

# 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  
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## Calendar for May 2022

1st: Sunday Service  
3rd: 6:30am Prayer  
4th: 6:30pm Celebrate Recovery  
5th: 5:30pm FoodNet  
7th: **Happy Birthday Amber Reece**  
8th: Sunday Service; **Happy Birthday Beverly Hill**  
10th: 6:30am Prayer  
11th: 6:30pm Celebrate Recovery; **Happy Birthday Robert Long**  
12th: 5:30pm FoodNet  
15th: Sunday Service; **Happy Birthday Josiah Heerspink**  
17th: 6:30am Prayer  
18th: 6:30pm Celebrate Recovery  
19th: 5:30pm FoodNet  
20th: **Happy Birthday Jessica Hernandez**  
22nd: Sunday Service; **Happy Birthday Marvin Dennis**  
24th: 6:30am Prayer  
25th: 6:30pm Celebrate Recovery  
26th: 5:30pm FoodNet  
29th: Sunday Service; **Happy Birthday Jeff Wise**

*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.*

## Deeper: A Simple Life Jeff Heerspink, Pastor

This month we move into, what Richard Foster calls, the outward disciplines. The first of those is *simplicity*. However, as stated in Foster's book, the *Celebration of Disciplines*, "Simplicity begins in inward focus and unity."

In my thoughts, there may be no more difficult and challenging discipline than this one. I will confess that this may be one of the most counter-cultural disciplines. We have learned, in America, to justify so much of our consumer mentality. Practicing simplicity, or even reading just this one chapter from Foster's book, causes us to ponder where we put our trust.

To live a simple life is to do, according to my friend Dan Dalman, "Keep the main thing the main thing.." It is to do as Jesus calls us to do, "*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*" (Matthew 6:33). This sounds good, it sounds noble, but to live this out is difficult, considering the obsession that we have for things to be our security.

Foster gives 10 things that we can do to help us live a life of simplicity.

1. Buy things for their usefulness rather than their status.
2. Reject anything that is producing an addiction in you.
3. Develop a habit of giving things away.
4. Refuse to be propagandized by the custodians of modern gadgetry.
5. Learn to enjoy things without owning them.
6. Develop a deeper appreciation for the creation.
7. Look with a healthy skepticism at all "buy now, pay later" schemes.
8. Obey Jesus' instructions about plain, honest speech.
9. Reject anything that breeds the oppression of others.
10. Shun anything that distracts you from seeking first the kingdom of God.

In all reality, more than ever, I would encourage you to read this chapter in Foster's book and seek to apply it. If you want to read this chapter I am happy to get that to you.

## Church Work Day, Saturday, May 14th

Jeff Heerspink, Pastor

Spring is a great time to... well, spring clean. Over the past year, we have beautified the west side of the church, and made some significant strides in updating and improving our fantastic facilities. On Saturday, May 14<sup>th</sup>, we are inviting all of our church family to come out, from noon to 3:00 p.m., and help us continue the work.

We will be doing yard work, planting, cleaning the fellowship hall, and other various projects.

Tasks will be assigned to people in areas that they want to help with, or you can reach out to Dave Widman with any specific project or task you want to address.

The next family meeting is to be held on Sunday, April 24<sup>th</sup> at 6:00 p.m. It will begin with a potluck, and include the topics: sharing 2021 budget review, non-profits updates, vision, and more.



## Upcoming 3M (Ministry) Class on

**May 15th** Bill Thornton, Teaching Pastor

With a view toward developing fully devoted Christ followers at F Street Neighborhood Church, we offer a series of classes called 3M, which includes teaching on Membership, Maturity, and Ministry. Our next class, which focuses on Ministry, is planned for May 15<sup>th</sup>, and will explore how each of us is uniquely shaped to serve the Lord and his people. If you haven't yet had opportunity to attend this class, we hope that you will sign up when opportunity is given in the next few weeks so that we will know how many to plan on for the lunch that is provided. Our 3M classes occur following the Sunday morning worship service on the dates scheduled. Please feel free to contact Pastor Jeff or me with questions or to sign-up for these classes.

## "Give to Lincoln" Day is May 26th

Bill Thornton, Teaching Pastor

The 11<sup>th</sup> annual Give to Lincoln Day will be held on May 26<sup>th</sup>. This is an amazing event when the Lincoln community comes together for a day of giving that blesses a host of local non-profits providing a multitude of needed services which helps to improve the quality of life in our city.

We invite you to help with this annual event through your generosity, and we recommend three local non-profits with ties to F Street Neighborhood Church for your consideration: Atlas Lincoln, Transformations Thrift Store, and Jacob's Well. You can learn more about the work of these fine organizations by visiting their websites.

[www.atlaslincoln.org](http://www.atlaslincoln.org)

[www.transformationthriftstore.org](http://www.transformationthriftstore.org)

[www.jacobswell-lincoln.com](http://www.jacobswell-lincoln.com)



## Thank You, Barb Douglas Jeff Heerspink, Pastor

On May 15<sup>th</sup> Barb Douglas will serve her last day as a staff member at F Street Neighborhood Church. A little over six years ago, she came to F Street Neighborhood Church through a friend, and soon came to speak with me about Parish Nursing, explaining the role it could play here. I really do not know if we ever really got to actual Parish Nursing, as Barb has been a support to so many in so many ways. She has overseen the Benevolence ministry, been the house mother to many of our Immerse Interns, worked with addiction ministries, and been an overall blessing to the ministry of F Street Church.

I am grateful for the grace she has shown to many, the way that she has not just distributed the money, but walked with individuals through tough times. As she leaves the work here, I hope that you will express your support and appreciation to Barb for all that she has done

## Welcome, Hollie Sell, as F Street Neighborhood Church Administrative Assistant.

Hollie came to work at F Street Church as a Resident, as part of her schooling at Hope International University (formerly a Student of "Mr. Thornton's" at Nebraska Christian College). She also took the summer job with Immerse, and returned to her residency in the F Street Church office, also overseeing the older students' Journey Group on Sunday Morning. As her residency ends this May, we are happy to bring her on staff to help keep us, pastors, in line, organized, and on time.

She will be in the office on Tuesdays and Thursdays, as she also is on staff in a similar role with Atlas, and continues in her schooling.



## Youth Update Sage Peterson

Hello F Street Church. This school year has flown by, and the youth group only has three more weeks until summer break! The last night of the year will be on May 17th. This year has been incredible, and I can't wait to close out this year strong.

This last month of April has been a busy one for F Street Youth, but a lot of awesome things happened. Some middle school students were able to attend a retreat at Hidden Acres camp, with lots of other middle schoolers from all over. Over the weekend, they learned about some unexpected surprises in the Bible, and the unexpected savior that appeared. During the holy week, our high school students had the opportunity to attend a Passover meal. This was a very powerful night for all, and helped prepare us for Good Friday and Easter. Our students were also able to help serve and promote the block party by inviting the entire neighborhood. Finally, at the end of April, our group was able to take on a youth group from Firth in kickball. It was a ton of fun, and we have a pretty good team here at F Street Church!

If you are interested in learning more about F Street Youth, please contact Sage Peterson at [sage@fstreetchurch.org](mailto:sage@fstreetchurch.org).





## Coach's Corner Beth Heerspink

What in the world is a "Coach?" It's one of those trendy words that everyone has heard of. As "life coaching" has become more popular, the industry has also earned its share of skepticism. I'll admit, I was one of those skeptics until I read the book, *The Coach Model*, by Keith Webb, which offered Christ-based, Christian coaching as a method of ministry. I came to realize that coaching did not REPLACE other helping roles (mentor, teacher, counselor), but simply added an additional set of skills that could be utilized as an *additional* helping role, or implemented *into* the other roles. A coach helps a person move from point A to point B, getting "unstuck" in certain areas. Coaching relies on reflection and awareness, discovery and processing, encouragement and challenge, goal setting and action. It relies on the Holy Spirit to be part of the awareness and goal-setting process, and ultimately strives for transformation in a person's life. Coaching honors the fact that most people don't like to be told what to do, all of the time. It also offers dignity because it empowers a person to take responsibility and action.

Why am I telling you this? First, I am letting you know a little bit about what I do as part-time staff here at F Street Church. Half of my time is spent working with teams, and half of my time is spent coaching individuals. I currently work with nine individuals from our church and community in an ongoing coaching relationship. I usually work with people for about six months, so there are always "spots" opening up. If you are looking for support to make a specific change in your life (often issues related to faith, family, ministry, or recovery), please feel free to reach out to me and set up a time to talk.

For those of you who are currently in leadership, or helping roles (such as mentors), I wanted to also let you know that I am doing a three-day Coaching Workshop in the beginning of August, at Carol Joy Holling Camp in Ashland (August 4-6). This workshop is an interactive training designed to equip people in skills such as listening, asking powerful questions, goal setting, and more. If you want to add another tool in your tool belt of skills, as you walk alongside people in your various roles, this could be a great opportunity. Please email me at [beth@fstreetchurch.org](mailto:beth@fstreetchurch.org) if you would like more information. Thanks!



## Health Ministry Corner Barb Douglas, HMFSCN

Good morning Brothers and Sisters in Christ. This is Barbara Douglas, your Parish Nurse, wishing you all the best. I will be

retiring, at least for now, and moving to Missouri. So not too far away, only four hours, just a hop, skip and a jump away!

God called me to F Street Church, and now he is calling me away. That's how missions work. This time at FSNC has been the longest amount of time God has had me stay in one place. The first call was all over the world. God took me to approximately 15 different countries in just about 18 years. Serving our Amazing God has been an exceptional, exhilarating, and wonderful call on my life, and I hope to continue in whatever he has for me to do.

Some of you knew Lincoln was my home town. I was born at the original Lincoln General Hospital (which is no longer there). I spent many summers on 11th street, where my aunt and uncle and three of my cousins lived. Yes! That is about three blocks or so from FSNC. I was truly hoping God called me here to stay. But he has his plans, and they don't always match up with ours.

The last six years have really flown by! It sounded like a reasonably long time when I first agreed to try this mission on June 1, 2016. Back then, this was a slightly different type of church. Though I had helped plant several churches on foreign soil, I had never been called to help with one here in America, not as a mission anyway. I have been a Parish Nurse since about 1984. That was my training field, and God's preparation for the foreign mission field that began in 1999.

God can use anyone, no matter what your past or present looks like. He is constantly looking for a child of his to send. Sometimes it may be right next door. Missions for the Lord aren't necessarily glamorous or fantastic trips. Sometimes it's just hearing his wee small voice, calling us to smile at that sad person in the pew next to us, or maybe even to travel halfway around the world just to deliver a much awaited message to a mother who thought she was forgotten. I, for one, never know exactly when, or where I will hear that wee small voice calling me, or what God may be wanting me to do. But one thing is for sure, getting to know the One who calls us is imperative. Knowing him has been, and will always be the joy of my life.

Thank you all for allowing me to serve you in this beautiful little church, in Christ's name. I will continue to pray for this church, and all it contains as long as God's call remains on my life. God's blessings on your future every day. Love one another and allow him to walk with you, to always show you the way. With all my heart, Barbara J. Douglas HMFSCN



**F STREET  
NEIGHBORHOOD  
CHURCH**



## 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 [fsncoffice@gmail.com](mailto:fsncoffice@gmail.com)

## 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



## Monthly Bible Reading Schedule: Wisdom Literature

Monday	Tuesday	Wednesday	Thursday	Friday
Apr 25 – Psalm 39	Apr 26 – Psalm 40	Apr 27 – Psalm 41	Apr 28 – Psalm 42	Apr 29 – Psalm 43
May 2 – Psalm 44	May 3 – Psalm 45	May 4 – Psalm 46	May 5 – Psalm 47	May 6 – Psalm 48
May 9 – Psalm 49	May 10 – Psalm 50	May 11 – Psalm 51	May 12 – Psalm 52	May 13 – Psalm 53
May 16 – Psalm 54	May 17 – Psalm 55	May 18 – Psalm 56	May 19 – Psalm 57	May 20 – Psalm 58
May 23 – Psalm 59	May 24 – Psalm 60	May 25 – Psalm 61	May 26 – Psalm 62	May 27 – Psalm 63