

News

from  Court Street United Methodist Church

All In!

⁷ But all these things that I once thought very worthwhile—now I've thrown them all away so that I can put my trust and hope in Christ alone. ⁸ Yes, everything else is worthless when compared with the priceless gain of knowing Christ Jesus my Lord. I have put aside all else, counting it worth less than nothing, in order that I can have Christ, **Philippians 3:7-8 Living Bible (TLB)**

In February 2008, Maj. Phil Packer was struck by a rocket blast while serving with the British Armed Forces in Basra, Iraq. He suffered major heart and spinal injuries — enough that medics told the now-paraplegic soldier that he would never walk again. But they were wrong — wrong by a whopping 26.2 miles. Last summer, Maj. Packer completed the Flora London Marathon — *on crutches* — only one month after a year's rehab allowed him to finally take his first step with them. Starting the marathon with the main race group, he finished it 13 days later. He covered roughly two miles a day, and the whole journey took him 52,400 steps. When you're told you'll never walk again, every step is worth counting. And when each race day consists of 4,000 painful steps, you probably count each limp and remember every one of them. For Packer, *limping in was actually all in.*¹

When Paul met Christ on the road to Damascus (Acts 9), he trusted Christ and was born again as a child of God. It was the manifestation of God's miraculous grace in the life of Paul. This same miraculous transformation is available today when any person admits their need (sinner) for Jesus and turns (repents) by faith. A wonderful transaction took place. Paul lost some things, but he gained more than he lost! Paul's past, with both its impressive religious résumé and its equally impressive social status was worth less than nothing. It was now useless information. It was of no use to him as he endeavored to know Christ fully. Paul was *all in!*

Why can't we surrender to that? Because it initially feels like a loss of power and importance! Whether we're pretty good or not good enough, we have to let go of the



The mission of
Court Street UMC

is to be a
welcoming,
nurturing,
serving

community of Christ.



¹ <https://www.homileticonline.com/>

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 Women in Faith

Sue Cram

United Methodist Men

DuWayne Stanis

Jeremiah Ministry Reps

Kay Galloway
Krysta Tilges

JFON Liaison

Kay Galloway

sense of self-importance. Paul's hope for Philippi, and now us, is that we strain forward to what lies ahead (v.13) and press on toward the goal (v.14). The motivation for Paul is clear — sharing Christ's resurrection one day. In the meantime, there's a kingdom to help expand. We have a life to live as people who have been made Christ's own. When Christ is everything to us, the future is big. It's risky. It's creative. It's fulfilling. So what lies ahead for us? What goal are we supposed to press on toward? Maj. Packer had two ways he could have approached life. The first was to collect a disability check and a whole lot of sympathy because of his past. But that was limping in. The other was to call the past irrelevant regarding the future. To risk failing on big financial goals. To endure insufferable pain so he could change the experience of others such as himself. That is *all in*. Paul had a similar choice. We have the same today. Limp in or *all in*?

*Grace,
Pastor Cal*

Dear Congregation:

Pastor Cal and the Stewardship Committee would like to know your "hopes, dreams, concerns, suggestions, and questions" regarding the future of Court Street's congregation. You are welcome to submit your thoughts in writing via mail or email. There is also a comment sheet that was distributed during the July 17th service that is currently available in the Narthex and Office. Thank you.



Dear United Women in Faith,

Our first meeting of the United Women in Faith (formerly the United Methodist Women) will be on Wednesday, September 7 at noon. Lunch will be served in the dining room and our speaker will be Police Chief Carla Redd from the Rockford Police Department. Please call reservations to Judy Mehren at (815) 988-6561. If you have specific questions for the Chief, please let me know so she can be prepared. My number is (779) 200-7192. Cost for the lunch will be \$10.

See you on September 7 for first meeting since March 2020.

Sue Cram, President, United Women in Faith

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twitter

See pictures on

www.courtstreetumc.org



At the June Ad Council meeting an ad hoc committee was formed to research what parking options the congregation would have once the construction of the RMTD addition begins in

2023. As you may know, this new structure will eliminate most of the parking spaces in the current city lot across the street from our church.

The Parking Committee and RMTD conversed with the City of Rockford, Rockford Public Library, One Court Place, PNC Bank, SecondFirst Church and Ferguson Law. Pastor Cal also met with Mayor McNamara and his staff.

We were genuinely touched by the compassion and understanding from all the businesses. We can report that parking accommodations will be made for our church family during the construction as well as once the RMTD's project is completed. Once again, the Lord reveals to us the love that carries us through our challenges.

If you have any questions about this project, do not hesitate to contact Jeanine Wang (wang.jeanine@yahoo.com) or Gene Ferry (sf0576@msn.com).



Chatterbox Supper Group

Alchemy at Aldeen
1902 Reid Farm Road
Rockford, IL

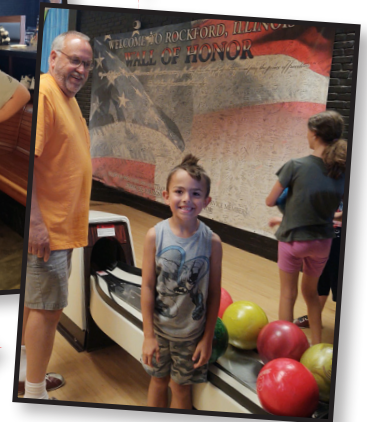
Thursday, August 11th @ 6:00 p.m.

All ladies are invited.

Contact Cindy Fisher at (815) 519-3653 by noon of the Wednesday before the dinner.

Bowling Social July 17, 2022

The Court Street UMC Bowling Social was a great success on Sunday afternoon July 17th. We had 32 bowlers and 10 folks that just had lunch and watched. There were bowlers from the ages of 4 to 90. Most of us were hoping to score 100, and Tom Jones had the high score of 162. Bruce Shindel was second high and Nancy Doran was high for the women bowlers. Lots of comments were made by those attending that they would like to have another bowling outing. The Nurture committee "Thanks" everyone that attended.



Health & Wellness: HYPERTENSION

Hypertension is perhaps better known as *high blood pressure*.

What is blood pressure? Your blood pressure is a measure of how much the blood moving through your arteries pushes against the vessel walls. Your blood pressure is the highest during your heartbeats and lowest when your heart is resting.

High blood pressure can have one or more of several possible causes: genetics, obesity, too much salt (sodium) in one's diet, arterial stenosis, and even the stiffening of one's arteries as you age. Sleep apnea can contribute to high blood pressure, as can hyperthyroidism and other endocrine conditions.

Hypertension is not heart disease. However, hypertension can be a major contributing factor for heart disease, which is why hypertension is not something you want to ignore.

"In terms of your heart, there is a strong link between hypertension and coronary artery disease," said Dr. Kalvakuri, a cardiologist from OSF. "Blockages and coronary artery disease development can be accelerated by hypertension." A weak heart muscle is another consequence of uncontrolled hypertension.

Higher pressure on the vessel walls can damage them, making it easier for plaque to build up. It also forces your heart to pump harder to circulate your blood properly. This overwork can lead to a weakened heart over time.

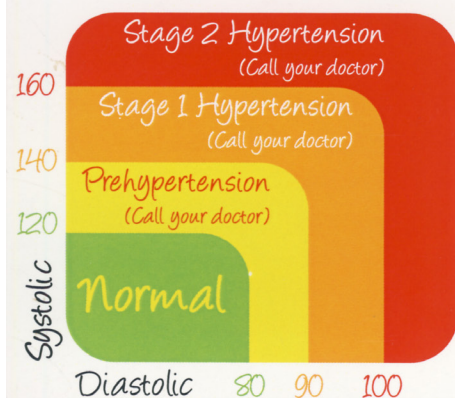
If allowed to run unchecked, hypertension can damage not only the heart but also the brain, eyes, and kidneys. Hypertension has earned the harsh nickname, "the si-

lent killer" because a lot of people show no signs that something might be wrong until they suffer a problem caused by the hypertension, which can be as severe as a heart attack.

Blood Pressure is the measurement of blood against the artery wall as it runs through your body.
Your blood pressure is the highest during your heartbeats and lowest when your heart is resting.
Systolic pressure measures your blood pressure during the heartbeats.
Diastolic pressure measures your blood pressure while your heart is at rest.

120 Systolic
80 Diastolic

Blood Pressures will vary depending on how you are feeling or how strenuous of a workout you are experiencing.
Below is a chart for you to understand where you stand for a healthy heart with your blood pressure.



If you experience any symptoms related to blood pressure, it means your hypertension has already progressed beyond stage one to stage two, where your risk for a stroke and heart attack is increased. With stage two hypertension, headaches are common, fatigue, chest pain, and even episodes of dizziness or losing consciousness.

Hypertension can also lead to vision problems, kidney issues and blockages in your small blood vessels and extremities. If you are experiencing any of these symptoms, it could mean your uncontrolled hypertension has progressed dangerously. You need to see your healthcare provider right away.

Once a person's hypertension reaches stage two, that person usually needs to be on medication for the rest of their lives. The best way to deal with hypertension is to get screened regularly and to catch it early. I will be starting to have monthly blood pressure screenings at the church again. Look for announcements soon.

Eating healthy, avoiding too much sodium, and being physically active are simple things you can do

yourself to help keep your blood pressure in a healthy range.

If you have additional questions or concerns, contact Teresa Field at (815) 298-8138.



Dear Parishioners,

Last month we held a Matter of Balance class from Lifescape, and we had a few requests to continue the exercise portion of the class. I would like to see how many people are interested in starting up an exercise class for once a week on Tuesday's. The class will be from 9:30-10:30. This class will be motivating us to also exercise for strength and balance on the days we do not meet. I will have a retired physical therapist and also a member from the church helping out at times. We will build on the exercises from the class but will be adding some along the way. If you are interested, please call the office to sign up by 3 p.m. Monday, August 29th. We will start in September. Please call me if you have any questions or concerns. All are welcome as well as friends of parishioners.

Thank You,

Teresa
Parish Nurse

The summer has been a busy one in the music department. One person took me up on free voice lessons. Should any of you be interested, please let me know, and we'll work something out! Also, the youth choir and two friends have been taking piano lessons after church. It's exciting to see young people get excited about music! As of this writing, we have had four soloists this summer: Ian Mitchell, Jahla Taylor and Javier Martinez on piano and Tim Welk on saxophone. They all did well, and it was great to have them as part of our worship services! For the rest of the summer, we welcome Nancy Shindle and Curly Thompson to sing solos later in July and Hannah Flynn to sing in August.



Hannah joined the choir for a few Sundays last year. She goes to school at Rock Valley College. We look forward to having her back. In August, we also have Rob Wandell and some ringers from Grace with us to play, as well as a surprise quartet! Planning is ongoing for the fall and next spring, with selection of music and planning for special dates like Christmas and Palm Sunday. I am also hoping to extend the piano lessons into the next church year, as well as choir chimes for our youth. It's great being your music director. Looking forward to all the musical happenings here at Court Street.

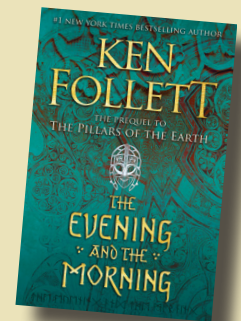
God Bless, Jack

CSUMC Book Club

Does Not Meet in August

September's title is Ken Follett's *The Evening and the Morning* (Viking), which will be discussed on Sunday, September 25th.

Contact Diane Risley for more info at rishouse@juno.com.



170 YEARS OF COURT STREET

O For a Thousand Tongues To Sing!



Easter Sunday
1946



Minister of Music
Wayne Farley & Choir
Summer 1944

Over the years of its ministry, Court Street Church has experienced the singing of the people of faith many times a thousand and by thousands of people praising the Lord. In addition, we have known many choir, choral, and even instrumental groups such as:

- Boys' Choir
- Girls' Choir
- Sanctuary Choir
- Chancel Choir
- Choristers I & II
- Young Peoples' Choral Society
- JuBellation Bell Choir
- Praise Band

Capable and creative organist and choir directors (or Directors of Music) have spearheaded the preparation and presentation of great music for worship, high Holy Days, and special choral/instrumental celebrations. Band and orchestral accompaniments have further heightened and enhanced the sung and spoken Word.

As fall approaches and we begin preparations for celebrating the Good News of Life & Faith in Jesus Christ, people are invited (and encouraged) to join the ranks of our current choirs (Chancel, Youth, and Bell) to proclaim in word, song, and sound our Joy in the Savior's Name.

Rev. Richard A. Wang,
History and Archives



Jeremiah Development has hit a very important milestone! Since I became Executive Director in 2018, my main goal has been to become secondary to the residents' work in the neighborhood. To do with the neighborhood rather than for the neighborhood. To be able to earnestly listen to what those in the neighborhood are saying, what they are not saying, and respond to their needs by letting them guide us with their own solutions. Jeremiah Development has spent the last four years

developing relationships through our newsletter, safety events, movies in the park, the garden, etc. Some of the programs JD does are birthed from the requests of our neighbors. These include:

- **Computer Center – Access to the Internet is very limited in this neighborhood.** Residents were unable to make appointments for COVID vaccinations or learn new skills for job searches. We are currently partnering with Goodwill Industries and the Workforce Connection to provide software for self-guided classes and instructor led programs to assist our neighbors with job skills and job searches. These computers are used daily and provide access to work, IDs, social services, and a host of other needs. A BIG thank you to Cheryl Rogers who volunteered every Tuesday from January through June to teach Microsoft Excel to our neighbors!
- **Take -A- Book Library – This was an unplanned program that turned out to be well received.** Goodwill offered books to us, and we just put them out around the office. Before we knew it, people were coming to take books home. Not a day goes by when we don't have several people here looking through the books.
- **Neighborhood Safety Events – After hearing the concerns of the neighbors, we are hosting quarterly safety events that focus on safety areas they expressed a desire to learn about.** In April, we hosted the Rockford Police Department as they provided personal safety training and property safety tips. We then distributed personal safety "screamers" to all who attended. In May, the Rockford Fire Department gave an interactive training on fire safety, complete with hands on fire extinguisher practice. Those attending received two fire extinguishers, a smoke detector, and a carbon monoxide detector. The firefighters installed the smoke detectors for anyone who was unable to do it themselves. Our next event in August will be led by the Winnebago Health Department with a focus on environmental safety. Attendees will leave with either an outdoor trash can with a lid or a kitchen trash can, depending on whether they rent an apartment or own their home. Our final event will be in October. We will have an electrician talk about home maintenance: where the breaker box is, how to turn off the main water in an emergency, etc. At that event, attendees will be given a toolbox with basic tools needed around the house.
- **The Pilfering Garden – The Coronado Haskell Neighborhood is a food desert.** With the exception of expensive convenience stores, residents are unable to get fresh, healthy produce. Jeremiah's 32-bed pilfering garden is handicap accessible. It is cared for by members of the three downtown churches, and all produce is free to anyone who has a need and would like to harvest from the garden.

Recently we had a meal with 10 neighbors who have agreed to be a leadership cohort. They have committed to engaging more neighbors and will be inviting those living next door to them. This is the beginning of the neighbors truly taking the reins and guiding the direction Jeremiah will be taking within the neighborhood and the projects that will address their concerns. This is a wonderful start to what I hope will become a new neighbor-led, neighbor-executed program.

Sue Kanthak,
Executive Director



Court Street United Methodist Church
 The Chimes August 2022
 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!

August 7, 2022

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

August 14, 2022

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

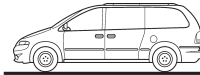
August 21, 2022

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

August 28, 2022

10:00 AM Ushers: The Sandy Gregory Team
 Sound Tech: Ryan 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.



Need a Ride to Church?

Riders, please call drivers for a ride by 6 p.m. on the Saturday before the Sunday you wish to attend.

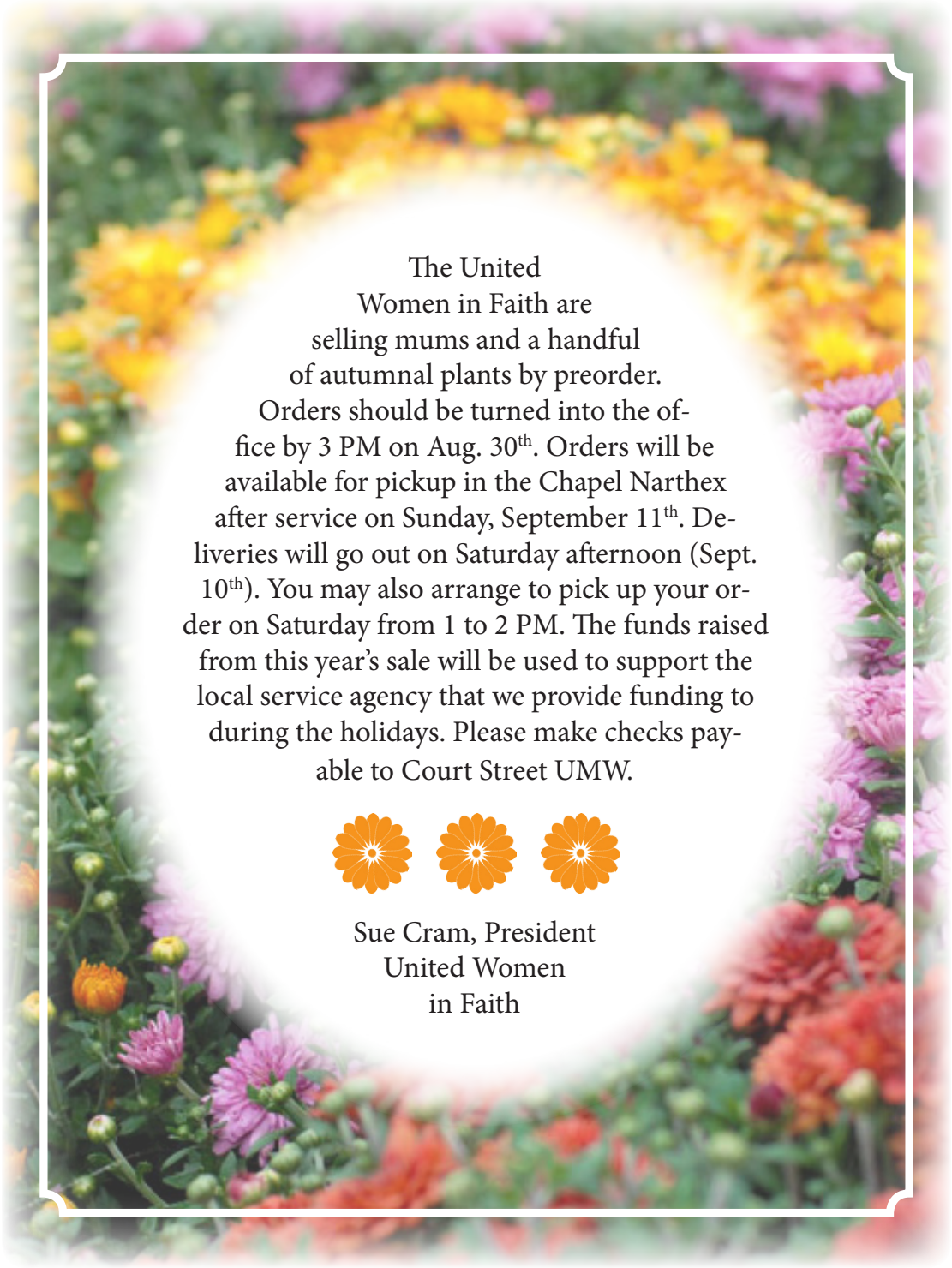
Riders must wear a mask, be fully vaccinated, and able to show their vaccine card to the driver if requested.

08/07/22	Curly Thompson	815-988-2735
08/14/22	Jeff Mann	815-742-5444
08/21/22	Bruce Shindel	815-397-1479
08/28/22	Tim Gorman	815-636-0514
09/04/22	Curly Thompson	815-988-2735

Please thank these men for making this ministry work!

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



The United
Women in Faith are
selling mums and a handful
of autumnal plants by preorder.
Orders should be turned into the of-
fice by 3 PM on Aug. 30th. Orders will be
available for pickup in the Chapel Narthex
after service on Sunday, September 11th. De-
liveries will go out on Saturday afternoon (Sept.
10th). You may also arrange to pick up your or-
der on Saturday from 1 to 2 PM. The funds raised
from this year's sale will be used to support the
local service agency that we provide funding to
during the holidays. Please make checks pay-
able to Court Street UMW.



Sue Cram, President
United Women
in Faith

2022 Mum Order

This year, mums will be available for pick up on September 11 after service in the Chapel Narthex unless other arrangements have been made. Please feel free to **drop off your order form and payment** in the offering plate or in the church office **by 3 p.m. on August 30**. Please make your checks payable to the Court Street United Methodist Women.

Asters	Order Qty	\$6.00	Total
Blue			
Pink			
		Total	

Mums	Order Qty	\$8.50	Total
Yellow			
White			
Purple			
Red			
Orange/Bronze			
		Total	

Flowering Kale	Order Qty	\$5.00	Total

Celosia - Purple	Order Qty	\$5.00	Total

Purple Fountain Grass	Order Qty	\$6.00	Total

Mums can be picked up Saturday, Sept 10 from 1 to 2 PM at the Chapel Nartax. Pickup on Saturday: Yes No

Deliveries will be made on Saturday afternoon (Sept. 10).

Delivery? (Circle One) Yes No

Name _____

Large 12 inch Container			
Each Pot contains 3 mums. (2 options available):			
Option A: Purple, Yellow & Orange/ Bronze			
Option B: Pink, Yellow & White			
	Order Qty	\$25.00	Total
Option A			
Option B			
		Total	

Large 14 inch Container			
Each Pot contains 2 mums and a grass. Please specify color. (Substitutions may be necessary)			
Mum Color	Order Qty	\$33.00	Total

	Total Quantity	Total Amount
Asters		
Mums		
Kale		
Celosia		
Purple Grass		
Large 12 In. Container		
Large 14 In. Container		
Order Grand Total		

Address _____

City, Zip _____

Phone _____

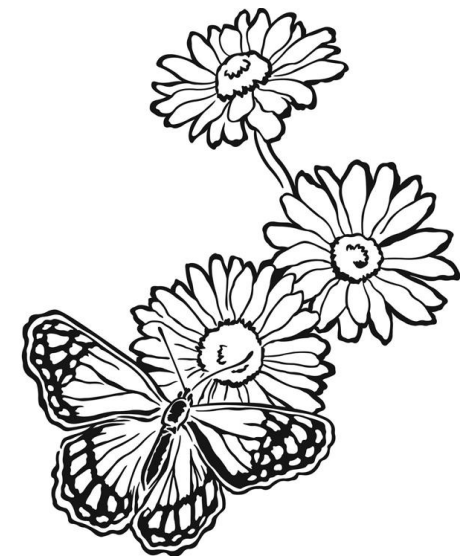
For Office Use Only: Paid:	Check No.	Amount Due:	2022
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Birthdays

Wedding Anniversaries

<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>
Livingston, Adam	1	Druce Jones, Christopher	20
Mills, Lisa	1	Foust, Jan	20
Neville, Michael	1	Mehren, Judy	21
Peshek, Derek	2	Philbrick, Jamalynn	22
Dill, Joann	3	Condon, Martin	23
Wang, Richard	3	Olsen, Mona	23
Wandell, Gavin	4	Brown, Sara	24
Kelsey-Powell, Keith	5	Gregory, Sean	25
Hagele, Henry	6	Culpepper, Vine	27
Reece, Jeanne	6	Dingus, Erik William	27
Campbell, Josh	7	Jones, Julia	27
Davis, Aaliyah	8	Logli, Abby	28
Jackson, Deborah	9	Toalson, Christopher	28
Eells, Karen	10	Gregory, Sandra	30
Doran, William	11	Swanberg, Elmer	30
Eells, Lenthel	11	Larson, Marilyn	31
Jeter, Nora	11	Medernach, Sally	31
Whitmore, Morgan	14		
Nelson, Lucas	15		
Anderson, Marjorie	20		

<u>Name</u>	<u>Date</u>	<u>Year</u>	<u>Married</u>
Noltemeier, Karl and Louise	3	1952	70
Martin, Bruce and Shelley	5	1972	50
Johnson, Bruce and Rita	6	1966	56
Adam, Barb and Stephen	11	1984	38
Baker, Ray and Janet	17	1968	54
Woods, Rex L. and Cindy	19	1995	27
Gorman, Timothy and Verlette	20	2000	22
Wandell, Matthew and Chelsie Solchenberger-Wandell	22	2015	7
Barnhart, Norma Lee and William	23	1969	53
Olderbak, Michael and Peggy	25	1979	43
Shindel, Bruce and Nancy	29	1981	41



Our prayers and sympathy go to the family of:
 Betsy Wang (Dick & Jeanine's sister-in-law), who died on June 21, 2022

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 METHODIST MONDAY 8:30am Beautiful Beginnings	2 8:30am Beautiful Beginnings 9:00am History & Archives 9:00am Quilters 6:00pm Voice Lessons with Jack Armstrong	3 8:30am Beautiful Beginnings	4 8:30am Beautiful Beginnings 9:30am UWF Leadership Team 10:00am Stewardship Team 1:00pm The Journeymen	5 8:30am Beautiful Beginnings	6 8:00am Rockford Rhythm/Phantom Regiment
7 10:00am Worship Service 11:15am Facetime by the Big Bell	8 METHODIST MONDAY 8:30am Beautiful Beginnings	9 8:30am Beautiful Beginnings 9:00am History & Archives 9:00am Quilters 5:30pm Trustees 6:00pm Voice Lessons with Jack Armstrong	10 8:30am Beautiful Beginnings 4:00pm Worship Committee	11 8:30am Beautiful Beginnings 1:00pm The Journeymen 6:00pm Chatterbox Supper Group	12 8:30am Beautiful Beginnings	13 8:00am Rockford Rhythm/Phantom Regiment 8:30am United Methodist Men Breakfast
14 10:00am Worship Service 11:15am Facetime by the Big Bell	15 CHIMES DEADLINE METHODIST MONDAY 8:30am Beautiful Beginnings 4:00pm Finance Committee 5:00pm Administrative Council	16 8:30am Beautiful Beginnings 9:00am History & Archives 9:00am Quilters 6:00pm Voice Lessons with Jack Armstrong	17 8:30am Beautiful Beginnings 5:30pm No IL Wood Turners	18 8:30am Beautiful Beginnings 1:00pm The Journeymen	19 8:30am Beautiful Beginnings	20 8:00am Rockford Rhythm/Phantom Regiment
21 10:00am Worship Service 11:15am Facetime by the Big Bell	22 METHODIST MONDAY 8:30am Beautiful Beginnings	23 8:30am Beautiful Beginnings 9:00am History & Archives 9:00am Quilters 4:00pm Staff Meeting 6:00pm Voice Lessons with Jack Armstrong 6:15pm Knitting Group	24 8:30am Beautiful Beginnings	25 8:30am Beautiful Beginnings 12:00pm Jeremiah Exec. Board 1:00pm Chimes stuffing 1:00pm The Journeymen	26 8:30am Beautiful Beginnings	27 8:00am Rockford Rhythm/Phantom Regiment
28 10:00am Worship Service 11:15am Facetime by the Big Bell	29 METHODIST MONDAY 8:30am Beautiful Beginnings	30 8:30am Beautiful Beginnings 9:00am History & Archives 9:00am Quilters 6:00pm Voice Lessons with Jack Armstrong	31 8:30am Beautiful Beginnings			