

News

from  Court Street United Methodist Church

## Who We Are!

Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when He is revealed, we will be like Him, for we will see him as He is.

**1 John 3:2, NRSV**

When I reflect on the early days of my life as a child, I was preoccupied with an assortment of questions. Who am I? Why am I like this? What am I to do with this? These questions produced more questions. This inquisitive state of mind kept me busy while maturation took its course. So this seems to be the case of our scripture lesson, 1 John 3:2. John opens chapter three with emphasis on God's love for us, God's children. John knew the first century church members didn't expect to be called sons and daughters of God, and he wanted it to be clear, we are children of God! 1 John 3:2 tells us *"Who We Are"* and *"what we shall be!"*

As children of God, it is necessary for us to respond to God's love through our spiritual growth. This process includes obedience to the will of God: scripture, prayer, service, sharing,



and witnessing. God's love for us should motivate us. Behold, what unique, what different kind of love God has bestowed upon us that we should be called children of God. John emphasizes the word "now," which is our present state the moment we accept Christ as our Savior. Yet, "what we shall be," speaks to the process of spiritual maturation that is ongoing; and "we will be like Him," Jesus, our Elder Brother and First Fruit of many.

When Christ returns and we see Him face-to-face, "We will be like Him, for we will see Him as He is." We will see the glorified Christ. We won't be equal

to Him, rather we will be "like" Him in our own way, with our own personalities, our own individualities, and our own selves. He would never destroy us, because we are new creations in Christ. He is going to bring us up to the full measure, and the stature, where we will be like Him!

God's love for us does not stop with our new birth. God's love for us continues throughout our lives, and takes us right up to the return of Jesus Christ! That is, *"Who We Are!"*

*Grace,  
Pastor Cal*

# The Children

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.



## Haskell Donations

Thanks to all that helped bake, frost, or hand out cookies after the service on Easter morning. Your many talents created a successful project.

We have in the past collected outdoor equipment in April and May for Haskell School. They are finally back in the school building full time, so let's try to collect a few things for May, and they can also use them in the Fall. Anything will be appreciated, like chalk, frisbees, whiffle balls and plastic bats, hula hoops, and balls for four square. Those are just a few ideas. In advance we say, "Thank You".

Blessings, Nurture/Outreach Committee



**H**ave you begun thinking of your garden yet? We have Lowe's, Menards, and Home Depot cards for any items for your lawn and gardening needs. Scrip will be sold before and after church worship each Sunday and in the church office during office hours. Amazon gift cards (\$25 each) will now be available as a stock item from our scrip inventory. We hope you will include Scrip in your plans!

With thanks for your support,  
The Scrip Committee

Like us on

Follow us on

See pictures on

facebook

twitter

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

## Health & Wellness: *From our Parish Nurse*

Written by Nancy Piccione & Teresa Field

Don't Believe Common Myths About Easing Arthritis Pain: Nearly one-quarter of all U.S. adults have arthritis. But many myths persist about the best way to ease arthritis pain. "Most people believe one or more misconceptions about what causes arthritis or what helps reduce arthritis pain," said Hani Habal, MD, a rheumatologist with OSF Medical Group.

Distinguishing between myth and fact when it comes to arthritis can go a long way toward helping people manage arthritis pain. Here are some common myths and facts to dispel them.

**MYTH:** Acetaminophen (Tylenol) is not a good treatment for arthritis pain.

**FACT:** When taken correctly, acetaminophen is a safe and effective pain reliever for many people with arthritis pain. By contrast, NSAID's such as ibuprofen (Advil and Motrin) can have serious blood pressure and kidney health risks if taken too long. "Acetaminophen is a safe and effective way to ease arthritis pain, even taken over longer periods," Dr. Habal said. "Taking acetaminophen regularly, instead of just when experiencing symptoms, is especially beneficial." Other medical options include topical creams, either over the counter or prescription. "These can work well and have fewer side effects than oral medications," Dr. Habal said.

**MYTH:** Wearing a brace or splint 24 hours a day on an uncomfortable joint, such as the elbow, will help improve symptoms. **FACT:** Wearing a brace or splint for too long can immobilize the joints and muscles, a no-no for arthritic joints. Exercise and movement are best "medicine" for arthritis pain. Dr. Habal said, "With arthritis, the expression 'use it or lose it' is appropriate. People should stay active and can see a physical therapist or other provider for help with mobility and strength."

**MYTH:** Vaccines cause arthritis. **FACT:** There is no

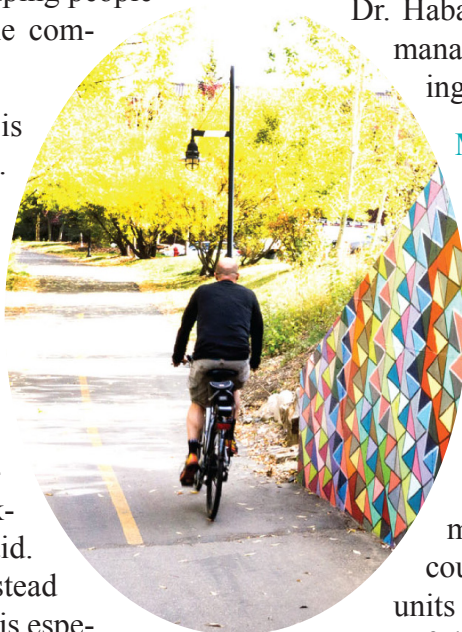
evidence that vaccines cause arthritis pain. "People can experience temporary aches as a side effect or immune response to vaccinations, but this is not arthritis and resolves with time," Dr. Habal stated.

**MYTH:** Only surgery can relieve arthritis pain. **FACT:** The first options for arthritis pain are the many non-invasive ways to treat pain: exercise, diet, supplements, and medications. While surgery can be an option in severe cases, non-invasive treatments of arthritis is preferable. "Most people do not need surgery for arthritis," Dr. Habal said. "Exercise, a healthy diet, and managing stress can go a long way to keeping pain away."

**MYTH:** Vitamins and supplements can't help arthritis pain. **FACT:** There are several supplements that are good for general health that can help with arthritis. Vitamin D strengthens the immune system and reduces inflammation. Most people are vitamin D deficient and can benefit from taking a supplement. Dr. Habal recommends that most people with arthritis take a maintenance dose of vitamin D over the counter, of 1,000 or 2,000 international units (IU) every day. Omega-3 fatty acids, one of the "good fats," can be added either to food such as salmon or avocado or in supplement form. Turmeric has been shown to ease arthritis pain. The spice can be added to food or taken as a supplement.

**MYTH:** Young people can't get arthritis. **FACT:** Arthritis is not only a disease of older age or injury. "Young people are diagnosed with rheumatoid arthritis and can experience severe symptoms," said Dr. Habal.

**MYTH:** The foods you eat have no impact on arthritis. **FACT:** A healthy diet such as a Mediterranean diet – rich in vegetables, fruits, and whole foods – can reduce inflammation and pain. "Processed foods and fried foods increase inflammation, which can magnify pain," Dr. Habal said. "People should avoid these foods." He also said that losing even a modest amount



## The Chimes

of weight can decrease pain and improve other arthritis symptoms. A healthy diet, including proper portion size, can help people lose weight, one of the top ways to decrease the load on joints. “This is especially important now as people have gained weight due to the pandemic,” Dr. Habal said.

**MYTH:** Fibromyalgia is arthritis. **FACT:** While the pain can be similar, fibromyalgia attacks your nervous system, while arthritis attacks your joints.

Other ways to minimize arthritis: Controlling stress can be a critical component of reducing pain from autoimmune arthritis in particular, as well as pain from fibromyalgia. “Stress greatly affects the immune system,”

Dr. Habal said. Learning skills to cope with stress can minimize its effect on health, especially pain.

The first step in managing arthritis pain and symptoms is a visit to your primary care provider. Your provider can learn more about your health history, examine you and order tests (such as blood tests) to determine the type and severity of arthritis. You may also be referred to a provider who specializes in arthritis, such as a rheumatologist. The provider can perform more specialized tests and imaging to get to the root cause and advise the best management for you.



### LOVE Rockford 2021 is Coming!

LOVE Rockford will be on Saturday, September 25<sup>th</sup> this year, and plans are beginning to be made. One task that needs to be tended to in the near future is to sort through and size the clothing which has already been donated to Court Street for this event. In past years, we have had a great team of dedicated (and fun!) volunteers who met and sorted clothing periodically. Again, we would love to call together a group of volunteers who are willing to meet, sort, and size! Dates and times are flexible.

If you are able to help us, for one or more times, please contact Jeanine Wang at [wang.jeanine@yahoo.com](mailto:wang.jeanine@yahoo.com) or (815) 218-1700.

*Congratulations*  
to this year's 50 Year Member

*Joann Dill*



1971-2021

“The fruit of the righteous is a tree of life,  
and the one who is wise saves lives.”  
Proverbs 11:30, NIV

*Happy Mother's Day*



May 2021

## Garden Bazaar 2021

The public sale for this year's Garden Bazaar will take place on Friday, May 14<sup>th</sup>, from 9 a.m. to 3 p.m. Orders will be available for pickup on Thursday, May 13<sup>th</sup>, between noon and 2 p.m. If you arranged to have your plants delivered, they will be delivered on Thursday afternoon. Remember, all delivery orders must be prepaid. There will be no accompanying bake sale this year.

### Volunteers Needed and Boxes

Please bring boxes to the Chapel Narthex starting May 10<sup>th</sup>. Please contact me if you can help set up tables and sort the flowers on Thursday, May 13, starting at 9:30 a.m. We usually finish by noon at the latest. Volunteers are also needed to set up, sell flowers, and clean up on Friday. Please let me know by phone, text or email. My phone number is (779) 200-7192, and my email address is [scram132@gmail.com](mailto:scram132@gmail.com).

Thanks for your continuing support,  
Sue Cram

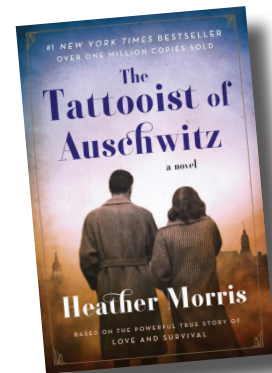


## CSUMC Book Club 2021

Contact Dorothy Powell for more information at [hiogolfer@comcast.net](mailto:hiogolfer@comcast.net).

### May

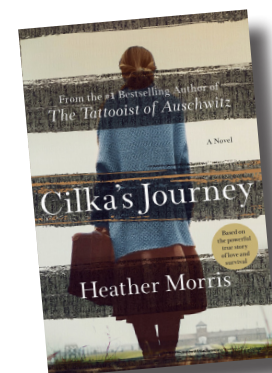
May 16, 2021 @ 4 p.m.



*The Tattooist of Auschwitz*  
by Heather Morris  
Harper Paperbacks

### June

June 20, 2021 @ 4 p.m.



*Cilka's Journey*  
by Heather Morris  
St. Martin's Press



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

**Return Service Requested**

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

May 2, 2021

10:00 Ushers: The Sandy Gregory Team  
 Sound Tech: Ryan Welk  
 Video Tech: Steve Ripley  
 Acolyte: Ella Anderson  
 Liturgist: Curly Thompson

May 9, 2021

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

May 16, 2021

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

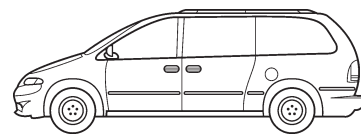
May 23, 2021

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

May 30, 2021

10:00 Ushers: The Sandy Gregory Team  
 Sound Tech: Tim Welk  
 Video Tech: Steve Ripley  
 Acolyte: Ella Anderson  
 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](mailto: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	Director of Video 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

May 2021

*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>
Anderson, Ella	1	Miller, Chuck	14	Davis, Janet	20	Mehren, Fred	27
Musso, Natalie	1	Anderson, Carter	15	Druce Jones, Jacob	20	Whitmore, Hannah	27
Strader, Robert	1	Barnhart, Norma Lee	15	Anthony		Woods, Austin Lee	27
Lewis, (Nellie) Marie	2	Briggs, Jeffrey	15	Scheffel, Shannon	20	King, Katie	28
Risley, Samantha Lee	2	Lester, Reid	15	Carlson, Kathleen	22	Sisney, Virginia	28
Whelpley, Lizbeth	3	Scheffel, Madeline	15	Eberhart, Emily	22	Thomas, Megan	28
Liddell, William	5	Gillette, Larry	16	Enderly, Steve	22	Lutmer, Diane	29
Strunk, Mikayla Joanne	5	King, Jimmy	16	Johnson, Rita	23	Winter, Jo Ann	29
Terasaki, Richard	6	Magin, Jeffrey	16	Lutmer, Robert	24	Scanlon, Tricia	30
Whitmore, Sarah	6	Seiter, Betty	16	West, Charles	24	Haugen, Taylor	31
Lawnduski, Lawrence	12	Culpepper, Calvin	17	Campbell, Dennis	25		
Heuer, Beth	13	Jackson, Alex	18	Zimmerman, Susan	26		
Green, Pamela	14	Grigoletti, Erin	19	Ciabatti, Taylor	27		

*Anniversaries*

<u>Name</u>	<u>Date</u>	<u>Year</u>	<u>Married</u>
Briggs, Jeffrey and Kristi	8	2004	17
Whelpley, Lizbeth and Kenneth	17	1986	35
Davis, Janet and Mark	26	2012	9
Wandell, Lorelle and Robert	26	1984	37
Whitmore, Steven and Sarah	30	2003	18

*Our prayers and sympathy go to the family of:*

*Keith D. Ostic (Brother of Verlette Gorman & Lorelle Wandell) who died April 20, 2021*



## May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 8:00 AM Rockford Rhythm/Phantom Regiment
<b>2</b> 10:00 AM Worship Service	<b>3</b>	<b>4</b> 9:00 AM History & Archives 9:00 AM Quilters 4:00 PM Staff Meeting	<b>5</b> 9:30 AM Head Start	<b>6</b> 9:30 AM Head Start 10:00 AM Painting Class 10:00 AM Stewardship Team 1:00 PM The Journeymen 2:30 PM Head Start	<b>7</b> 10:00 AM Head Start 1:30 PM Head Start	<b>8</b> 8:00 AM Rockford Rhythm/Phantom Regiment 8:30 AM United Methodist Men Breakfast
<b>9</b>  10:00 AM Worship Service	<b>10</b> 5:30 PM Worship Committee	<b>11</b> 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 5:30 PM Trustees	<b>12</b> 9:30 AM Head Start	<b>13</b> <b>GARDEN BAZAAR PICKUP (12 PM - 2 PM)</b>  9:30 AM Head Start 10:00 AM Painting Class 1:00 PM The Journeymen 6:00 PM Chatterbox Supper Group	<b>14</b> <b>GARDEN BAZAAR (9 AM - 3 PM)</b>  10:00 AM Head Start 1:30 PM Head Start	<b>15</b> <b>CHIMES DEADLINE</b>  8:00 AM Rockford Rhythm/Phantom Regiment
<b>16</b>  <b>ASCENSION SUNDAY</b>  10:00 AM Worship Service 4:00 PM CSUMC Book Club	<b>17</b> 4:00 PM Finance Committee 5:00 PM Administrative Council	<b>18</b> 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting	<b>19</b> 9:30 AM Head Start 5:30 PM No IL Wood Turners	<b>20</b> 9:30 AM Head Start 10:00 AM Painting Class 1:00 PM The Journeymen 2:30 PM Head Start	<b>21</b> 10:00 AM Head Start 1:30 PM Head Start	<b>22</b> 8:00 AM Rockford Rhythm/Phantom Regiment
<b>23</b>  <b>PENTECOST</b>  <b>HERITAGE SUNDAY</b>  10:00 AM Worship Service	<b>24</b> <b>ALDERSGATE DAY</b>	<b>25</b> 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 6:15 PM Knitting Group	<b>26</b> 9:30 AM Head Start 5:00 PM Holy COWOW!	<b>27</b> 9:30 AM Head Start 10:00 AM Painting Class 12:00 PM Jeremiah Exec. Board 1:00 PM The Journeymen	<b>28</b> 10:00 AM Head Start 1:30 PM Head Start	<b>29</b> 8:00 AM Rockford Rhythm/Phantom Regiment
<b>30</b>  <b>TRINITY SUNDAY</b>  10:00 AM Worship Service	<b>31</b>  <b>MEMORIAL DAY</b>  <b>CHURCH CLOSED</b>					