



VOL. 9 ISSUE 11 · NOV 2023

THE NEXT DOOR NEIGHBOR

Special Thanks!

Dear F Street Church family,

There are many ways that you excel as a congregation. One of them is the manner in which you have blessed us as your pastors during the annual Appreciation Month that occurs during October each year.

On Sunday, October 8th we received cards (with cash enclosed) as expressions of your love and support for us. For that generosity as well as all the other kind expressions that we receive throughout the year, our families want to say a heartfelt thank you! We count it an honor and privilege to serve you as the Pastors of F Street Neighborhood Church!

In Christ's love,

Pastor Jeff & Beth Heerspink

Pastor Bill & Marcia Thornton

thank  you

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The Seven Deadly Sins: Part 2 - Pride Goeth Before

ANDY BUTLER, TECH & BENEVOLENCE LEADER

For Evagrius of Pontus, understanding the demonic and sin in general, meant also understanding one's own thought life. Evagrius believed the demonic is not only present in what we think, but actually more (and probably primarily) in what manifests in our lives as a result of what we think. Though the research I did was brief or what some would call cursory, there did seem to be a bit of mystery surrounding exactly how Evagrius landed on these eight thoughts in particular. It is at least somewhat clear to me though, that the main reason he wrote what he wrote and believed what he believed is because he experienced it himself and wanted to share his experience with others. The lifestyle of any ascetic monk at the time would have led to great internal struggle and close attention paid to their own thought lives. Remember, ascetic monks spent the majority of their time alone in isolation - fasting, meditating and praying. So Evagrius wrote his eight demonic thoughts from scripture and experience. Again, the purpose was to inform and equip his peers (other monks) for spiritual attacks that could arise in their lives as well.

In his handbook, Evagrius writes on the demonic thoughts of "Pride" last. This is one of my favorite entries:

From the Letter of John

1. Against the proud thought that exalts me on the pretext that there is no image of sin in my thinking:

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive our sins and cleanse us from all unrighteousness (1 John 1: 8-9).

It is always amazing to me how directly scripture speaks to our thought lives. As I read this entry, in humility I can acknowledge I sometimes buy the lie that there is "no image of sin in my thinking." This is probably why the sin of pride is referred to as "the ruler of all other vices." One must acknowledge there is sin in one's life, to recognize the need for that sin to be forgiven. Though it's often extremely challenging, it is a beautiful thing when we recognize our pride (and our sin) and we respond to it with God's word. The scripture Evagrius uses here hits its target like an arrow and corrects our thinking in a really simple and straightforward way. So, we can see how Evagrius's writings, though meant for monks, can be useful for us as well. In a more general sense and above all else, we see how God's word addresses our deepest needs in ways that nothing else can. And maybe most importantly, we see how our active choice to use God's word as our weapon against the evil from within, uncovers our need for the grace our Heavenly Father gave us and continues to give us, through Jesus.

What's your family's "thing"?

SAGE PETERSON,
YOUTH DIRECTOR

When getting to know someone, something that I have always found fascinating is finding out what their family's "thing" is. For some that's maybe an activity that they always enjoy together, maybe a tradition that they have, or maybe an inside joke that they have. For my family it has always been tailgating and attending Iowa State football games together. I know some people will shake their heads at this but for us it's a perfect time for us to spend 12 straight hours together doing something that we all love! This was started when my dad was a kid and started attending games and because of that, Saturdays in the fall are always blocked off. This activity has helped our family connect together, grieve, have fun, and share lots of memories together. If while you have been reading this you have been thinking that your family doesn't have a "thing", that's okay because now is a perfect time to find something that works best for you! Life always seems to be getting busier and busier but prioritizing something as a family will always be a blessing.

So with that I want to ask you, what is your family's "thing?"



Boundaries: Good or Bad?

JEFF HEERSPINK, LEAD PASTOR

I often think of boundaries like bumpers on the bowling alley lanes. They keep us in-line with the goal, and they keep us from missing the joy of accomplishing what we set out to do by keeping us on course. In life boundaries can protect us like a fence protects cattle from wandering off; healthy boundaries in our lives can keep us from wandering too far away from our goals and God.

Boundaries are important and can protect us physically, spiritually, mentally, and financially. Therefore, boundaries are good for us.

Yet when I have sat down to read the very popular book titled “Boundaries” by Henry Cloud, I can have a negative feeling. Not that I disagree with having boundaries with our time and with our resources (I often know I need more boundaries). Yet what I find sometimes is that when we communicate about boundaries, we can make it all about “me,” as if I am the most important. Yes, I am important to Jesus, but sometimes he calls me to love other people at inopportune times. What if it is those moments that are the goal and although may not fit in our schedule, what if they are divine opportunities?

Jesus, at the end of Luke 8 in a chapter titled, “Jesus Heals in Response to Faith,” has just landed on shore and is met by a father, Jairus, whose daughter is dying. This seems like it should be a siren blaring and lights flashing medical call, yet Jesus is walking, and the crowds are “pressing in” around him and someone touches him and receives healing power: the woman who has been bleeding for 12 years with no cure.

It is interesting to me that Jesus stops. He takes his eyes off his goal, his priority, to go and heal the little girl who is dying and stops for a lady who is unknown. In addition, she is already healed according to the text, just from reaching out to Jesus the great healer. Yet Jesus takes a detour and stops to encourage her and to look her in the eyes; he values her by showing that she too is the priority simply by giving her his time.

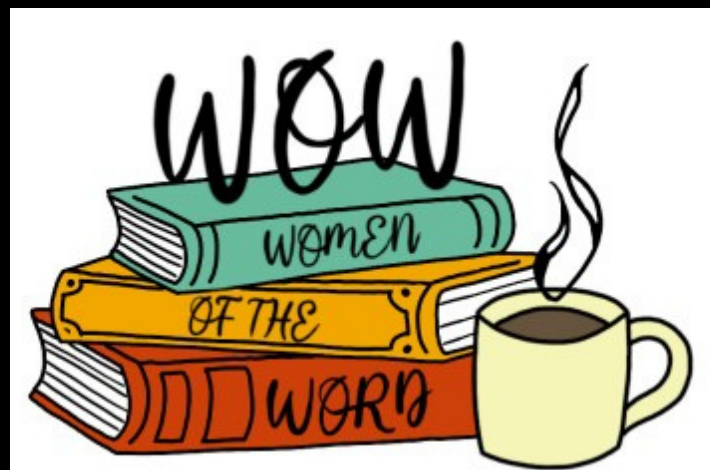
In another story, that of the Good Samaritan, the guys with the excellent boundaries (the priest and the temple worker) missed an opportunity to help their fellow Jew who had been beaten and left to die alongside the road.

I believe that likely all of us need to learn boundaries and how to establish them. In fact, I would dare say all of us need to work to establish boundaries with media, spending, relationships, and more. Yet I also think that we must hold those boundaries up to God and invite the reality that sometimes the greatest ministry will take place outside of our attempts to have a tidy life.

Women of the Word

BETH HEERSPINK, COACH

Attention all women of F Street Church! You are invited to a Thanksgiving Brunch on Friday, November 17. We will make Gratitude Journals and enjoy a meal together in the Fellowship Room downstairs. Please talk to Wilma Palmer if you would like to sign up to bring something. We will NOT meet on Friday, November 24 and then we will have a special Advent study during December (December 1, 8, 15, and 22). We hope you will join us! Bring a friend who would be encouraged by God’s Word!





LEARNING & GROWING OPPORTUNITIES at F Street Neighborhood Church

BILL THORNTON, TEACHING PASTOR

Community Groups — Fall Schedule

Topic: Genesis

Leader: Vince Grove

Location: Jean Stryker's office

Day/Time: Sundays, 9 am

Topic: Spiritual Disciplines

Leaders: Drew & Sarah Peters

Location: 6730 S. 41st Street

Day/Time: Last three Sundays of the month, 6:30 pm

Topic: Galatians

Group: Young Adults (20s) led by Bill and Marcia Thornton

Location: Grace Room

Day/Time: Thursdays, 7 pm

Topic: Testimonies

Leader: Ardeshir Mazhari

Location: 1750 Prospect Street

Day/Time: Thursdays, 7 pm

Topic: I and II Thessalonians

Group: Women's Study led by Beth Heerspink and others

Location: Fellowship Hall

Day/Time: Fridays, 10 am



Let's talk about something to
Celebrate and that's Recovery!

ALAYNA KECHELY, CELEBRATE RECOVERY LEADER

Hey F Street!

At Celebrate Recovery our first priority is to ensure anyone and everyone who is dealing with any addictions, any hurt, any habit, or any type of hang up, that there be a safe place in which they can redefine and refine their journey of life to start the path of being clean and free in their walk along Christ. F Street Church ensures that all who come are accepted. Celebrate Recovery has had a ton of success stories that range from some people celebrating their first day of being clean and sober to their 20th year. We would love to continue doing God's work and with the help of any donated funds we will continue to strive in the washing of the feet of those whom Jesus would. Let us celebrate!!! Thank you, F Street, for the continued love and support! You are always welcome to join our CR family! We would love to have you!!

3M Class on November 12: How are you “SHAPED?”

BETH HEERSPINK, COACH

“I want to serve in the Church, but I just don’t know where to serve.”

“I just wish I knew what God wants me to do.”

“I just feel so burned out, but I really do want to help people.”

If you have had any of these thoughts, I would ask you, “What are your spiritual gifts?” Spiritual gifts can serve as a roadmap for meaningful service. They can alleviate guilt (I don’t need to feel bad for saying “no” to certain things) and also energize us (there is a certain Holy Spirit power when we are using our spiritual gifts.)

I would also ask questions about your personality and heart as part of the process of discerning direction. God has made each of us with something unique to offer the local church (no, you are NOT the exception).

I want to invite you to the 3M class focused on Ministry, which is taking place directly following the church service on November 12. This class is for those who have a relationship with Jesus Christ and would like to engage in more (or different) ministry at F Street church. We (Jeff and Beth) will introduce and interact with material in a “SHAPE” Packet which helps explore spiritual gifts, heart, abilities, personality, and experiences. This is intended to be a discovery process, not a sales pitch! Following the class, you will have the opportunity to take the material home, engage with it more, and schedule a follow-up interview if you feel that would be helpful.

If you plan to come, please let Jeff or Beth know so we can prepared with the right number of packets. Feel free to email Beth at beth@fstreetchurch.org with questions or your RSVP. Thanks.



Prayer Time

JEFF HEERSPINK, LEAD PASTOR

I want to encourage you to participate in prayer. There are of course lots of ways to do this including on your own, but I want to encourage you to consider partaking in our Tuesday Morning prayer time (6:30-8:00). Often there are seven of us who come to pray and lift the requests of those who filled out cards in addition to people who have passed along prayer requests from care calls. We also take a few moments to share our own requests and then dive in.

If this is outside of your ability to attend, you can still participate by turning in a prayer card on Sunday as we are happy to take the time to pray for you and your requests.

Worship Team Update

ADAM WOOCKMAN, WORSHIP LEADER

Greetings F Street Church! On behalf of the worship team, I want to say we find it such a joy to worship with you and a privilege to lead the congregation in worship. Each of us on the team has a passion for worshipping our Lord and making music. We love to see you all engaged in worship and singing your hearts out to God. He alone is worthy of all praise and glory!! I wanted to encourage you that if there are songs that really connect you to God and we aren't currently singing those during the service please reach out to me, Adam Woockman. My email is adam@fstreetchurch.org. Don't hesitate to give me suggestions on songs that speak to your heart. Also, if you have a passion for worship and music and have musical ability, don't hesitate to email me that as well. We have a specific need for a drummer, bass player and/or another guitarist. If this isn't you but you know someone who fits the bill and needs a church to call their home, then get them to church!! Ha! May you continue to love the Lord with all your heart and worship him with gladness!!

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 Jeff or me.



Do You Accept the Challenge?

WILLOW APPLGATE, ART CHAPEL DIRECTOR

As we move into the month of November, we move into a holiday known as Thanksgiving. At first thought, perhaps a big ole turkey comes to mind, or mashed potatoes and mac and cheese. Maybe sweaters and pumpkin spice, or a bonfire after a football game. These are all great things to enjoy, but I urge you to remember the name of the game THANKS - GIVING.

At times it can be hard to be thankful, it can be so easy to be critical of our lives or our situations. But 1 Thessalonians 5:16-18 says this...

16 Always be joyful. 17 Never stop praying. 18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

In ALL circumstances, we should be thankful. So, I have a challenge for you this month, in the spirit of Thanksgiving. Find a time everyday whether it be right when you wake up, before bed, exactly at 2:47pm, whatever works for you, and write down something you're thankful for. After you write it down, pray. Praise the Lord for the good He does in your life. The following day, do the same thing. Except this time when you pray, remember what you wrote down the day before. And so on and so on. By the end of November, you'll have 30 different things to be consciously aware of praising God for.

It sounds easy, but trust me, some days will be easier than others to be thankful. But that's the point, to work past those tricky moments and praise the Lord in ALL your circumstances. Now the real challenge is this...don't stop. Just because November wraps up to an end, doesn't mean your thanks will. Continue to consciously seek God in your daily life, giving Him thanks and praise during it all - no matter your circumstance.

Now the only thing left to ask is...do you accept the challenge?

67 Days until CHRISTMAS!

TRANSFORMATIONS THIFT STORE

Only 67 days until Christmas. Have you started shopping yet? I know, it's been a tough year. Let Transformations make it easier for you. Our donations have been amazing! Let us help you with that baking pan you need, or the serving dishes you are missing. Make us a regular stop for the little stocking stuffers, office gifts and unique decor items. Don't forget that white elephant gift you're going to need. Maybe skip the black Friday lines and crowds, get some rest and come see us on small business Saturday, November 25th for brand new toys, quality gifts and that unique something for that hard to buy for person at prices you won't find anywhere else. We will be closed 18th-24th to decorate and spend time with our families. If you stop in before then and mention F Street, we will give you a coupon to be used on Small Business Saturday. We look forward to seeing you.

Orange Tour

HOLLIE SELL,
ADMINISTRATIVE ASSISTANT



Sage, Willow, and I (Hollie) had the privilege to attend the Orange Tour, which places emphasis on Children's and Youth Ministry. While it was a long day for us, we all came back rejuvenated, fired up, and ready to better share Jesus with the younger generation. One concept I (Hollie) learned was values, assumptions, beliefs, and experiences of the coming generation (Gen Alpha), which gave insight in how to better teach and show them Jesus! One thing that stood out to Willow was the concept of cultivating trust. If we want to help build faith beyond youth group, it all starts with trust. People can learn to trust Jesus by trusting someone who trusts Jesus. This idea that it all starts with building trust with one another, that we move at the "speed of trust." For Sage, one of the biggest takeaways was talking about some of the stats and developments in students' brains from grade to grade and the possible challenges that may come with it. While also learning ways to best serve these students going through key developmental stages.

Missionary Corner

Email Updates

To be added to regular email updates about the church, email fstreetchurch@gmail.com

Prayer Requests

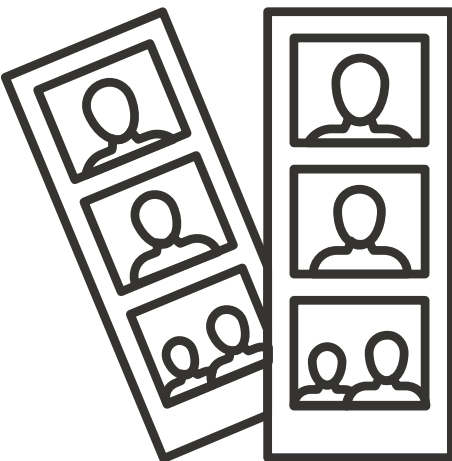
If you have any prayer requests, please fill out the back of the communication card or come up to the front after church service

Up to Date

To keep information up to date, please fill out a communication card or email Hollie at hollie@fstreetchurch.org

Photo Booth!

We will be offering a chance for individuals or families to have their photo taken with a photo booth and get a print to take home (digital image too) on Sunday 12/10! Dress up the kids and bring the fam!



The Walhof's

Hi friends at F Street Church,

I hope this finds you well!

We're reaching out to all our supporting churches to let you know about a great opportunity for the right person. We are looking for an MK (Missionary Kid) Teaching Assistant, who might also be interested in learning about and serving in a Mission Hospital and Community in Kenya.

Please pass this link on to anyone who you think might be interested in this opportunity, and PLEASE let us know if you have any questions or leads! Thanks!

<https://serge.org/jobs/missionary-kid-teacher-assistant-vocational-intern-kapsowar-kenya/>

Kris and Kim Walhof

The Howell's

Dear friends,

"I am amazed to find that science, God, and general human morality all say the same thing... It's really interesting to realize that God and the Bible are actually not off target, and actually do have meaning in the world today," Lasha reflected in Michelle's advanced science course during an in-class discussion about the impact between human and environmental life.

Michelle's students had been studying numerous case studies of recent events, the need for human system changes, and now the perspective outlined in the Bible (Genesis, Psalms, Hosea, Jeremiah, and more). Lasha was not the only student who commented about their surprise that science and the Bible can work together.

Please pray:

- for our students as they explore and seek truth.
- May they grow in their understanding of the Bible and God's call for us in the world today.
- May they continue to see that the things God commanded and the things he promised many years ago are still true today.
- Pray for our interactions with students in and out of class. For trust and growth.

Blessings to you all,
The Howells





2023

NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
	<u>John 11</u>	<u>John 12</u> 6:30am - Prayer	<u>John 13</u> 6:30pm - Celebrate Recovery	<u>John 14</u> 5:30pm - FoodNet	<u>John 15</u>	
5 10:30am - Sunday Service	<u>John 16</u>	<u>John 17</u> 6:30am - Prayer	<u>John 18</u> 6:30pm - Celebrate Recovery	<u>John 19</u> 5:30pm - FoodNet	<u>John 20</u>	
12 10:30am - Sunday Service	<u>John 21</u>	<u>1 Thess 1</u> 6:30am - Prayer	<u>1 Thess 2</u> 6:30pm - Celebrate Recovery	<u>1 Thess 3</u> 5:30pm - FoodNet	<u>1 Thess 4</u>	
19 10:30am - Sunday Service	<u>1 Thess 5</u>	<u>2 Thess 1</u> 6:30am - Prayer	<u>2 Thess 2</u> 6:30pm - Celebrate Recovery	<u>2 Thess 3</u> 5:30pm - FoodNet	<u>2 Pet 1</u>	
26 10:30am - Sunday Service	<u>2 Pet 2</u>	<u>2 Pet 3</u> 6:30am - Prayer	<u>Jude 1</u> 6:30pm - Celebrate Recovery	<u>Rev 1</u> 5:30pm - FoodNet	<u>Rev 2</u>	



Birthdays

Anniversaries

4th - Scott Cramer
5th - Jaime Alcares
6th - Madeline Mailand
12th - Mona Reeves

14th - Ben Truska
15th - Christopher Wagy
26th - Nancy Widman
28th - Payne Ackerman,
 John Connett

22nd - Dave & Nancy Widman