

The Word on the (F) Street



A Place of Acceptance and Direction
F Street Neighborhood Church
1302 F Street
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Calendar for January 2022

1st: New Year's Day
2nd: Sunday Service
4th: 6:30am Prayer; **Happy Birthday Susie Kinsey, Sara Watson**
5th: 6:30pm Celebrate Recovery
6th: 5:30pm FoodNet
9th: Sunday Service
11th: 6:30am Prayer; **Happy Birthday Kenneth Curtis**
12th: 6:30pm Celebrate Recovery
13th: 5:30pm FoodNet
16th: Sunday Service
18th: 6:30am Prayer
19th: 6:30pm Celebrate Recovery
20th: 5:30pm FoodNet
22nd: **Happy Birthday Jeanna Reiber**
23rd: Sunday Service; **Happy Birthday Rick Gartner**
24th: **Happy Birthday Hannelore Lane**
25th: 6:30am Prayer
26th: 6:30pm Celebrate Recovery; **Happy Birthday Savannah McMullen-Larson**
27th: 5:30pm FoodNet
30th: 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.

Gospel Jeff Heerspink, Pastor

"Gospel," in its most literal translation means Good News. It was while I was enjoying a cup of coffee with my friend Ryan, that he summed up the Gospel in these words, really catching my attention as we were preparing for our upcoming message series, "A gospel was like front page news, or headlines and in those days, they centered around the idea of power. Gospels were royal announcements heralding a new ruler assuming control."

Reread that last line: "Gospels were royal announcements heralding a new ruler assuming control."

That is what is at the heart of our new series from the book of Matthew as we start the new year. Are we willing to submit to Jesus being the new ruler of our lives? Now what is radically different from the announcements of a new ruler of Jesus' time is that most of those gospel announcements were made because this they were the new ruler, news, other times not so conquered Satan, overforce us under his rule his rule.

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new ruler had just con- ritory and dictated that sometimes this was good much. Jesus, however, came death, but does not but welcomes us under

That earlier question of, are we willing to submit to Jesus being the new ruler of our lives? is that a question at this time. We can choose to for the time to live under our rule, leading to death and destruction or Jesus' rule that leads to hope, eternal life and transformation.

It is our hope that as we go through this series titled: "gos-pel – submitting to Jesus rule in our lives," you will find it good news as well as you will be stirred to let the prince of peace rule in your life.

Deeper Jeff Heerspink, Pastor

It is our heart, at F Street Neighborhood Church, to be a place of Acceptance and Direction. That means we want to be abundant in our love, welcoming all people regardless of social status, mental competency, race, political view, health etc. We also want to be attentive to God's word being both hearers and doers, we need to know it and we need to live by it.

To assist us all in growing a deeper spiritual walk, we are going to be working through, and encouraging our church body this year with some spiritual practices. These will be taken out of, what might be a modern classic, *Celebration of Disciplines* by Richard Foster. The opening statement in his book reads: "Superficiality is the curse of our age. The Doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for **deep people.**"

The goal of these practices is not to become some legalistic Christian in practice, but for each of us to find freedom from "the stifling slavery to self-interest and fear." It is to help us find fulfillment in our longing for God. It is to answer or open the door to Jesus who tells us that he stands at the door and knocks awaiting us to open it. It is not that these disciplines will or can do anything but lead us to God and his grace, but they open the door for God to speak, change, heal, and empower us. To sum it up. the purpose of our spiritual practices then is to encounter God and be totally transformed by him.

In each month this year we will be focusing on one of the spiritual practices as a means of growing deeper and we will be sharing tips, testimonies, and tools with you to help you grow in each of the spiritual practices listed. We encourage you to take a step with us to grow **deeper** this year.

Spiritual Practice #1, Meditation

The simple explanation of meditation is “the ability to hear God’s voice and to obey his word.” The Bible speaks often about meditation using different variations of the word, yet they all result in: listening to God’s word, reflecting on God’s works, remembering God’s provisions, relying on God’s law, etc.. This is where there is a great distinction in the term meditation for the follower of Jesus, than what most think of meditation. In many religions and faith practices it is the emptying of self rather than the filling of self with God’s word, deeds, and beauty.

As someone who struggles with the idea of workaholism it is not an easy practice (or not a loved discipline). At its core meditation requires a form of slowing down (A great book on this topic is, *elimination of The Ruthless Hurry*, by John Mark Comer, I highly recommend it). In our lives of hurry, we can often feel the slowing down to meditate is not something that we have time for. Yet, if we believe in and hold to the words of Jesus he states, *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”* (Matthew 11:28-30)

The goal of these practices is....to find fulfillment in our longing for God.

We know that our rest comes from Jesus, but do we know that it will take effort? That is right, it takes effort for you and I to find rest. As Jesus modeled for us while he was on earth, he got up early in the morning when everyone else was looking for him and later while all the people were looking for him. Let me be honest, when I am weary I want to sleep, thinking I have earned the right. I can try to check out with mind—numbing TV shows, that certainly are not helping me reflect on God and his words.

Now sleep is important, and TV is not all bad (Specifically if Seattle sports are on), yet rest is found in and from our relationship with Jesus, and it will require us to work at it.

I can only imagine that some of you are like me, and the thought is if it requires work then why do it? Well, the result of practicing biblical meditation is that, like with all spiritual practices, it leads to liberation, and rest. And, as in each of the biblical examples, the focus is of a changed life, as a result of an encounter with a living God, should be sufficient enough for all of us to begin to practice biblical meditation.

Putting it into practice:

- Consider turning off your phone, music, TV (you can do it)
- Go somewhere quiet, peaceful (this varies on who you are and where you find peace)
- Open your Bible and read a verse or a section of Scripture (need a Bible or a reading plan?)

- Consider your posture (standing, sitting, kneeling, lying down)
- Go for a walk-in nature (Go to a park, or a garden)
- Journal all the things that you can be grateful for

I hope that you will put the practice of meditation in to effect and find life fulfilling rest as we grow deeper with Jesus.

From Pastor Bill Bill Thornton, Teaching Pastor

Dear F Street Neighborhood Church Family,
Before leaving 2021 behind, Marcia and I would like to express our thanks for the kind expressions that have been received during the Christmas season. As the New Year 2022 begins I wanted you to be aware of the following opportunities for growth and care in our congregation:

Enrollment is Open for Winter Classes at Lincoln School of Ministry

Our focus in the coming weeks will be on developing Ministry Skills in areas such as Biblical 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 6th, and we will gather around the tables in the meeting space outside the pastors’ offices.



Interested in Baptism?

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 or Pastor Jeff.



**HAPPY NEW YEAR
2022!**

Coming This Spring: 3M Classes: Membership, Maturity, & Ministry

With a view toward developing fully devoted Christ followers at FSNC, last fall we offered a new series of classes called 3M which provide teaching on Membership, Maturity, and Ministry.

The Membership class helps folks become better acquainted with what it means to be a part of our F Street family. The Maturity class focuses on the habits that will foster spiritual growth in our lives. The Ministry class will explore how each of us is uniquely shaped to serve the Lord and His people.

Each class is offered in one session and will occur following the Sunday morning worship service. We plan to provide lunch, so you will want to sign up when opportunity is given in the coming weeks so we will know how many to plan for. Our upcoming class schedule is planned as follows:

Membership, March 13th

Maturity, April 10th

Ministry, May 15th

Please feel free to contact me with questions or to sign-up for these classes.



Youth Group Update Sage Peterson, Youth Director

Hello F Street Church. We can't believe it's already the new year! The F Street Church Youth Group wrapped up an awesome first semester. Over the past few weeks, they celebrated Christmas with a party and some fun games. The high school students had an event in December at Round 1, with other youth groups from Hope and Living Life. Both events were definitely a success and a good time was had by all. This year, we have had a fun, competitive group which has made for a great time!

As everyone moves into the spring semester, we are looking forward to watching our group grow, and our students continue in their walk with Christ. We have some really cool things planned for the new year, and we can't wait to make them happen!

If you are interested in supporting, volunteering, or learning more about F Street Youth Group, contact Sage Peterson at sage.s.peterson@gmail.com



NOTICE:

***Men's community group is
off until January 17.***

***Women's group is off until
January 21.***

Community Groups

Group: Men's Bible Study

Location: Green Room at Church Building

Contact: Tad Stryker

Day/Time: Mondays, 7 pm

Group: VA Small Group Study

Location: Victory Apartments (445 Honor Drive)

Contact: Ardeshir Mazhari, Keith Morrissey

Day/Time: Wednesdays, 2 pm

Group: Keith Morrissey's House

Location: 1750 Prospect Street

Contact: Keith Morrissey

Day/Time: Thursdays, 7 pm

Group: Women's Study: "The Holy Spirit"

Location: Fireside Room at Church Building

Contact: Beth Heerspink

Day/Time: Fridays, 10 am

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 fstreetchurch@gmail.com

Prayer Requests

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

Monthly Bible Reading Schedule

New Year for New Life, Jeff Heerspink, Pastor

Throughout the years we have sought to help us, as a church, dig into the word of God by providing, in the back of the monthly newsletter, a little reading plan. This past year we walked through the New Testament in one year (even sent you postcards). Why? Because we strive to be a place of acceptance and direction. That direction is none other than the all-powerful, life changing word of God. It is the nourishment for our lives as the Psalmist states: *“But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.”* (Psalm 1:2-3)

In simple loving words, we are fools to think we can live a life that is meaningful, life-giving, and God-honoring, if we are not willing to engaged with the truth that God has given to us for our lives. Peter tells us, in 1 Peter 2, that we are to long for the nourishment that comes from the word, like a baby who craves his mother’s milk. Too often we are weak because we fail to be growing in the truth that God has for us in his word: truth that can, and will transform us, strengthen us, and encourage us, truth that we need for our lives, and truth that others might need from us. We cannot give what we do not have.

As for all the lies that we hear, and the schemes that Satan is trying to trap us with, the author of Hebrews tells us, *“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”* (Hebrews 4:12) Paul also addresses the power, in Gods’ word, when he informs us that it is the ONLY weapon we have, everything else is to protect. But, the only offensive weapon we have to fight with is the Sword of Truth: *“...the sword of the Spirit, which is the word of God.”* (Ephesians 6:17)

So, why would we not read it for the strength we need, for the nourishment it provides, and the protection it offers? Why would we starve ourselves, our families, and our neighborhood? What might we, as individuals, and as a church, look like if we were all to be people who read, memorized and meditated on the words of God?

I want to encourage you, empower you, and equip you to be in the word. This year specifically I want to challenge you to read the word of God daily. *It will change you and others around you!*

This year we will return to the reading of the *Wisdom Literature*. Who does not want to grow in wisdom? This takes us into the Old Testament, to look at Job, Psalms, Proverbs, Ecclesiastes, and the Song of Solomon (Yes, Song of Solomon).

We will begin with Job. It is the oldest book of the Bible, and some have even stated that it should be the very first book, since it begs for us to know who God is. Setting the stage for the first five books of the Bible, Job helps us to understand God, as the creator of all things, and the one who delivers his people. This makes it a great place for us to start, as we dig into the *Wisdom Literature*. It is not a story of simple success but calls us to wrestle with loss and pain. It introduces us to God and the devil, and it points to the greatness of God through all things. I hope you will take a step into the wisdom God has for us in his word, beginning with this epic story.

Need a Bible? Please come and talk to one of our staff today. We would be happy to get you one.

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 3 – Job 1	Jan 4 – Job 2	Jan 5 – Job 3	Jan 6 – Job 4	Jan 7 – Job 5
Jan 10 – Job 6	Jan 11 – Job 7	Jan 12 – Job 8	Jan 13 -Job 9	Jan 14 – Job 10
Jan 17 – Job 11	Jan 18 – Job 12	Jan 19 – Job 13	Jan 20 – Job 14	Jan 21 – Job 15
Jan 24 – Job 16	Jan 25 – Job 17	Jan 26 – Job 18	Jan 27 – Job 19	Jan 28 – Job 20

