



VOL. 9 ISSUE 10 · OCT 2023

THE NEXT DOOR NEIGHBOR

Art for “Just Like Us”

JEAN STRYKER, STAFF ARTIST

On September 17, our pastors began “Just Like Us: A Study of the Life and Ministry of Elijah the Prophet.” For each of the ten sermons in this series, there will be a new artwork on display in the church sanctuary. The art is a tribute to the works of Sadao Watanabe, a Japanese artist raised in Tokyo who chose to follow Jesus in 1930 at age 17.

Watanabe learned his technique while apprenticed to a maker of kimono fabrics. He worked in a traditional Japanese folk art style and placed Biblical subjects in a Japanese context. His works were painted on mulberry paper that was squeezed and wrinkled to give a rough quality to the prints.

Watanabe once remarked that he preferred that his prints hang in the ordinary places of life: “I would most like to see them [his prints] hanging where people ordinarily gather, because Jesus brought the gospel for the people.” It seems appropriate to have art that echoes Sadao Watanabe’s style at F Street Church, where we seek to share the good news of the Gospel with ordinary people where they are. Watanabe made several images of the prophet Elijah, who was called “a man just like us,” an ordinary man.

To learn more, visit <https://www.sadaohanga.info/home>

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Seven Deadly Sins: Part 1 The Language of Spiritual Battle

ANDY BUTLER, BENEVOLENCE AND TECH LEADER

The Seven Deadly Sins were originally conceived of and written down by fourth century ascetic monk Evagrius of Pontus. Evagrius actually referred to the sins as “demons” or “evil thoughts” and he wrote down eight of them, instead of seven. Evagrius titled this writing: “Talking Back: A Monastic Handbook for Combating Demons.” According to Evagrius, a monk or Christ follower should very literally talk back to fight their demons, evil thoughts or what we might refer to today as “intrusive thoughts”, using the Word of The Lord as their weapon. He originally wrote the handbook for other monks who lived in isolation or practiced an ascetic lifestyle, as a means to help them understand how these evil thoughts might interfere with their spiritual life. Evagrius’ method of combating demons was to use God’s Word in direct response to the demonic or evil thoughts. So, his handbook is written in a sort of call and response style, in which Evagrius names the demonic thought, and then writes and cites his appropriate scriptural response. Here is one example from Evagrius’ chapter on the demon, Sadness:

From The Gospel of John

67. Against the soul that does not understand that weakness of faith brings trepidation and fear into the heart: Do not let your hearts be troubled. Have faith in God, have faith also in me (John 14:1).

Evagrius’ eight evil thoughts as he listed them were: gluttony, fornication, avarice (love of money), sadness, anger, listlessness (sloth), vainglory and pride. A student of Evagrius, named John Cassian, eventually brought this handbook to the Western Church where it was translated from Greek to Latin, Pope Gregory I got rid of “sloth,” added “envy,” then removed “pride” from the list and placed it at the very top, calling it “the ruler of all the other vices.” Thus, we finally arrived at the seven deadly sins, which were referred to as both “mortal” or “deadly” because they were thought to lead to the death of one’s own soul. Later, the list would be revisited by a couple other early church fathers, namely Saint Thomas Aquinas, but in general, the list developed by Pope Gregory I is the one we refer to today.

Though this is admittedly a matter of opinion, I will show my hand at the onset and say I very much prefer Evagrius of Pontus’s version of eight demons to combat as opposed to calling them seven deadly sins. My reasoning is primarily the overall aesthetic, a bit of biblical accuracy, and the language of spiritual battle rings truer for me from a Christ-centered perspective than thinking about this list of thoughts turned to action as sins which might kill me. Whatever your preference, it is nonetheless true that the “Seven Deadly Sins” originated as eight demonic thoughts or lies from evil meant to be responded to and ultimately defeated by the Word of The Lord. Ephesians 6:10-11 tells us: "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes." Evagrius’s handbook was a specifically targeted attempt at doing exactly that.

In the following weeks, I plan to look at each sin in more detail and explain how Evagrius of Pontus landed on each of them. It is important to remember that no apostle or biblical writer actually wrote a list of seven deadly sins or eight demonic thoughts for that matter. The list, though absolutely taken from scripture, is still a human attempt at understanding and making practical what scripture says. Yet there is potentially great value in understanding how early Christian thinkers viewed these demonic thoughts so we can apply their view to our lives today. These demons, evil thoughts, deadly sins, or lies were seen as important enough to name, explain and share with others for Evagrius (who has a fascinating testimony you could look into if you’re interested - suffice it to say, he was not always a Christian), so they should be at least that important to us.

Transportation Team needs another Driver!

TAD STRYKER, ELDER

The Transportation Team is a vital part of our church. Would you like to join? Friendliness, dependability, steadiness and good vision are some of the requirements to be a Transportation Team member.

We need to add another driver to our team. Are you willing to drive the church van at least once a month to allow other people to come to F Street Church? It could be for a Sunday service, a Wednesday night CR meeting, or (likely) both.

Qualifications for being a Transportation Team member:

- Must have a current Nebraska driver's license
- Reliability, friendliness, the ability to work positively with others
- Report for duty unimpaired by drugs or alcohol
- Available to drive people to church (and home again afterward). Time slots would be Sunday (approximately 8:30 a.m.-1 p.m. availability the day you drive, although days with church dinners or block parties will go later) and Wednesday (approximately 5 p.m.-9 p.m.)

If interested, please call or text Tad Stryker at 402-802-0597.

3M (Maturity) Class Set for October 22nd

With a view toward developing fully devoted Christ followers at FSNC, we offer a series of classes called 3M which includes teaching on Membership, Maturity, and Ministry.

Our recent class on Membership which helps folks become better acquainted with what it means to be a part of our F Street family met September 17th. The next class which deals with Maturity is planned for October 22nd and will focus on the habits that foster spiritual growth in our lives. Finally, the Ministry class planned for November 12th will explore how each of us is uniquely shaped to serve the Lord and His people.

The 3M classes occur following the Sunday morning worship service on the dates scheduled. 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. Please feel free to contact Pastor Jeff or me with questions or to sign-up for these classes.

In Christ, Pastor Bill Thornton

3M's

MEMBERSHIP

MATURITY

MINISTRY



LEARNING & GROWING OPPORTUNITIES at F Street Neighborhood Church

BILL THORNTON, TEACHING PASTOR

Sunday mornings

- 9 am. Studying, Genesis.
 - Led by Vince Grove meeting in Jean's studio.

Sunday evenings

- 6:30 pm. Studying, Spiritual Disciplines.
 - (Last three Sundays of the month.)
 - Hosted by Drew and Sarah Peters in their home.

Tuesday evenings

- 6:30-8:00 pm. Studying, Speaking the Truth in Love.
 - through October 24th.
 - Led by Vince and Cathy Grove in upstairs office area.

Thursday evenings

- 7 pm. meeting in Keith Morrissey's home.
 - Led by Ardie Mazhari.
- 7 pm. Young Adults (20s); Studying, Galatians.
 - Led by Bill & Marcia Thornton in Grace Room.

Friday mornings

- 10 am. Women's Bible study, 1 & 2 Thessalonians.
 - Led by Beth Heerspink and others.
 - meeting in the Fellowship Hall.

LIFE CHAIN

TAD STRYKER, ELDER

October 1st

Life Chain is an annual silent outdoor prayer event. Participants line O Street while holding signs drawing attention to the fact that abortion on demand has systematically killed more than 45 million preborn babies in the U.S. since 1973. You are invited to join Tad Stryker on the south side of O Street between 35th and 36th streets (across from the main entrance to Wyuka Cemetery) from 2:30-3:30 p.m. Sunday, Oct. 1. Tad will have signs and is available at 402-802-0597 to answer questions.

Building & Grounds Team Leader

JEFF HEERSPINK, LEAD PASTOR

Dave Widman is a hero of mine. Always willing to help and he has taken on some big projects here at F Street, whether running cable or rebuilding our bathrooms, Dave has been there. But Dave does not want to be the Team Leader of Building and Grounds.

So, we are looking for someone who meets the qualifications of a Team Leader (available upon request) and is able and willing to be responsible for the general maintenance and repairs for all the church facilities, including working with vendors and volunteers.

Essential duties and responsibilities include:

- Inspect and maintain all church facilities.
- Perform ongoing maintenance and repairs.
- Coordinate and oversee outside vendors (AC, Plumbing, electrical, etc.)
- Assist in the upkeep of the grounds.
- Recommend Budget needs to the Elders.
- Invite, support and coordinate a team of volunteers when and where possible.

Education and Experience Required:

- General knowledge and experience in Building, Plumbing, Electrical, and HVAC.
- Able to inspect and diagnose problems and determine the best means to correct them.
- Able to keep records.
- Able to coordinate people.
- Must have a valid driver's license.

If you are interested in learning more about this role and serving as the Team Leader to help care for our facilities, please reach out to me (Pastor Jeff) to learn more.

A Life of Prayer

JEAN STRYKER, STAFF ARTIST

We put a lot of emphasis on prayer here at F Street. We recite the Lord's Prayer and the Apostles' Creed regularly. We pray before, during, and after worship services. We receive teaching on prayer. We're encouraged to pray for one another, for our neighborhood, for our leaders, for our own needs... By now, we all should be experts on prayer! And yet it seems like prayer: true, deep, meaningful prayer, is a rare occurrence for many of us. Why is that?

Maybe we make it more complicated than it needs to be. God doesn't want a great speech every time we come to him! One way to simplify prayer is to talk to God about your life as you would a friend right next to you: "God, thanks for this quiet minute as I drive to work." "God, what needs to go on this list I'm making right now?" "God, I'm sad about things with X right now." "God, I'm having trouble with this project. Will you help me?" "God, I hope we get a snow day tomorrow!" :)

Prayer is turning toward God with as much of our true self as we can muster. Putting our moments into words and expressing them to God opens a door for him to interact with us in that moment. That builds relationship and trust. As we build this habit, it can lead to a much deeper prayer life. We just need to start where we are and speak our simple, honest conversational prayers.

Where's the Church?

JEFF HEERSPINK, LEAD PASTOR

In 1984, Wendy's coined their still known "Where's the Beef?" question. This question was more of a negative campaign against other fast-food chains (who apparently were using too little beef), but it raises a similar question for me: "Where's the church?" The difference is that this is NOT a negative campaign against our church or any church, but rather a challenge to all of us who are the church.

Sometimes we can think of "the church" as a grouping of people, which can somehow limit us from taking on the responsibility ourselves. For example, we can be grateful for the things that "our church" does, giving away 10 percent of our local giving to serve the neighborhood or the community in which we live; however, we might not feel the need to be generous ourselves.

One specific area that I have been pondering is in the area of hospitality. That is an enormous topic of course, but not one that we should take lightly, specifically as many seem to feel we are entering or have entered the end times. Peter tells us:

7 The end of the world is coming soon. Therefore, be earnest and disciplined in your prayers. 8 Most important of all, continue to show deep love for each other, for love covers a multitude of sins. 9 Cheerfully share your home with those who need a meal or a place to stay.

- 1 Peter 4:7-9

Hospitality could include how you and I engage with others on Sunday Morning, or as the text points to, how you and I "cheerfully share our homes with those who need a meal or a place to stay." Again, it is easy to say that people who are hungry can go to the Gathering Place or to one of the food pantries, or FoodNet (all good things), but are we opening up our homes to people? Are we sharing meals with one another?

What ideas do you have for practicing hospitality? How can we, "the church," be obedient to Christ in this matter?

I hope that we all hear the king say:

'Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. 35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. 36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'

- Matthew 25:34-36

"Where's the Church?" Let's see what God does in and through us when we all use the gifts and abilities we have been given.

Church Planting

JEFF HEERSPINK, LEAD PASTOR

I believe that the time is now.

God has blessed F Street and the mission to serve our neighborhood. As a church, we continue to grow and see more people come to know the Lord as well as more people getting involved. But our goal at F Street was never to get big. It was to grow to a point where we need to consider planting and I believe that the time is now.

That doesn't mean that we go tomorrow, but that we begin to pray as to where God might lead us to plant another church that will care for and serve the neighborhood in the name of Jesus.

It also means that we begin to raise up and bring in others who can serve as pastors either here at F Street or move into the new area God is calling us to. We hope that we will always have two pastors here as well as two who we send out together to plant in a new location.

Please join me in praying for God to provide a new location as well as to raise up the new leaders that we need to accomplish this endeavor. For Jesus tells us:

“The harvest is great, but the workers are few. 38 So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

- Matthew 9:37-38

Knit & Crochet Group

JEAN STRYKER, STAFF ARTIST

F Street Church Knit and Crochet Group kicked off with its first meeting on Monday, September 17. For now, we are learning to knit with a simple starter project (kits available for \$5). The group is for knitters and crocheters of all skill levels, beginner to expert. We meet on the first and third Mondays at 6 pm in the Grace Room.

If you want to join our group, just show up at the next meeting on Monday, October 2 at 6 pm. If you need a starter kit, please talk to Jean or Willow, or email jean@fstreetchurch.org or willow@fstreetchurch.org. You are welcome to join us in our fun and oddly addictive yarn adventures!

Worship Night!

When: October 8th

Time: 5:00pm -
6:30pm

Where: Hope
Community Church
4700 S Folsom St,
Lincoln, NE 68523



One Spot Left!

BETH HEERSPINK, TEAM DEVELOPER & COACH

In October, I will be leading a Coaching Workshop at Carol Joy Holling Retreat Center in Ashland. We will begin at 7pm on Thursday, October 19 and conclude at 5pm on Saturday, October 21. This workshop is intended for those who are actively engaged in ministry and/or leadership roles, especially if you work one-on-one with people in a helping/mentoring role or are in a teaching role. Coaching skills can be implemented into every area of life. Learning to ask the right questions (instead of always giving all the answers) leads to deeper awareness and less frustration for everyone (even our teenagers and coworkers). When Jesus ministered in the temple courts, he listened and asked questions (Luke 2:46). This is a powerful example for us to follow. Ultimately coaching is about journeying with a person toward transformation, providing the right support, questions, and encouragement along the way.

This coaching workshop is fun because it is interactive. We engage in meaningful conversations with one another and practice the skills we learn. It is in a beautiful retreat setting and will also be a fun opportunity to get to know one another. If you are someone who enjoys providing support and mentorship to people but would like to deepen your confidence and skills in this area, I invite you to consider attending this workshop. I have one spot left. Contact Beth at 402-217-2352 for more information.

Are you flourishing?

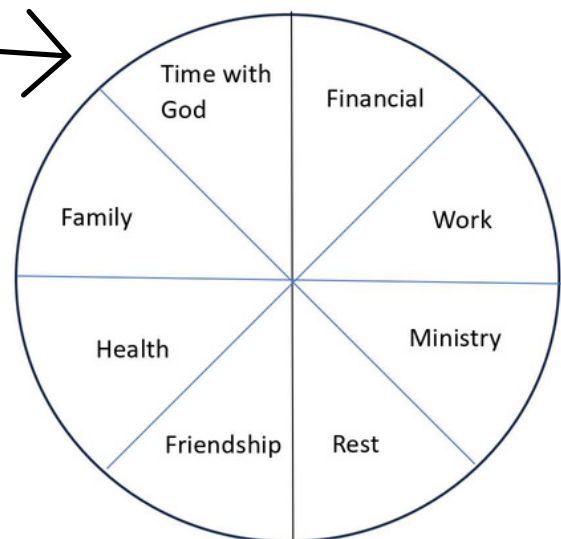
What do you think of when you hear the word “Flourish?” A tree? A flower? Yourself? Recently, I was part of a group, and we were asked a similar question. We also were given a circle that looked something like this:

We were told to use a pencil to shade in how satisfied we felt in each area. A better metric might be, “How well do I feel this area of my life glorifies God?” I challenge you to take 5 minutes and try it. (I know, it’s probably too hard to find a pencil. But...it might be worth it if you do!)

My observation after doing this? The areas I felt the best about were the areas that I was growing in. They were actually areas that didn’t come naturally to me, but I was making a concerted effort to change. The movement is what made me feel “satisfied.” Interestingly, the definition of flourish is “To thrive; to grow vigorously.”

The good news is that as believers, we don’t have to labor and strive on our own effort. We have the Spirit of God within us, who strengthens us, guides us, convicts us, empowers us, reminds us, comforts us, speaks to us, encourages us, motivates us and loves us. We have the grace of God that motivates us to grow, but also tells us we are ENOUGH because of what Christ has done. We can grow, we can seek to glorify God with different areas of our lives, and we can also rest and find our strength in Him.

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” - Romans 15:13



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



F Street Youth is off and running! Last month, we were able to start meeting regularly again. As awesome as summer is, it has been great to see all of the kids every week. This next month, our middle school students will continue our series "Christianity Deconstructed," where we are breaking down the basics of Christianity. Then, we will be starting a new series on tearing down idols in our lives. Our high school students will be starting a new series called "When Pigs Fly," where we will be looking at the different types of miracles that were performed and how we can see these miracles in everyday life.

We can't wait for what's to come this year! If your student would like to attend, please contact Sage (sage@fstreetchurch.org). 6th-8th grade meets 6:30pm - 8pm and 9th-12th meets 8pm - 9:30pm in the fireside room. Don't forget to sign your student up for the zombie run on September 29th!

The Howells

Dear friends,

Much of our ministry here is built on relationships. Relationships take time. Often much time.

Four years ago, Katya* was in Michelle's freshman science course. Her enthusiasm and hard work stood out right away. Since then, she has been a significant part of AJ's Residence Life staff and in our family in various capacities. Through the 4 years, we have walked beside her in many relational, family, and academic successes and challenges.

This weekend we learned that she desperately needed a family presence. We spent much of the weekend inviting her into our life and simply being together.

- Please pray for her as she is navigating some significant mental and physical health challenges. Pray for healing.
- Pray for us as we care for many students in their various needs. Praise God for opportunities such as these; and pray for strength, wisdom, and discernment in all relationships.
- Praise God for our children who open their hearts and arms to students like Katya*, welcoming them into our lives and circles of influence.

Thank you for standing with us,
The Howells

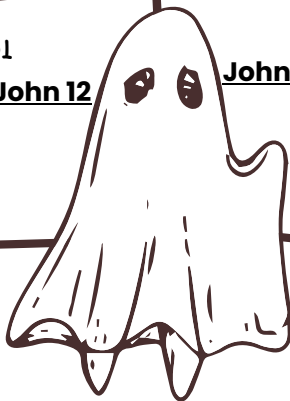


OCTOBER 2023

Schedule & Bible Reading Plan



SUN	MON	TUE	WED	THU	FRI	SAT
	25 Titus 1	26 Titus 2	27 Titus 3	28 1 John 1	29 1 John 2	30
2 Tim 4						
1 10:30am - Sunday Service	2 1 John 3	3 1 John 4 6:30am - Prayer	4 1 John 5 6:30pm - Celebrate Recovery	5 2 John 1 5:30pm - FoodNet	6 3 John 1	7
8 10:30am - Sunday Service	9 1 Pet 1	10 1 Pet 2 6:30am - Prayer	11 1 Pet 3 6:30pm - Celebrate Recovery	12 1 Pet 4 5:30pm - FoodNet	13 1 Pet 5	14
15 10:30am - Sunday Service	16 John 1	17 John 2 6:30am - Prayer	18 John 3 6:30pm - Celebrate Recovery	19 John 4 5:30pm - FoodNet	20 John 5	21
22 10:30am - Sunday Service	23 John 6	24 John 7 6:30am - Prayer	25 John 8 6:30pm - Celebrate Recovery	26 John 9 5:30pm - FoodNet	27 John 10	28
29 10:30am - Sunday Service	30 John 11	31 John 12	John 13	2 John 14	3 John 15	



Birthdays

Anniversaries

9th - Terry Martinez
 Taiana Matheny
10th - Susan Hoffman
14th - David Dillon
19th - Sara Butler
20th - Jeff Graham

24th - Martha Yankton
25th - Sara Masterson
27th - Jenny Hogue
 August Micher-Rupp
31st - Salem Ogden

3rd - Anthony & August Micher-Rupp
4th - Tony & Joni Orendel
21st - Nate & Sheri Verkamp