

Walking

¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

Galatians 5:16, NKJV

Obviously, I know how to walk, and I began that process at approximately fourteen months old. But what does it mean to truly walk in the Spirit? I can say by virtue of my own Christian experience that walking in the Spirit requires total dependence on God for every step. The problem is when we rely on self-implementation of our living, journeying, and walking, stuff (stumbling, falling) can and will happen. The Spirit led walk is the only way for the people of God. Walking in the Spirit is not a stroll in the park. I would like to share a “few” scriptures with you about *walking*:

Walk in good works

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. **Ephesians 2:10**

Walk properly

Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. **Romans 13:13**

Walk by faith

For we walk by faith, not by sight. **2 Corinthians 5:7**

Walk in love

And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. **Ephesians 5:2**

Walk as children of light

For you were once darkness, but now you are light in the Lord.

Walk as children of light **Ephesians 5:8**

Walk worthy of the Lord

that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; **Colossians 1:10**

Walk as Jesus walked

He who says he abides in Him ought himself also to walk just as He walked. **1 John 2:6**

Walk worthy of our calling

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, **Ephesians 4:1**

This is power-walking!

I invite you to join me for our Lenten Study, which begins February 17 at 7 p.m. virtually, titled “The Walk.” Adam Hamilton focuses on five essential spiritual practices that are rooted in Jesus’ own walk with God and taught throughout the New Testament.

*Grace,
Pastor Cal*

The **Chimnes**

The

The mission of
Court Street UMC

is to be a
welcoming,
nurturing,
serving

community of Christ.



The Chimes

Lay Leadership

**Lay Delegate
to Annual Conference**

Diane Risley
David Risley

**Alternate Lay Delegate
to Annual Conference**

Jeanine Wang

Administrative Council Chair

Joan Tunnell

Staff/Parish Relations Chair

Sue Cram

Finance Chair

Mike Davis

Stewardship Chair

Jeanine Wang

Treasurer

Gene Ferry

Endowment Chair

Mike Davis

Trustee Chair

DuWayne Stanis

Lay Leader

Georgalee George

Nurture & Outreach

Georgalee George

Worship Chair

Joan Tunnell

Local Missions Chair

Helen Gibbons

Christian Education Chair

Diane Lutmer

Arts Committee Chair

Richard Wang

United Methodist Women

Sue Cram

United Methodist Men

DuWayne Stanis

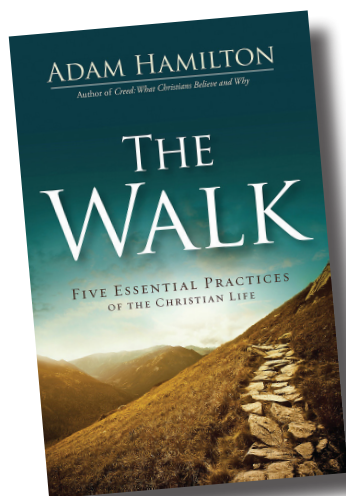
Jeremiah Ministry Rep

Joan Tunnell

JFON Liaison

Kay Galloway

PLEASE NOTE: All dates and times for events in this newsletter are tentative. We will update the congregation through Facebook, the church's website, and e-blast if and when changes take place to the upcoming schedule. Until then, stay healthy.



CSUMC 2021 Virtual Lenten Study

*The Walk: Five Essential Practices
of the Christian Life*
By Adam Hamilton
Abingdon Press

**Please join Pastor Cal for
this year's Lenten Study
beginning Ash Wednesday
(Feb. 17th) at 7 p.m.**

Email communications@courtstreetumc.org to join the virtual study.

Stewardship's Calling Ministry Seeks Your Help

Be devoted to one another in love. Honor one another above yourselves.

Romans 12:10, NIV

The Stewardship Team is organizing a Calling Ministry to check on our church family during this extended time of isolation. Volunteers are being recruited to help us in this effort.



Please prayerfully consider joining us. If you are willing to contact members to check on their safety and well-being, please email Verlette at ChurchAdmin1@courtstreetumc.org or contact Jeanine Wang at wang.jeanine@yahoo.com or call her at (815) 218-1700.

Like us on

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www.courtstreetumc.org

2020 Creative Ministries Grants

During the month of December, the Annual Conference Shepherding Team discussed utilizing some of the funds available in the grant program. With their wisdom and guidance, District Superintendents were invited to nominate one church in their district that is doing ministry to impact the community during the COVID-19 crisis. Each of these nominated churches received an unsolicited "2020 Creative Ministries" grant.

Our own Court Street United Methodist Church was the recipient of one of these grants for our work in the community!

This is the season of light and life, the season of promise and hope.



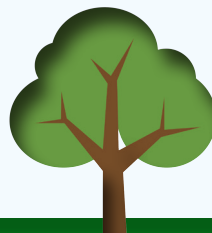
BUY SCRIP FROM THE OFFICE.

Now that 2020 is behind us, we are looking forward to a 'return to normalcy' in 2021! Scrip is alive and well despite the congregation not gathering every week. Scrip sales had a strong 4th quarter and was able to make its annual contribution of \$4000 to the church.

The Scrip cards are easy for everyday needs. The top 10 purchased cards were Woodman's, Walmart, Valli, Mobil, Amazon, Pinnon's, Culver's, Walgreens, Beef-a-roo and GFS. These cards are always on hand, except Amazon and Walgreens, which along with many others can be ordered.

Scrip cards are available for purchase in the church office during office hours. You may also download and print the order form on the Court Street website and bring it in or mail your order to the church office during the week. We hope you will include Scrip in your plans so we can continue to contribute to the church's activities.

With thanks for your support,
The Scrip Committee



UMM will not meet monthly for breakfast until further notice.



The Chatterbox Supper Group will not meet until further notice.



The UMW will not hold general meetings or luncheons until further notice.

Please continue to support UMW charities like JFON, Remedies, and Rosecrance by mailing your dues to the church, marked attention UMW, or to Diane Risley at 4850 Black Oak Trail, Rockford, IL 61101.

Remember to make checks out to Court Street UMC - UMW.

Health & Wellness: *From our Parish Nurse*

This newsletter comes from the CDC (Centers for Disease Control and Prevention)

Question: Are the Covid-19 vaccines from Pfizer and Moderna similar to conventional or traditional vaccines?? Answer: No. These vaccines are created using mRNA technology.

mRNA vaccines are a new type of vaccine to protect against infectious disease. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead they teach our cells how to make a protein-or even just a piece of a protein-that triggers an immune response inside our bodies. That immune response, which produces antibodies is what protects us from getting infected if the real virus enters our bodies.

A closer look at how Covid-19 mRNA vaccine works: Covid-19 mRNA vaccines give instructions for our cells to make a harmless piece of what is called the “spike protein.” The spike protein is found on the surface of the virus that causes Covid-19. Covid-19 mRNA are given in the upper arm, deltoid muscle. Once the instructions (mRNA) are inside the immune cells, the cells use them to make the protein piece. After the protein piece is made, the cell breaks down the instructions and gets rid of them. Next, the cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn't belong there and begins building an immune response and making antibodies, like what happens in a natural infection against Covid-19.

At the end of the process, our bodies have learned how to protect against future infection. The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain the protection without having to risk the serious consequences of getting sick with Covid-19.

FACT: mRNA vaccines Do Not use the live virus that

cause Covid-19. They Do Not affect or interact with our DNA in any way. mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

mRNA vaccines have been studied before for flu, Zika, rabies, cytomegalovirus (CMV). As soon as the necessary information about the virus that causes Covid-19 was available, scientists began designing the mRNA instructions for cells to build the unique spike protein into an mRNA vaccine.

Beyond vaccines, cancer research has used mRNA to trigger the immune system to target specific cancer cells.



I thought this information would be a helpful read. If you have any concerns do not hesitate to reach out to me by phone. If you do not have my number, it is in The Chimes or call the office staff.

February is heart month. Please do not postpone your yearly or six month check ups. As you know there are options to check in with your medical team. The healthcare organizations are being as flexible and creative in making sure we are seen or heard from without delays.

Please remember to wear your masks. Dispose of your disposable masks after a day of wearing them. Wash your cloth masks in hot water and put them in the dryer. Stay six feet apart from each other, avoid crowds, and remember to wash your hands frequently and well (remember to sing the ABC's slowly.). Keep up the good work!

Teresa Field,
Parish Nurse

JEREMIAH DEVELOPMENT FEBRUARY 2021

Winter has arrived and Jeremiah is in full swing!

- Planning for 2021 planning LOVE Rockford is in its early stages
- Our first of two food box distributions, which will include a packet of local social service agencies and financial help information, will be February 13th
- Planning for the 2021 garden season has begun
- The Neighborhood committee is in full swing with more neighbors involved in the planning than ever
- We continue to deliver our newsletter door to door throughout the winter. It has been an important source of Covid related health information as well as pertinent economic related information from Prairie State Legal Services.
- Plans for a spring scavenger hunt to bring the community to the business and art district of the Coronado Haskell Neighborhood
- Planning our annual fundraising dinner
- Organizing our sustaining donor kick-off (goal: 75 sustaining donors to commit to \$25/month)

If you would like to join in with the planning of any of these things, please call Sue @ (815) 627-0001 or email at sue@jeremiahdevelopment.org.



The Chimes



2020 Directory

We are currently updating our church directory and records. Please submit a confirmation of your current contact info (mailing address, phone #, and email address) to communications@courtstreetumc.org.



Monthly episodes feature musical performances, education & health tips, recipes, history with Rev. Dr. Wang, prayers from Pastor Cal, and interviews.

Next Episode: Wednesday, Feb. 24th @ 5 p.m.

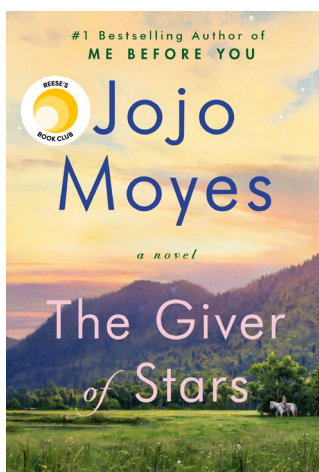
CSUMC Book Club 2021

Meeting Virtually

February 21, 2021 @ 4 p.m.

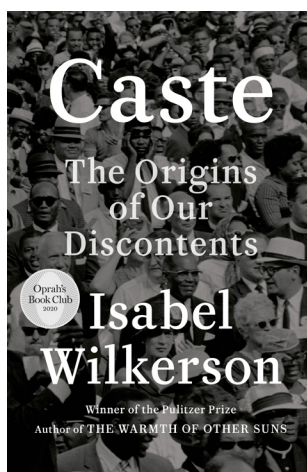
Contact Dorothy Powell for more information.

hiogolfer@comcast.net



February

The Giver of Stars
by Jojo Moyes
Pamela Dorman Books



March

Caste: The Origins of Our Discontents
by Isabel Wilkerson
Random House



April

The Next Girl
by Carla Kovach
Bookouture

Musical Notes

Music has always played a very important part in our church services at Court Street, especially during Lent. For the next three months, this article will feature some of the better-known hymns that we have sung throughout the years, and will give a little background about the composers, the lyrics, or the hymn tunes. Though we can't be together yet, reading these articles may take you back to a time when you did sing these with our congregation, and felt their impact on your life.

This information comes from *Companion to the United Methodist Hymnal* by Carlton R. Young, published in 1993.

Lord, Who Throughout These Forty Days Words: Claudia F. Hernaman

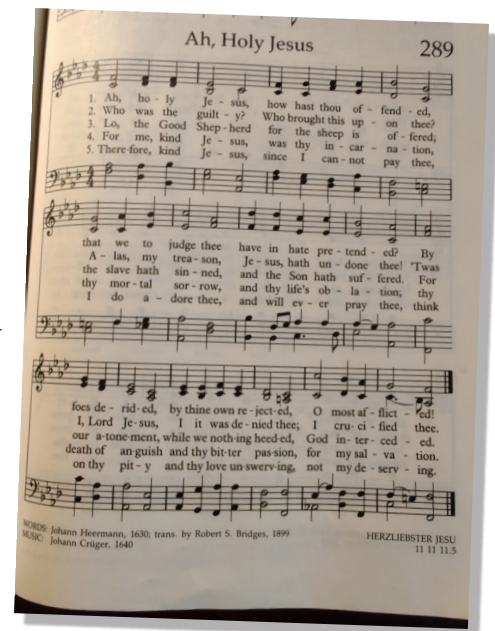
p. 269 United Methodist Hymnal
Music: Annabel Morris Buchanan

This hymn, based on the temptation of Jesus, focuses on the words of Matthew 4:1-11, Mark 1:12-13, and Luke 4:1-13. It first appeared in Claudia Hernaman's *Child's Book of Praise: A Manual of Devotion in Simple Verse*, in 1873. It is the author's only hymn still in common use and one of the very few that relates to the Christian Year from Ash Wednesday to Easter. This version of the melody in our hymnal is from Buchanan's *Folk Hymns of America*, 1938 and was based on her recollection of the tune as sung by her grandmother to the words of the folk hymn *O land of rest, for thee I sigh*.

Ah, Holy Jesus p. 289 United Methodist Hymnal Words: Johann Heermann Music: Johann Cruger

Heerman's text was written during the Thirty Years' War, 1618-1648. The German text was published in fifteen stanzas as the "cause of bitter sufferings of Jesus Christ and to consolation from his love and grace." It is considered a masterpiece of devotional poetry.

The tune is a chorale, and Cruger made it possible for choir, organ, instruments, and congregation to all participate at the same time. It is characterized as a "cross and comfort hymn."



⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶ And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours." ⁸ Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

Luke 4:5-8, NIV



Court Street United Methodist Church
 The Chimes February 2021
 215 North Court Street
 Rockford, IL 61103-6897

Return Service Requested

Phone: (815) 962-6061 Fax: (815) 962-9754
 www.courtstreetumc.org

Thank you for volunteering!

February 7, 2021

10:00 Ushers: The Sandy Gregory Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte:
 Liturgist: Volunteer welcome.

February 14, 2021

10:00 Ushers: The Sandy Gregory Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte:
 Liturgist: Volunteer welcome.

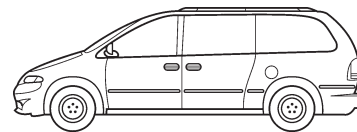
February 21, 2021

10:00 Ushers: The Sandy Gregory Team
 Sound Tech: Stan Tunnell
 Video Tech: Steve Ripley
 Acolyte:
 Liturgist: Volunteer welcome.

February 28, 2021

10:00 Ushers: The Sandy Gregory Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte:
 Liturgist: Volunteer welcome.

If you wish to receive The Chimes electronically
 or to be removed from this mailing,
 please call the church office at (815) 962-6061
 or e-mail: Communications@courtstreetumc.org.



*The Ride to Church Program
 has been **suspended**
 until further notice.*

Court Street United Methodist Church Staff

Rev. Calvin Culpepper	Pastor	ext. 220	cculpepper@courtstreetumc.org
Ryanne Ludington	Director of Christian Education		ludingtonryanne@gmail.com
James L. Crow	Director of Arts Ministries	ext. 209	jlcrow@live.com
Krysta Tilges	Assistant to Arts Ministries		ktilges@gmail.com
Jack Armstrong	Director of Music	ext. 221	gogo234@att.net
Andrew Mertenich	Organist		andrew.mertenich@gmail.com
Teresa Field	Parish Nurse		Teresabsf5@yahoo.com
Verlette Gorman	Church Administrator	ext. 202	ChurchAdmin1@courtstreetumc.org
Tiffany Wilken	Publications Secretary	ext. 200	Communications@courtstreetumc.org
Bert Cromwell	Nursery		
Mike Smith	Maintenance Engineer	ext. 295	Maintenance@courtstreetumc.org

Birthdays

<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>
Davis, Michael	1	Allen, Charles	11	Noltemeier, Louise	19	Cram, Susan	26
Yencsik, Lorraine	1	Thompson, Stanley Curly	12	Zimmer, Matt	20	Fibrow, Dana	26
Damken, Katy Elizabeth	2	Stanis, DuWayne	15	McDonald, Okcha	21	Stein, William	26
Hoople, Nathan	2	Welk, Timothy	15	Bremner, Nathaniel	22	Gillette, Alice	27
Mann, Billy	3	Dyreson-Noble, Doris	16	Earnest, Joshua	23	King, Rob	27
Swansbro, Charlene	3	Hagele, Mason	16	Morse, Bethany	23	Morgan, David	27
Welk, Ashley	3	Justice, Julie	17	Ripley, Steven	23	Noltemeier, Karl	27
Liddell, Patrick	7	Adam, Barb	18	Mailand, Earle	25		



*“Love does
no wrong to
a neighbor; therefore,
love is the fulfilling
of the law.”*

Romans 13:10, NRSV

Anniversaries

<u>Name</u>	<u>Date</u>	<u>Year</u>	<u>Married</u>
Noble, Gary and Doris Dyreson-Noble	14	2015	6
Condon, Martin and Kelly	25	2012	9

Our prayers and sympathy go to the family of:



Elizabeth Herriott who died December 17, 2020

Rev. Gerald “Gerry” Krause who died December 18, 2020

Joycelyn Kay Nordberg who died January 8, 2021

February 2021

Trustee meetings cancelled until further notice. In-person worship services are suspended until further notice. All other dates are tentative.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 9:00 AM "Busy Bag Ladies" 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting	3 9:30 AM Head Start 10:30 AM UMW Leadership Team	4 9:30 AM Head Start 10:00 AM Painting Class 10:00 AM Stewardship Team 1:00 PM The Journeymen 6:30 PM Praise Team Rehearsal	5 10:00 AM Head Start 1:30 PM Head Start	6 8:00 AM Rockford Rhythm/Phantom Regiment
7 10:00 AM Worship Service	8 5:30 PM Worship Committee	9 9:00 AM "Busy Bag Ladies" 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 5:30 PM Trustees	10 9:30 AM Head Start	11 9:30 AM Head Start 10:00 AM Painting Class 1:00 PM The Journeymen 2:30 PM Head Start 6:00 PM Chatterbox Supper Group 6:30 PM Praise Team Rehearsal	12 10:00 AM Head Start 1:30 PM Head Start	13 8:00 AM Rockford Rhythm/Phantom Regiment 8:30 AM United Methodist Men Breakfast
14  10:00 AM Worship Service	15 CHIMES DEADLINE 4:00 PM Finance Committee 5:00 PM Administrative Council	16 9:00 AM "Busy Bag Ladies" 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting	17  9:30 AM Head Start 5:30 PM No IL Wood Turners 7:00 PM Virtual Lenten Study	18 9:30 AM Head Start 10:00 AM Painting Class 1:00 PM The Journeymen 6:30 PM Praise Team Rehearsal	19 10:00 AM Head Start 1:30 PM Head Start	20 8:00 AM Rockford Rhythm/Phantom Regiment
21  10:00 AM Worship Service 4:00 PM CSUMC Book Club	22	23 9:00 AM "Busy Bag Ladies" 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 6:15 PM Knitting Group	24 9:30 AM Head Start 7:00 PM Virtual Lenten Study	25 9:30 AM Head Start 10:00 AM Painting Class 12:00 PM Jeremiah Exec. Board 1:00 PM The Journeymen 2:30 PM Head Start 6:30 PM Praise Team Rehearsal	26 10:00 AM Head Start 1:30 PM Head Start	27 8:00 AM Rockford Rhythm/Phantom Regiment
28  10:00 AM Worship Service						

Court Street United Methodist Church