

# The Word on the (F) Street



*A Place of Acceptance and Direction*  
**F Street Neighborhood Church**  
1302 F Street  
Lincoln, NE 68508  
Pastor Jeff Heerspink  
Pastor Bill Thornton  
www.fstreetchurch.org  
fstreetchurch@gmail.com  
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## Deeper With Prayer Jeff Heerspink, Pastor

This year, in our desire to go deeper in our relationship with God, so that we, as a church, live in the truth of who God is and what he has done for us, we plan to walk through the Spiritual Practices from the book *“Celebration of Disciplines,”* by Richard Foster. Last month the emphasis was on meditation and this month the practice we will be highlighting is Prayer.

Foster writes, *“Of all the spiritual disciplines, prayer is the most central because it ushers us into perpetual communion with the Father...it is the discipline of prayer that brings us into the deepest and highest work of the human spirit. Real prayer is life creating and life-changing.”*

There are many texts on prayer, none greater than those of the gospel where Jesus taught often on prayer. New Testament writers also highlighted the priority and power of prayer. I would encourage a study of Jesus’ teachings on prayer, along with some of the great books written, so as to encourage and build our understanding of prayer. At the core, it is communion with God, our Father, it is both an act of speaking to and listening to and that should never be forgotten.

I am only going to give prayer, which I hope will and practice prayer to

*“Real prayer is life creating and life-changing”*

here a few thoughts about encourage you to explore greater lengths.

**Prayer is a priority.** The sized prayer with God earth should speak vol-

very fact that Jesus priori- while he was here on umes to us as his follow-

ers. One of my favorite verses on this is Mark 1:35, *“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.”* This was after a long day of ministry and Jesus knew that there would be more needs for his attention in the morning, yet instead of resting longer, he got away to pray. We read elsewhere that Jesus often withdrew to pray. The early disciples saw this as a priority as well as in Act 6:4, *“Then we apostles can spend our time in prayer and teaching the word.”* We see the priority of prayer throughout the book of Acts as a way of life for the early church.

Paul highlights this as a priority for all of those who follow Christ as well, after his conclusion of putting on the armor of God, we are to: *“Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.”* Therefore as modern-day followers of Jesus, we too should see prayer as a priority in our lives.

**Prayer is learned.** As we say the Lord’s Prayer, we should remember that this was Jesus teaching us, as his disciples, how to pray after his original disciples asked him to teach them to pray. Let’s also understand that they would have learned how to pray as kids, so the fact that they were asking meant they wanted to learn as Jesus prayed, more than just the rote prayers of their tradition taught to them as children. When we look at the prayer lives of some of the greats of the past (Martin Luther, used to pray for 3 hours to start his day). We can become deflated rather than encouraged. Yet we have to understand that God always meets us where we are and will move us along if we are willing to try.

**Prayer is listening.** We are good at turning to God in our darkest hours. There is no question that often that is where we not only need him, but meet him. However, that can lead to the idea that we turn to God with our

### Calendar for February 2022

- 1st: 6:30am Prayer
- 2nd: 6:30pm Celebrate Recovery; **Happy Birthday Katelyn Gollin**
- 3rd: 5:30pm FoodNet
- 6th: Sunday Service
- 7th: **Happy Birthday Ronda Simpson**
- 8th: 6:30am Prayer
- 9th: 6:30pm Celebrate Recovery; **Happy Birthday Shay McMullen**
- 10th: 5:30pm FoodNet
- 13th: Sunday Service; **Happy Birthday Marcia Thornton**
- 14th: **Happy Birthday Carlos Gomez**
- 15th: 6:30am Prayer
- 16th: 6:30pm Celebrate Recovery; **Happy Birthday Henry Connett**
- 17th: 5:30pm FoodNet; **Happy Birthday Kim Clark**
- 19th: **Happy Birthday Bill Thornton**
- 20th: Sunday Service
- 22nd: 6:30am Prayer
- 23th: 6:30pm Celebrate Recovery
- 24th: 5:30pm 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.*

list of needs, and fail to take the time to listen to him. This can come in the form of meditation, scripture reading, or in the community as others speak to us (specifically in times of prayer). It begs of us to slow down enough in our lives, and in our prayer times to hear from God. Many of us (myself included) would avoid a lot of hurts, in our lives and the lives of our loved ones, if we were to slow down to listen to God in the still small voice, so he does not have to shake our mountains for us to finally hear him.

**Prayer is compassion.** If we love someone, we will pray for them. If we pray for someone, we cannot help but love them. I hope that your love for your kids, for (y)our neighborhood, country, and for the world results in your praying for them. I also hope that as you pray for others you grow deeper in love with them.

**Let's Pray.**

## Here I Raise My Ebenezer...

**Bill Thornton, Teaching Pastor**

Later this month I will be marking a significant life event when I reach my 65<sup>th</sup> birthday. In fact, as the date has approached, I have found myself recalling a momentous event from the Old Testament when the God of Israel delivered His people from their enemies, the Philistines, through the leadership of Samuel. The prophet marked this significant occasion in the following way:

*Samuel then took a large stone and placed it between the towns of Mizpah and Jeshanah. He named it Ebenezer (which means "the stone of help"), for he said, "Up to this point the LORD has helped us!" I Samuel 7:12, NLT*


Now I do not really mean to equate the importance of my birthday with that of Israel's victory, except maybe in this one small way. I think, for me, it is an appropriate time to look back on my life and declare publicly (at least through this newsletter), "Up to this point the Lord has helped [me]!"

And, for that I am very grateful! Through the highs and lows of where my life has taken me, I can look back and see the fingerprints of God. This has been especially true in this season of life that finds Marcia and me ministering here with our beloved F Street Neighborhood Church family. More than once I have told her that I feel like everything that we have experienced and learned in our lives has prepared us for this special assignment which occupies our attention right now.

So it is that I would like to remind you today: Wherever you find yourself in life right now, I hope that you sense the nearness of God and His availability to help. That is good news no matter how old you are!

## Volunteers Needed

Do you have a passion to serve God and your church? Want to be behind the scenes? If so, we have an opportunity for you to help out. We are looking for volunteers to help with set up and tear down of outdoor worship, before and after service. Scheduling is very flexible. If interested please contact Allen at allenhayward1696@gmail.com.



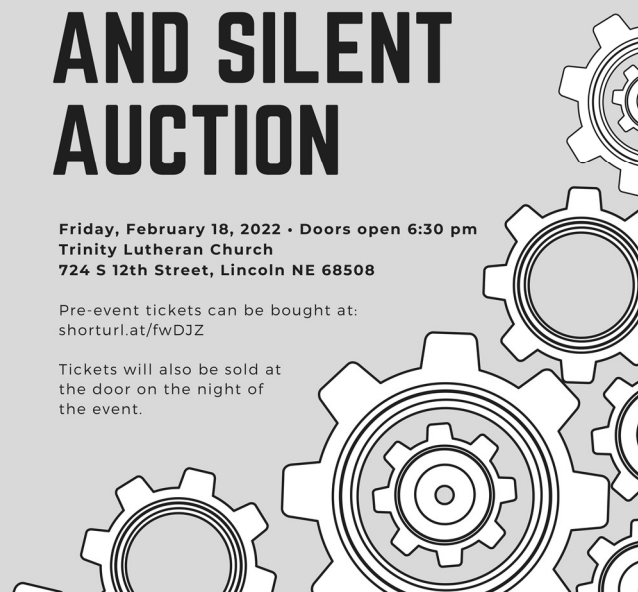
Atlas: Lincoln  
presents our 4th Annual

# TRIVIA NIGHT AND SILENT AUCTION

Friday, February 18, 2022 • Doors open 6:30 pm  
Trinity Lutheran Church  
724 S 12th Street, Lincoln NE 68508

Pre-event tickets can be bought at:  
[shorturl.at/fwDJZ](http://shorturl.at/fwDJZ)

Tickets will also be sold at  
the door on the night of  
the event.



## Helping Hands Jeff Heerspink, Pastor

Helping Hands is a service team that we are beginning, that will strive to meet the physical needs of others. This could include: meals, repairs, moving assistance, visits, and etc. We hope that it is just the start of helping us to better organize, and match the skills and resources of those in our community, -with those in our neighborhood, helping us to live out loving our neighbors.

This is a product of our 3M courses that we offered last fall, and will be offering again this coming spring. In the final 3M course (Ministry) it was discovered that Rhonda Simpson had led a team like this in the past, and was interested in coordinating this again here at F Street Church. If you are interested in learning more about Helping Hands, either to help to serve the needs of others, or if you have a need, please feel free to contact Rhonda Simpson at 210-551-2761 or email her at simpsonron-da1@yahoo.com.





## Art Chapel Update Jean Stryker

The Art Chapel, located in our little white chapel on the north side of F Street Church, will finally be under construction this year! Our empty shell of a building will be preserved and given new purpose as we repair the foundation, restore plumbing and electricity, and install finishes from locally sourced ash trees.

We reached out to the UNL School of Architecture over a year ago to help us with a design. The students there have done a great job of designing a renovation that will give us a beautiful and highly functional space for neighborhood folks to gather and create. Funds are coming together, permits are in the works, and a contractor has been engaged for the job.

The most important aspect of the arts ministry at F Street Church is the PEOPLE! A team is needed for this to work: Helpers with a talent to organize and plan, those who have a gift for hospitality. In addition we invite people with a creative talent to share with others: knitting, leather, sewing, photography, sculpture, writing, music. Maybe you just enjoy being around creative people and seeing the things they make. Do you want to be involved? Please contact Jean Stryker at 402-784-1599, and plan to come to the Art Chapel Discovery event on Sunday, February 20 at 6:00 p.m.

### **Art Chapel Discovery Event Sunday, February 20, 6 pm**

**Fireplace Room**

**You're invited to come for food,  
discover more about the  
Art Chapel project,  
and how you might be able  
to participate in this new ministry.**

## Health Ministry Corner Barb Douglas, HMF5NC

Hello Brothers and Sisters in Christ, I have many missionary friends from my missionary days, and I am going to share a few excerpts of wisdom I received a few days ago from one of them.

"Hi folks, I saw a friend yesterday who asked me to pray for her teenagers, saying they were troubled by depression and anxiety. We are in a war, and it is both spiritual and natural. On the spiritual side, there is war in the heavenlies that manifests on earth; we are the battlefield. Every victory over the enemy is felt in the heavenlies and every defeat also resounds throughout the earth. This has been ongoing since Adam and Eve fell in the garden, but it is intensified in the last days. We have not reached the summit of this war, but we are marching toward it with quickening step and the boots on the ground are getting louder as they march toward the culmination of this age.

To defeat the enemy we have to orient ourselves to "true north", that is, we must keep the compass of our lives fixed on what is true and right. Jesus is the way, the truth, and the life, and any other focus for safety and security will fail.

If we focus on ourselves and our needs, then we lose sight of God who loves us and meets all our needs. When we focus on him in worship, and in the truth of His Word, then our sense of security and safety are found in him.

This heaviness that everyone feels is part of the birth pangs of the Kingdom of God. *"For we know that the whole creation groans and suffers the pains of childbirth together until now. And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our bodies."* (Romans 8:22-23) It is the New World Order of the Messiah that is bearing down upon us. The old will be swept away.

In other words in times like these, we are invited to go deeper in our relationship with Him and to find our help in God.

Another aspect of the war we are in is that it is real in the natural as well. We are in the phase known as psychological warfare. This is real and it is being engaged in by real governments and institutions that are trying to bend the will of mankind in a certain direction. All that we are used to (normalcy) is being challenged, and it is hard for us to break out of this way of thinking and to see the changes for what they are. This results in something called "cognitive dissonance" in which a person has a hard time wrapping their heads around the changes taking place and wants to return to what is "normal".

However, the old normal is really gone. The gloves are off, the battle is heating up, and we need to be ready to stand our ground. For young people who thought they would grow up, go to college, get married, have a career and two kids, and live until

they are 80, there is a wake - up call going out. Wipe all that off the table because these are not normal times. Thus young folks are feeling depressed and anxious because they are looking at a completely different landscape than they thought they would encounter.

Remember Frodo in Lord of the Rings? With tears in his eyes he said he wished the ring had never come to him and he had not had to go through this challenge. Gandalf replied that we cannot choose our destiny, but when it comes to us we must simply embrace it and give it our all and do our best.

**Frodo:** I wish the ring had never come to me. I wish none of this had ever happened.

**Gandalf:** So do all who live to see such times; but that is not for them to decide. All we have to decide is what to do with the time that is given to us. There are other forces at work in this world, Frodo, besides the will of evil. Bilbo was meant to find the ring. In which case, you were also meant to have it. And that is an encouraging thought.

I will pray for my friend's young folks, because we are in God's army together. We are meant to fight this battle." Written by; Aimee Hennen, retired missionary.

All I want to add is, I will be praying for all our young folks here in our congregation, old folks too for that matter. Let's all make this pact together to pray for each other more than we have ever prayed before.

Please remember these are unusual and difficult times. For most of us, it is a time we have never seen or been through before. Even the History we are all familiar with will not prepare us for what's ahead of us. So let's all put differences and unimportant things aside and learn to work and live together in a way we have never done before. *"Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ."* 1 Peter 1:13.



## 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](mailto:fstreetchurch@gmail.com)

## Prayer Requests

If you have prayer requests, please send them to our office email at [fnsncoffice@gmail.com](mailto:fnsncoffice@gmail.com)

## Monthly Bible Reading Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 31 – Job 21	Feb 1 – Job 22	Feb 2 – Job 23	Feb 3 – Job 24	Feb 4 – Job 25
Feb 7 – Job 26	Feb 8 – Job 27	Feb 9 – Job 28	Feb 10 – Job 29	Feb 11 – Job 30
Feb 14 – Job 31	Feb 15 – Job 32	Feb 16 – Job 33	Feb 17 – Job 34	Feb 18 – Job 35
Feb 21 – Job 36	Feb 22 – Job 37	Feb 23 – Job 38	Feb 24 – Job 39	Feb 25 – Job 40