

The Word on the (F) Street



A Place of Acceptance and Direction
F Street Neighborhood Church
1302 F Street
Lincoln, NE 68508
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Pastor Bill Thornton
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Calendar for March 2022

1st: 6:30am Prayer
2nd: 6:30pm Celebrate Recovery
3rd: 5:30pm FoodNet; **Happy Birthday Jeff Heerspink**
6th: Sunday Service
8th: 6:30am Prayer; **Happy Birthday Jessica Dillon**
9th: 6:30pm Celebrate Recovery; **Happy Birthday Timothy Mailand**
10th: 5:30pm FoodNet
12th: **Happy Birthday Shirley Robinson**
13th: Sunday Service
15th: 6:30am Prayer
16th: 6:30pm Celebrate Recovery
17th: 5:30pm FoodNet
18th: **Happy Birthday Johnny Mann**
20th: Sunday Service
22nd: 6:30am Prayer
23th: 6:30pm Celebrate Recovery; **Happy Birthday Tiya Troutman**
24th: 5:30pm FoodNet
27th: Sunday Service; **Happy Birthday Christina Bissegger; Elise Richard**
28th: **Happy Birthday Jonathon Delay**
29th: 6:30am Prayer
31st: 6:30pm Celebrate Recovery; **Happy Birthday Andrea Mailand, Keith Morrissey**

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: Fasting Jeff Heerspink, Pastor

As an addict to food, the idea of fasting causes me anxiety and fear, seriously. At the same time, like most addicts, I also long for freedom, experiencing all that God has for me. Even more, I have committed my life to Jesus, and said, "Yes Lord, I surrender my will to yours, and I am willing to lay down my life for your kingdom." But get hungry for Jesus, seriously? When we live in the world of excess and luxury?

Like many, I can make up long lists of reasons not to fast, (denial). Yet the facts are also there, and there are great advantages to fasting (truth), including health, and spiritual advantages. Although the Bible does not command fasting, it appears that most of the "greats" fasted (Moses, Daniel, Paul, Jesus). Jesus, in his sermon on the mount, taught about fasting in the same vein as giving and praying. Most Christ-followers are not arguing against these practices. In addition, Jesus states: "When you fast," not a command but seems to imply that this is a normal practice. Even more, when Jesus is questioned about his disciples not fasting, his response is, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast." Matthew 9:15. This of course also has implications of fasting being a normal practice.

So, why fast? First and foremost, fasting is about worship. It is about placing our trust in God, breaking our idolatry, and dependency (addiction) to food, sugar, caffeine, comfort, devices, and others. It is not a religious fad diet, a means to impress anyone (in fact we should only let those who need to know, know), nor is it a means to control God. It is worship. In fact, in several places in the Bible worship and fasting go hand in hand.

There are of course secondary effects. These include breaking addictions (things that have control in our lives), cleansing our bodies of toxins, and can increase our intercessory prayer. But the goal and the starting point is to grow in our love and worship of God!

So the questions that we might want to ponder are:

- How might my worship be enhanced by fasting?
- What things that I have placed as idols, addictions, comforts, or given control to that are hindering me?
- Or as I like to ask and need to ask myself as I write this, how am I willing to be disadvantaged (or discomforted) for the advantage of the kingdom?

A few thoughts:

- Consider, during the Lenten Season, is there something that you are willing and feel a call to fast from?
- Is there something in your life that you have elevated to a God – status, and need to remove?
- Can you make it a one-day-a-week fast to start, maybe for the month of March? Maybe it is no electronics for a day. Maybe a noon-to-noon food fast.

It is a prayer that this year we all work towards growing deeper in our trust, love, and discipline with Jesus. It is my prayer that all of us (me included) will consider the role, and priority of fasting, as we seek to love God, and love others.



Time Change Jeff Heerspink, Pastor

Although it has been a mild winter with limited snowfall, I always look forward to spring. The trees budding, grass growing, and of course, the neighborhood awakening. One of the first signs that spring is coming, is the time change. This year we spring forward (lose an hour of sleep) on Sunday, March 13th. So plan ahead as you will lose an hour or be an hour late for church.

Upcoming Growth Opportunities at F Street Neighborhood Church

Bill Thornton, Teaching Pastor



Lenten Bible Study Begins Wednesday, March 2nd

Beginning Ash Wednesday, March 2nd, and continuing through Holy Wednesday, April 13th, Trevin Preble and I will be leading a mid-week Bible study for men and women. Studying the theme, *Life Under the King*, we will be discussing the previous Sunday's sermon at FSNC. If you live, work, or find yourself downtown during the noon hour, consider this your invitation to join us in the Fireside Room from 12:05 to 12:55 pm on Wednesdays. Bring your own Bible (and lunch, if desired).

3M Classes Scheduled for the Spring

With a view toward developing fully devoted Christ followers at FSNC, we plan to offer a series of classes that we call 3M, which will include teaching on Membership, Maturity, and Ministry. Membership will help folks become better acquainted with what it means to be a part of our F Street Church family. Maturity will focus on the habits that will foster spiritual growth in our lives. Ministry will explore how each of us is uniquely shaped to serve the Lord and His people.

Each class will be offered in one session and will occur following the Sunday morning worship service. We plan to provide lunch and childcare, 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 class schedule will be 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.



Spring Session of the Lincoln School of Ministry Begins Thursday, March 24th

I am excited about the lineup of Leadership topics that will be consid-

ered during the Spring Session of LSOM. The following is our schedule:

- The Leader's Relationship with God, March 24th.
- The Leader's Relationship with Family, March 31st.
- The Leader's Relationship with Ministry Leaders, April 7th.
- APEST & Spiritual Gifts, April 14th.
- Poverty, April 21st.
- Addiction, April 28th.
- Racism, May 5th.
- Mentoring, May 12th.
- Art as Ministry, May 19th.
- Hospitality and the Ministry of Presence, May 26th.

If you are interested in joining us, please contact me for an application for the Lincoln School of Ministry.

Volunteers Needed Becky Sallinger

The Block Party Committee is looking for help! We serve a meal, to the congregation and our neighbors, the last Sunday of each month. We are looking for volunteers to help set up, serve, clean up, and sometimes even provide food (usually we ask for a side dish to go with our main meal). In the nicer weather months we'd also like to pass out fliers in the neighborhood, during the week leading up to the block party. If you're interested in helping with any of these things, please let Becky know. Call or text 402-430-0432.



March Special Offering

Sam Keyzerr, Pastor Northern Lighthouse

The primary mission of the Northern Lighthouse is quite clear and has been for years. Incarcerated people and formerly incarcerated people make up a big percentage of our congregation. Each Sunday we transport around thirty-five inmates from the Community Corrections Center of Lincoln.

As one of our Elders said recently, *"How important it is to spiritually prepare incarcerated people for reentry into society! With healthy support, they are much less likely to reoffend."*

Jesus himself said, *"The Spirit of the Lord is upon me, for he has anointed me to bring good news to the poor. He has sent me to proclaim that captives will be released..."* (Luke 4:18)

We are unfaltering in our sense that we are anointed to bring the light and hope of the gospel to those starting over. We so much appreciate the support of the broader Christian community in this mission; and value the F Street Neighborhood's coming alongside us.



Youth Update Sage Peterson

Hello F Street Church: This past month has been awesome with the youth group. Over the course of the month, we have been learning about how to become “fishers of men,” how Jesus loved with compassion, and spiritual growth. Something that I have loved seeing over the course of the month, is our discussions grow deeper. Students have been asking great questions, which have led to everyone being involved in great discussion. At the end of the month we had a taco party to celebrate 2-22-22! As we look forward to March, I can’t wait to see students continually become more involved in the group! If you would like to become involved with F Street Youth or learn how you can support the group contact Sage at sage.s.peterson@gmail.com.

Say, “Hello” Stacey Preble

I would like to introduce the newest members of the Greeting Team! Please welcome Beverly Hill, Linoma Wingate, Coehn Preble, Jacob Preble, and Landon Preble. I look forward to seeing their welcoming smiles greet everyone that comes to F Street Church. Also, a shout out to the existing team members to let them know that they are appreciated and do a fantastic job! Keep up the great team work. Like Hebrews 13:1 says, “Keep on loving each other as brothers and sisters”.



Local Giving Goal Exceeded in 2021,

Increased for 2022 Tad Stryker, Elder

Thanks to a strong year-end giving surge, we finished 2021 by surpassing our goal for local giving. I want to express my appreciation to all who were involved with this.

An all-time record offering in December propelled F Street Church to a total of \$97,395 for 2021, which exceeded our goal of \$90,000.

With 2022 well underway, it’s time to look ahead at what the Board of Elders have planned financially. We are doing a significant upgrade of our restrooms, which we’ll all greatly appreciate by the time summer is here. We have added some staff positions, and committed extra financial resources toward better supporting and equipping our staff. We want to bring back our volunteer appreciation banquet, which was a great success in the fall of 2019, before COVID-19 arrived.

With those and other priorities in mind, the elders decided to

increase our local giving goal this year to \$120,000. That’s an average of \$10,000 per month.

This is a significantly higher goal than last year, 33 percent, to be exact. We realize it’s quite a jump, but decided that it’s the right time to do this. Of course, it will only become reality as we all prayerfully examine how we can step up our giving, as God directs.

Since we always earmark 10 percent of our local giving to our Benevolence Fund, this means that we’ll have more money to use to help with many persistent and pressing needs in our community, which we anticipate will increase.

We’re off to a good start. In January, we gave \$8,907, which is our best local offering ever recorded for January. Let’s keep it up and look forward to exceeding \$10,000 several different months in 2022.



Health Food for the Soul

Jean Stryker, Creative Arts Director

“When we are busy or distracted, it is easy to fall back on eating overly processed ‘convenience’ foods. Their empty calories do little to strengthen our bodies, and may indeed create unhealthy appetites or increase our vulnerability to clinical depression. When feeding our souls, we dare not substitute surface attraction ‘that which is effortlessly appreciated and soon exhausted of virtue’ for true beauty. Instead we need to cultivate the appetite for the best soul food, whole and unprocessed, requiring time to absorb and digest.” Makoto Fujimura, Culture Care

Over the past year, I’ve been learning about what my body needs to be healthy, and I’ve made big changes in what I eat and when. What I feed to my brain and spirit matters so much more than what I put into my body! When I’m in the wrong frame of mind, I can make bad choices about what I watch, or read, or otherwise spend my time consuming. When I’m lonely or bored, I can waste big chunks of time online, or eat things that aren’t good for me. But I am learning to make better choices!

Since I know I’m going to need to eat a few times every day, I can help myself make good choices by prepping ahead and planning how to handle my day. Planning ahead for healthy food for my mind is harder, though! It helps me to make a list of what I need to accomplish every day, so if I get bored, I can get myself on track. I try to keep good books on hand to read. I find free audio books online via the library, and I listen to them or podcasts while working on other chores. These are good ways to keep from putting unhealthy things into my body and soul.

Healthy food for body and soul usually means not choosing the easy option! Finding the thing that’s better for me means effort. If I want food for my spirit that’s truly beautiful, and not just sparkly on the surface, I need to look for it and discipline my mind to choose it over the easy but destructive alternatives. Here are a few ideas:

1. Pastor Bill and Trevin Preble are starting a noon hour sermon discussion/Bible study group in early March. Stimulating discussion rooted in the truth is top quality spiritual food.
2. The library is a great resource for free good books. Their apps are called "Libby" and "Hoopla." Hoopla is often the better source for audio books by Christian authors.
3. The YouVersion Bible app is free, and it has an audio option that allows you to listen to whatever segment of scripture you choose.
4. I host an "Open Studio" time every Tuesday night from 7:00-9:00 p.m., where you can come and make stuff. It's a good way to spend a little time learning to create your own version of beauty. Bring a friend!
5. Visit local galleries and museums. Galleries are usually happy to have visitors at any time, but especially on First Fridays, when they often open their workspaces to the public as well. The Sheldon is open Tuesday-Saturday, 10:00 a.m. to 4:00 p.m., and admission is free.
6. The University of Nebraska Glenn Korff School of Music often has free recitals, which can be found on the events calendar on their website.



Transformations Thrift Store,

Cece Robinson and Andrea Mailand

2021 ended strong. The quality and quantity of your donations is steadily increasing. We continue to see first-time shoppers stopping in. Andrea and I have made some changes to maximize store appearance, space and profitability. Although we are non-profit, increased revenue means we can provide greater financial support to ATLAS: Lincoln.

Ministry and loving our neighbors continues to be an important part of who we are. There are regulars that come in for conversations – and God's presence. We are honored to be the place that they come to feel loved and seen. We do our best to bring awareness to services that already exist in the community, such as area churches, Barnabas Community, and of course, ATLAS: Lincoln.

What does the year ahead look like at Transformations?

- This year we will finally have our first Annual Thrift Crawl. We will partner with seven other non-profit thrift stores during the week of March 13-19. The goal is for people to visit each store, and find out what is behind their mission...why they do what they do. At the end of that week, there will be a prize drawing, with the grand prize being an overnight at the Lied Bed and Breakfast, in Nebraska City. More information to come, of course.

-The week of April 12-16, we will have an Easter Egg Hunt. When you get ready to check out, you will pick up an egg, thus getting the discount hidden inside.

-The month of May is important for local non-profits. It is a time when financial gifts are matched, under a program through Lincoln Community Foundation. All donations are tax deductible, and it helps each of us to carry out projects and programs throughout the year. The money that comes in during this month is an important part of Transformations' yearly budget, and helps to cover unexpected expenses.

-Saturday, June 4th, we will celebrate our third anniversary. The grill will be going, and it will be a day of great celebration, and maybe some specials.

That's the plan for the first half of 2022. I will send another update, mid-year, with all the end-of-year celebration plans, and details about the end of year food drive. Thank you so much for all your support throughout this journey.



Health Ministry

Health Ministry Corner Barb Douglas, HMFSNC

Dear Brothers and Sisters in Christ, The beginning of 2022 has been remarkable with the weather! One day beautiful at 60 degrees, the next day might be 10 degrees! So sicknesses abound. Please dress for the weather whenever possible. But even at 60 degrees, it's not shorts weather yet, unless that's how you normally dress. The main thing is to stay warm as much as possible. Several members of the Parish have had runs of colds (they might be a form of COVID), and many have had the stomach flu. We can all remember that nasty little bug. So stay warm, continue good handwashing at all times, cover your mouth when you cough, and respectfully stay home if you're not feeling well.

God has given us so many wonderful, "natural" vitamins and minerals to help us stay healthy and robust. These amazing little vitamins and nutrients are meant to keep our immune systems strong and healthy, because our immune system, a gift from God, is how we are meant to fight diseases in our bodies. Colds, including COVID, and its various variants, can also be fought off by taking these few vitamins and minerals regularly. Below is a short list of vitamins and minerals available, OTC (over the counter, not requiring a prescription). This is just a common sense guideline for anyone wanting to be healthier.

1. A good daily multivitamin, available at any drugstore or grocery store that sells vitamins
2. Zinc, also found at any drugstore
3. Vitamin D3, 4000-5000 units daily, found at most drugstores
4. Vitamin C, a usual daily dose is 1000mg, found in any drugstore
5. Quercetin, a normal daily dose is 300-500mg. Found at the Vitamin Shoppe
6. Turmeric Curcumin. You can take this in capsule form or just use 2-3 teaspoons on your food daily to help with inflammation and to help build the immune system. This can be purchased in the grocery store or in capsule form in the drugstore

7. Lysine, is a mineral that helps fight the cold virus itself.
Available in most drugstores and The Vitamin Shoppe

This list is not an all - inclusive list of course, but these seven vitamins and minerals are proven to be effective in keeping your immune system built up and healthy. Of course if anyone of you have diabetes, heart disease, cancer, or any other combination of diseases your body is dealing with right at the moment, please take this list to your doctor to make sure he agrees with your taking them. We can never be too safe.

Following are a few reminders from our Father in Heaven, about how much he loves us and provides for us:

Luke 12:32, *"Fear not little flock; for it is your Father's good pleasure to give you the kingdom."*

Isaiah 41:13, *" For I the Lord God will hold thy right hand, saying unto thee, Fear not; I will help thee."*

Proverbs 1:33, *"But whoso hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil."*

Matthew 10:28, *"And fear not them which kill the body, but are not able to kill the soul."*

2 Timothy 1:7, *"For God has not given us a spirit of fear; but of power, and of love, and of a sound mind."*

Roman 8:15, *"For we have not received a spirit of bondage again to fear, but ye have received the Spirit of adoption, whereby we cry, Abba Father."*

Psalm 46:1, *"God is our refuge and strength, a very present help in trouble."*

John 14:27, *"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your hearts be troubled, neither let it be afraid."*

Please feel free to call the Benevolence office to talk to one of the team about any health issues you may be facing. We are always welcoming the chance to pray with you and to help you in any way we can. That number is 402-435-3673. If there is no answer right away, please leave a message with your need and the best time to call you back, and someone will get back to you as soon as possible. May God bless you and keep each one of you always.



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 fsncoffice@gmail.com



**F STREET
NEIGHBORHOOD
CHURCH**



Monthly Bible Reading Schedule

Wisdom Literature

It is not too late to start. Seriously. Today is always a good day to start reading the Bible. I am not kidding.

This week we are starting in the Psalms, one of the most-read books of the Bible. It is filled with prayers, laments, and proclamations about God.

Here are a few reasons to read the Psalms:

- They speak to the entire spectrum of human experience. In them you can rejoice, fear, get angry, love, and experience just about every other emotion.
- They allow you to worship with your whole body. The psalmists tap, stomp, lift their hands, kneel, bow, and shudder.
- They give room for any expressions you may want to give. You can laugh, shout, be silent, play an instrument, rage, weep, sigh, cry out, yell, bellow, roar, and just about anything else.
- They are universal. They are meaningful to all.
- They join you in a timeless community of praise. When you pray the Psalms you are joining with thousands of years of prayer.
- They are beautiful. The Psalms can bring you to tears with their beauty. They speak to your soul more than to your mind. The tension that they weave speaks to the very heart.
- They challenge you. There are some places in the Psalms that are hard to deal with. Reading them is a good way to force yourself to come face to face with many uncomfortable things about the bible, God, and human nature itself.
- They can give you words for others. There are few things more powerful to give people peace in the midst of trial as having a dearly loved Psalm read.
- They will carry you. In life sometimes it's hard to pray. The Psalms give you words and prayers when you can't muster the words yourself.
- They create sacred mental space.

Consider reading them with others in the church starting today. The reading plan is below.



Monday	Tuesday	Wednesday	Thursday	Friday
Feb 28 – Job 41	Mar 1 – Job 42	Mar 2- Psalms 1	Mar 3 – Psalms 2	Mar 4 -Psalms 3
Mar 7 – Psalm 4	Mar 8 – Psalm 5	Mar 9 – Psalm 6	Mar 10 – Psalm 7	Mar 11 – Psalm 8
Mar 14 – Psalm 9	Mar 15 – Psalm 10	Mar 16 – Psalm 11	Mar 17 – Psalm 12	Mar 18 – Psalm 13
Mar 21 – Psalm 14	Mar 22 – Psalm 15	Mar 23 – Psalm 16	Mar 24 – Psalm 17	Mar 25 – Psalm 18