challenging ourselves to double our giving during the month of December. Our elder board's goal is to raise \$9,000 in December. Please prayerfully consider what you will give.

Remember, you have several ways to give. You can give in person at church on Sunday. You can mail a check to F Street Neighborhood Church, 1302 F Street, Lincoln, NE 68508. And you can give electronically.

It's easy, either through our website (fstreetchurch.org) or by using the Generosity app by Lifeway.

Online: Just go to our website, click the Donations tab, and you're on your way.

Lifeway app: go to your app store and download the free Generosity app by Lifeway.

COVID-19 and F Street Church

Jeff Heerspink, Pastor

As we all know, it is difficult to plan anything these days with the changes that are constantly changing due to COVID-19. Of course we are all tired of it, but it is something we must just continue to press through seeking both to protect as well as serve one another.

At this time, we are still allowed the privilege to gather to worship, and know that due to health directives that this could change at any time. However, we are encouraging anyone who can stay home to stay home for their own safety as well as the safety of others. We are still opening our doors on Sundays due to the need we see to be here for some who just need to get out - and the best place they can be is a worship service, and for those who are not able to get on line.

We are making changes at this time. First we are moving the Sunday Coffee into the Fireside Room, where from 10:00-10:30 a.m. people can enter to grab coffee and snacks and go outside. We are no longer allowing food and drink in the Sanctuary, to avoid any reasons for people to remove their masks, as masks must be worn at all time in the Sanctuary.

Moving Up Jeff Heerspink, Pastor

Over Thanksgiving week, Bill and I hope to move out of our current offices, and into newly refurbished offices in the back of the old youth room. I have officed above the Green Room since we first started, initially sharing an office with Brett, then Barb. From time to time others joined us: Brody, Kayla, and Savannah. This move is, in part, to allow Bill and I separate offices. After receiving some extra funds from an estate, we were able to replace the roof that had leaked since our arrival, and also covered the cost of the improvements.

Additionally, it will allow for the main part of former youth room to be used for meetings and other staff members. We are grateful to all the people who have helped with this process, from Chase who helped on the Roof, to Dave who led and did most of the work, to Nancy, Schyler, Rodney, Jordan, John and Allen who all did their parts.



A Christmas Opportunity

Kayla Wilson, Recreational Activities Coordinator, CenterPointe

My name is Kayla Wilson. As many of you know, I used to attend and be on staff at F Street Church. It has been approximately a year since moving on to the next season of life, which has included a new job at Centerpointe Adult Residential. I am currently the Recreational Therapist, helping individuals develop the ability to do life without substances, the skills to cope with what life brings, and the support system to sustain and strengthen them.

Centerpointe and F Street Church have a long standing relationship, as F Street Church has intentionally connected with individuals at Centerpointe. My hope is to see that relationship grow so that, ultimately, the individuals at Centerpointe would see, ex-

perience, and know the love of Christ.

There are multiple ways to get involved in this process. The most immediate opportunity is Christmas. You can partner with us by being a sponsor of one individual in our facility. You will receive unidentifiable information regarding the client(s) you are matched with, as well as his or her requests. Regarding gifts, we would like you to spend no more than \$50. You may drop off the gift or request a pick up. If Christmas sponsorship is not feasible or does not suit you, you may contact me and we can discuss alternative options.

Contact me **before** December 1st about your decision regarding partnership. On behalf of CenterPointe staff and clients, we would like to thank you for your prayerful consideration of joining the relationship between Centerpointe and F Street Neighborhood Church. I'm praying you and yours are well!



Health Ministry Corner Barb Douglas, PHM

Hello Brothers and Sisters in Christ,

I have been told there are many questions about what a Parish Nurse, or Health Minister is. Following is a short synopsis of what a Parish Nurse is and what she is not:

I will start with a short quote from Rev. Dr. Granger Westberg, in the foreword of the book *The Essential Parish Nurse*, by Deborah L. Patterson, "Parish Nursing we have found, is the most exciting and fulfilling of the nursing specialties. It is a dynamic process of working with parishioners and families in the community toward wholeness of body, mind and spirit. Rev. Westberg, a founder of modern parish nursing, stated that a nurse has the sensitivity - the peripheral vision he called it - to see beyond the patient's problems and verbal statements. A nurse, he suggests, hears things that were left unsaid by the patient. Rev. Westberg believed that nurses seemed to be grounded in both the sciences and the humanities, and were comfortable with both spiritual and physical natures."

So what is a parish nurse, and what is it not? What does he/she do? I will try to answer in a general way and then more specifically as it pertains to F Street Neighborhood Church:

- A parish nurse (sometimes referred to as a Faith Community Nurse in more modern terms) is a nurse who is licensed or registered, and serves his/her church in the capacity of Parish Nurse. We walk alongside the church members of any particular church, in any way needed. We especially assist the pastor or pastors of that church to visit and care for the congregation. In general that is what and who a Parish nurse is.

- Each church or group of worshipers has its own special kinds of needs. So each parish nurse uses his/her special talents and gifts to serve God and his people in whatever way he shows them. Here at FSNC, this Parish Nurse has been privileged to walk

alongside many congregants in a number of ways. Following is a short list of some of the ways the Parish Nurse is able to assist:

1. She is the hands and feet of the Benevolence Team. This team was organized to help those members of the church and the Near South community with financial difficulties, especially if it affects the physical, mental, emotional, and spiritual health of the individual or the families involved. The Benevolence Team is a group of church members that help her accomplish these tasks:

- a) Answering the church phone and taking messages.
- b) Delivering those messages to pastors, or others needed to accomplish the goals intended.
- c) Walk alongside individuals that need one-on-one assistance with housing, utility bills, seeing a doctor, or help getting resources to provide for themselves and their families. This team is most geared toward the financial assistance needed to accomplish a given goal.

2. She will also provide initial assessment for drug dependence, mental health, physical illness, etc. Anyone can set-up an appointment with me by calling the church number at (402)435-3673, leaving a message, with your reason for calling, your number, and the best back. I will call hours set for me

...there isn't much a Parish Nurse and her team can't do to help you get on the right road to recovery or wherever else that road might lead.

3. She works with make home visits,
4. She can accom- doctor's appoint- quest this service. sure you under- doctor is saying to instructions, help pick up medications and their instructions for use.

5. She can help you read and understand lab reports, procedure reports, etc.

6. She can make an assessment and refer you or a loved one to the correct facility or person that can help you look at a wound and refer you to a physician. If you do not have one I will refer you to Clinic with a Heart here in Lincoln, and they will get you started on the road to regular medical care, no matter what your financial standing at the time.

7. She can go over hospital discharge instructions with the patient or others of their choosing, to clarify and assist in understanding those instructions.

Note: A Parish nurse does not do wound care, or medication set-up or monitoring. She is not a personal nurse for hire. She will not do patient care in the home, or housekeeping, or cooking. However she will assist you in finding the facilities and/or organizations that do offer these services.

And the list goes on! For the congregation at FSNC there isn't much a Parish Nurse and her team can't do to help you get on the right road to recovery or wherever else that road might lead. This list is not all inclusive. So please don't hesitate to call (402)

435-3673 and ask your question! I am positive that between you, myself and God we can find the answer to your question or dilemma.

I sincerely hope this helps answer that question "What is a Parish nurse?"

Following is some interesting trivia about Parish Nursing and how it got started:

Parish Nursing has been around since 1836. It was started by Rev. Theodore Fliedner and his wife, Frederike, in Kaiserswerth, Germany, in response to the need for nurses (also called deaconesses) that would serve their communities through the church. That movement was the beginning of over 25,000 women who adopted the name and calling of Deaconess throughout Europe. It then spread to the United States of America in 1889 when the Deaconess Sisterhood came to St. Louis, Missouri.

Another interesting piece of trivia: That Deaconess Sisterhood was formed and organized by Florence Nightingale in England, to start the Schools of Nursing in England, hence the name "Sister" was the correct term to address a nurse in England from 1851.

God's Blessings always, Your Parish nurse/Health Minister for FSNC, Barbara J. Douglas HMFSNC

Regular Email Updates

If you would like to, but are not getting regular updates about things at "F" Street Neighborhood Church, please send a request to be added to the email list at fstretchurch@gmail.com

Prayer Requests

If you have prayer requests, please send them to our office email at fsncoffice@gmail.com

Community Groups

Group: **Women's Study**

Location: Fireplace Room at Church Building

Contact: Jean Stryker or Beth Heerspink

Day/Time: Sundays, 3:30-5:00 p.m.

Group: **Men's Bible Study**

Location: Green Room at Church Building

Contact: Tad Stryker

Day/Time: Mondays, 7-8:30 p.m.

Group: **VA Small Group Study**

Location: Victory Apartments (445 Honor Drive)

Contact: Jeff Heerspink or Carlos Gomez

Day/Time: Wednesdays, 2-3:00 p.m.

Group: **Keith Morrissey's House**

Location: 1750 Prospect Street

Contact: Keith Morrissey

Day/Time: Thursdays, 7-9:00 p.m.