

News

from  Court Street United Methodist Church

New Beginnings

He saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a **new** birth and **new** life through the Holy Spirit.

Titus 3:5, NLT

Our Scripture lesson speaks of another kind of wealth other than material wealth. In his letter to Titus, the apostle Paul says that God sent Jesus Christ to be our Savior, so that we could be justified by His grace and *become heirs* according to the hope of eternal life made available by Christ's salvific act of love. Yes, heirs! No cash, but heirs of an incarnational inheritance. We're going to get an inheritance of eternal life, with Christ!

God's salvation is the help we need, designed to save us from our sins. God forgives us our debts, and wipes our slate clean from the burden of sin. God saves us from the endless struggles of this life, promising us an endless life in heaven. And God does this according to his mercy, not because of any works of righteousness that we have done. All we have to do is trust in God's Son, Jesus, the one God sent to bring us forgiveness and new life. What an inheritance we have received; a gift named Jesus!

One of the ways that we can better handle our inheritances from God is to remember we are Christmas children! We are children of God! The Christmas birth makes this possible! Whenever we face challenges in life, we can remember that we are Christmas kids! We're much more likely to waste our spiritual inheritance if we forget that we are baptized children of God, eternally connected to our brother, Jesus Christ. Remembering that we are forgiven, reborn, and renewed can help us to hold on to the precious gift of salvation that God has given us.

We are heirs of God, challenged to handle our inheritance in a responsible way. Jesus should not be treated like so many other Christmas gifts, treasured when first opened but then thrown into a closet and forgotten. Instead, we can see the value of Jesus all through the year, as we trust Him to continue to give us forgiveness, rebirth, renewal and eternal life.¹

Happy new year to our church community and friends! As this New Year begins, let us all give thanks for our part in the ministry of Jesus Christ. It is His church, His mission and His salvation. Truly, God found us, imperfect as we are, and brought us together so that God's word could continue to become flesh and dwell among us.

In the service of Christ,

Pastor Cal

The
Chimes

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 Methodist Women

Sue Cram

United Methodist Men

DuWayne Stanis

Jeremiah Ministry Rep

Joan Tunnell

JFON Liaison

Kay Galloway



**LongHorn Steak House
6655 E. State Street**

**Thursday, Jan. 13th
6:00 p.m.**

All ladies are invited.

*Contact Marie Lewis at (815) 885-3916
by noon of the Wednesday
before the dinner.*

February	Nunzio's
March	The Hope & Anchor
April	Backyard Grill & Bar
May	Capri
June	Garrett's
July	The Olympic Tavern
August	Alchemy at Aldeen
September	The Machine Shed
October	Lino's
November	Red Lobster
December	Hoffman House Supper Club



Angel Tree Ministry Thank You

Thanks to ALL of you for your financial support, for purchasing and wrapping gifts for the children, and for your prayers. Because of your generosity, gifts were purchased for 53 children from 22 families in our church neighborhood and in the nearby area. Each child received two gifts on behalf of the incarcerated parent. Additionally, extra funds were left over to provide \$25 to \$50 in grocery gift cards to each family based upon size of family or need. Thanks also to those of you, including the Youth, who helped organize and deliver the gifts to the families. May God bless you all for it is in giving that we are richly blessed. We ask that you continue to pray for the incarcerated parents and their families.

This year most of our families were having a difficult time financially. This is quite a challenge and strain on a grandparent or caregiver, so gift cards were well received and appreciated (several with tears in their eyes). Religious pamphlets, Christmas cards from Court Street United Methodist Church, and December services dates were delivered to the families also.

Barb and Gene Ferry

Like us on

facebook

Follow us on

twitter

See pictures on

www.courtstreetumc.org

170 YEARS OF COURT STREET



Easter Sunday, 1892
Court Street MEC

As we begin the one hundred and seventieth year of service to God, the Almighty, Rockford, and the wider community, it is important to observe that this is an observance of faithfulness over time, celebrated in appreciation of beautiful structures and of beloved and beautiful, faithful saints – members, leaders, pastors, children, and teachers.

Rev. Richard A. Wang,
History and Archives
Committee

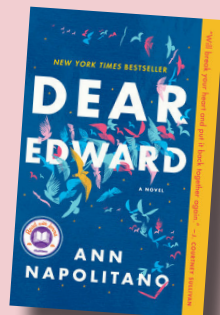
CSUMC Book Club

Now Meeting at 2 p.m. on
the 4th Sunday of the Month

All are welcome!

January 23
2:00 p.m.

Dear Edward
by Ann Napolitano
Dial Press



January Meeting Location:
Perky Flynn-Heath's Home
4231 Uram Lane

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

2022 Schedule

February 27	<i>Call Your Daughter Home</i> by Deb Spera
March 27	<i>The Night Watchman</i> by Louise Erdrich
April 24	<i>The Last Thing He Told Me</i> by Laura Dave
May 22	<i>The Last Letter From Your Lover</i> by Jojo Moyes
June 26	<i>Personal Librarian</i> by Marie Bennett & Victoria Christopher Murray
Sept 25	<i>The Evening and the Morning</i> by Ken Follett
Oct 23	<i>The Wish</i> by Nicholas Sparks
Nov 27	<i>Olive Again</i> by Elizabeth Strout

Health & Wellness: *From our Parish Nurse, Teresa Field*

First off, I would like to wish everyone a Healthy & Happy New Year! If you have a question about the Covid Booster Vaccines, please let me know, and I will try to help you find an answer.

This month I'm writing about sleep apnea. This abnormality can affect people of all ages, even children. Sleep apnea can be a potentially serious sleep disorder in which breathing repeatedly stops and starts. There are different types of sleep disorders.

Obstructive sleep apnea is the most common. This occurs when throat muscles in the back of the throat relax; this narrows the upper airway while sleeping. The narrowing causes a lack of air to enter the lungs, which results in less oxygen to your body and vital organs. The body tries to compensate with a greater effort to breathe air through the narrow airway. You can have loud snoring, snorting, choking, or a gasping sound. As your brain senses this inability to breathe, you will briefly rouse from sleep so that you can reopen your airway. These brief awakenings can be so brief throughout the night that you don't remember them. These disruptions impair your ability to reach the desired deep sleep you need.

Central sleep apnea is a less common form of sleep disorder that happens when your brain fails to transmit signals to your breathing muscles. You make no effort to breathe for short periods of time. You may awaken with shortness of breath or have difficulty getting to sleep or staying asleep.

Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea is a third form of sleep apnea. This occurs when someone has both obstructive and central sleep apnea.

The most common signs and symptoms of obstructive and central sleep apnea include: loud snoring; episodes of breathing cessation during sleep witnessed by another person; abrupt awakenings accompanied by shortness of breath, which is more indicative of central sleep apnea; awakening with a dry mouth or sore throat; morning headaches; difficulty staying asleep (insomnia); excessive daytime sleepiness; attention problems;

and irritability.

Some major risk factors of sleep apnea are: Excess weight; the size of your neck circumference; a narrowed airway; being male (men are twice as likely to have sleep apnea); being older; family history; use of alcohol, sedatives, or tranquilizers; smoking (smokers are three times more likely to have obstructive sleep apnea); and nasal congestion.

Sleep apnea can cause other medical problems. Sudden drops in blood oxygen levels that occur during sleep apnea increases blood pressure and affects the cardiovascular system. It also affects other metabolic conditions. It is very important to seek a medical diagnosis and to have a treatment plan you follow.

Your doctor may order a nocturnal polysomnography. In a sleep lab, you will be hooked up to equipment that monitors your heart, lungs, brain activity, breathing pattern, arm and leg movement, and blood oxygen levels while you sleep. There are also tests that you may take from home. For milder cases of sleep apnea, your doctor may recommend only lifestyle changes. Lifestyle and self-care tips: Lose excess weight; exercise; avoid alcohol and certain medications such as tranquilizers and sleeping pills; sleep on your side rather than your back; treat your nasal allergies and keep your nasal passages open at night (you may need a saline nasal spray); and stop smoking.

If you are diagnosed with sleep apnea, you may need a continuous positive airway pressure machine (CPAP). With CPAP the air pressure is somewhat greater than that of the surrounding air; this is just enough to keep your upper airway passages open. If CPAP is a problem for you, there are other devices that may be used. There are even oral appliances to keep your throat open. You may also be referred to an ear, nose, and throat doctor to rule out any blockage in your nose or throat.

It is imperative to have good communication with your doctor and to find the right solution that will work for you. Remember, there are different options. Being able to sleep well and to wake up feeling refreshed is very important to your overall health.



In the words of Pastor Cal, "Giving is not something we *do*, but something we *are*. Giving is a way of life for the Christian who understands the grace of God." Thank you to all who have submitted their 2022 commitment card. If you have not had the opportunity to complete and return your card, please consider doing so by **January 15th**.



For your convenience, we have duplicated the commitment card below, which you may cut and return to the church office. Your generous and heartfelt response is appreciated. Please call the Church Office if you have pledged but do not see your name below.

Adam, Barb & Steve	George, Georgalee	Muck, Joanne
Adam, Barbara	Gibbons, James & Helen	Noble, Gary & Doris
Allen, Charles	Gillette, Alice	Palmer, Gail
Anderson, Roger & Cindy	Gorman, Tim & Verlette	Philbrick, Jack & Jamalyn
Anglemire, Helen	Gregory, Sandy	Powell, Dorothy
Bailey-Murray, Joan	Heath, Priscilla 'Perky'	Rhoads, Ray & Margaret
Baker, Ray & Janet	Justice, Gordon & Julie	Ripley, Steven
Brown, Karen	King, Brad	Risley, Dave & Diane
Bulliner, Kaylee & Brayden	King, Randiann	Schmitt, Judy
Cram, Susan	Kint, Marge	Seiter, Betty
Cromwell, Bert	Lander, Truman & Lois	Shindel, Bruce & Nancy
Culpepper, Cal & Gwen	Lewis, Marie	Stanis, DuWayne & Nancy
Davis, Mike & Pat	Lindmark, Craig & Terri	Swansbro, Don & Charlene
Dill, Joann	Lutmer, Bob & Diane	Thompson, Stanley 'Curly'
Doran, Nancy	Mace, Jan	Tunnell, Stan & Joan
Doran, Bill & Betty	Mailand, Earle	Wandell, Lorelle
Dow, Donna	Mann, Jeff	Wang, Dick & Jeanine
Ferry, Gene & Barb	Marlow, Jan	Warrner, Miriam
Field, Teresa	Maus, Beverly	Welk, Tim
Fisher, Mabelann	Mehren, Fred & Judy	Wollstadt, Loyd
Galloway, Kay	Monroe, Delbert	Zimmerman, Phil & Sue

CELEBRATING OUR GIFTS FROM GOD GIVING CAMPAIGN

As a concrete response to God's love and bountiful blessings,

I want to continue being a sustaining member with...



United Methodist Church
215 N. Court St.
Rockford, IL 61103

_____ my **prayers**. _____ my **service**.
 _____ my **presence** in ministry. _____ my **witness**.
 _____ my **gifts** of \$ _____

WEEK MONTH QUARTER YEAR

I would would not LIKE **ENVELOPES**

Name _____ Date _____
 Address _____ Phone _____
 City _____ State _____ Zip _____

This commitment may be revised or canceled at any time at my request.

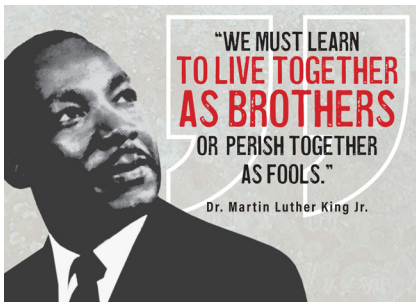
Church is Closed



Monday, January 3rd
for New Year's Day

&

Monday, January 17th
for MLK Jr. Day



COURT STREET YOUTH GIVING BACK

Our youth adopted a family of four children for Christmas. We purchased, wrapped, and delivered gifts to brighten their holiday.

Ryanne Ludington,
Director of Christian Education



*"...as members
of this congregation,
will you faithfully participate
in its ministries*

*by your prayers, your presence,
your gifts, your service,
and your witness?"*

We can be good stewards by regularly **praying** for our church and for others around the world. By being physically and mentally **present** at the church, and its ministries, we can feel the pulse of the church.

We give the church the gifts of our time and talents, and provide valuable **service** to the church; whether your gift is in the kitchen, the choir room, or the nursery, it is a great enhancement to the church. When we pledge a financial **gift** to the church, we help to sustain all of the ministries of the church. And by living our life every day with God in our hearts, we **witness** to the world.

NURTURE COMMITTEE BRINGING CHRISTMAS CHEER TO THE HOMEBOUND



The Nurture Committee would like to "Thank" all the kind Court Street elves who put together and delivered forty holiday bags to our homebound friends. We are sure your visit and gifts gave them a Christmas smile.

Blessings,
Nurture/Outreach Committee



40TH ANNUAL THANKSGIVING DINNER – PREPERATION & SERVICE



I would like to Thank all the people that helped make Thanksgiving 2021 a huge success; We distributed 730 meals on Thanksgiving between 11 a.m. and 1 p.m. I would like to thank some of my last minute shoppers that helped with bringing items to the Church, including Diane Lutmer, Judy Mehren, and Jeannine Wang. Thank you to all the church staff; Verlette, Tiffany, Pastor Cal, Mike, Sean, and Wayne. Thank you for all the volunteers that helped with food preparation, cooking, cleaning, serving, cutting pies, passing out meals and beverages (for both walk-ups and drive-throughs), and clean up. Thank you for all the financial contributions and prayers to make this Thanksgiving a big success.

Sue Cram, *Chair*





Court Street United Methodist Church
 The Chimes January 2022
 215 North Court Street
 Rockford, IL 61103-6897

Return Service Requested

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

January 2, 2022

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

January 9, 2022

10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte: Kaylee Bulliner
 Liturgist: Volunteer welcome.

January 16, 2022

10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte: Natalie Urness
 Liturgist: Volunteer welcome.

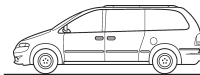
January 23, 2022

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

January 30, 2022

10:00 AM Ushers: The Sue Cram 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.

01/02/22	Bruce Shindel	815-397-1479
01/09/22	Curly Thompson	815-988-2735
01/16/22	Tim Gorman	815-636-0514
01/23/22	Jeff Mann	815-742-5444
01/30/22	Dan Boon	815-713-0411
02/06/22	Bruce Shindel	815-397-1479

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

January 2022

Our prayers and sympathy go to the family of:

June B. Cummings who died November 14, 2021

James R. Whitlock who died November 17, 2021

Lisa Rothmeyer who died November 20, 2021

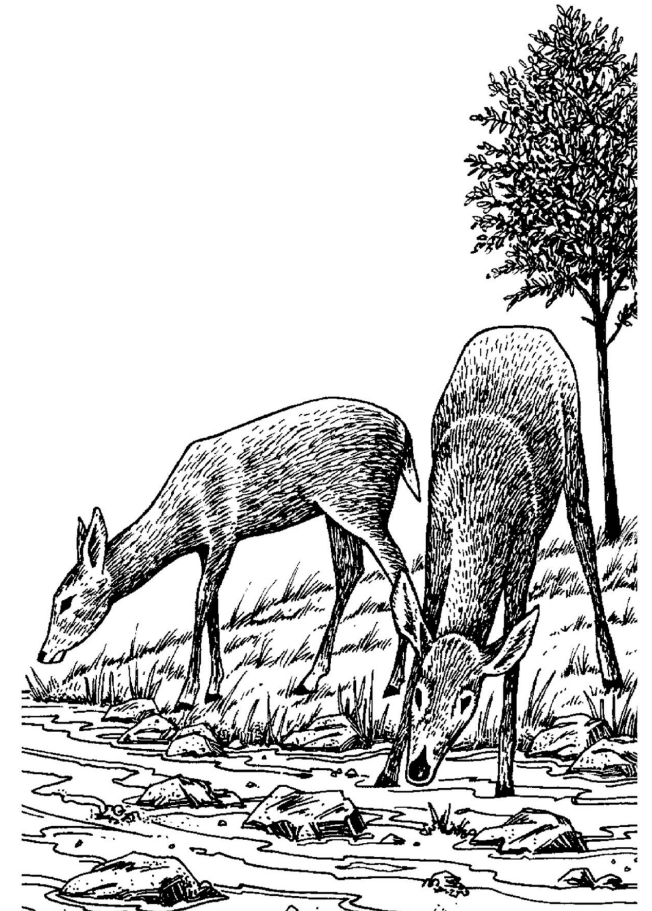
Amy Viola Schlaf who died November 27, 2021

Wedding Anniversaries




<u>Name</u>	<u>Date</u>	<u>Year</u>	<u>Married</u>
Rhoads, Ray and Margaret	26	1964	58

Birthdays

<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Date</u>
Crawford, Owen	1	Meligan, Brian	15
Liddell, Alex	1	Ewald, Elizabeth	17
Zeilinger, Phil	1	Hutchcroft, Elaine	20
Schaub, Matthew K.	2	Kelsey-Powell, Judith	20
Addis, Robert	3	Mann, Jared	20
Walters, John	3	Peters, Judith	20
Ludington, Alex	4	Theisen, Kaye	20
Hoover, Ruth	5	Urness, Natalie	20
Welk, Ryan	5	Eichman, Sally	21
Crow, James	6	(Zyvert) Gallo, Danielle	23
Hoople, Allen	6	Swansbro, Donald	23
Tunnell, Stanley	6	Rupp, Ashley	26
Norman, Bettye	7	Cairnes, Jeannine	28
Wandell, Matthew	7	Killingsworth, Jean	28
Scheffel, Alyssa	10	Ludington, Jeremy	28
Strunk, Bryce Christian	10	Paquette, Sarah	28
Cox-Rodgers, Jaxon	12	Bates, Alyssa	29
King, Addyson	12	Fibrow, Lindsey	30
Faruqui, Noah	13	Solchenberger-Wandell, Chelsie	30
Baker, Ray	14	Armstrong, David	31
Crow, Thomas	14	Vandre, Alex	31



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  8:00 AM Rockford Rhythm/Phantom Regiment
2 10:00 AM Worship Service	3  Church Closed for Observance of New Year's Day	4 8:30 AM Beautiful Beginnings 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting	5 8:30 AM Beautiful Beginnings	6 8:30 AM Beautiful Beginnings 10:00 AM Stewardship Team 1:00 PM The Journeymen	7 8:30 AM Beautiful Beginnings	8 8:00 AM Rockford Rhythm/Phantom Regiment 8:30 AM United Methodist Men Breakfast
9 10:00 AM Worship Service	10 8:30 AM Beautiful Beginnings	11 8:30 AM Beautiful Beginnings 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 5:30 PM Trustees	12 8:30 AM Beautiful Beginnings 4:00 PM Worship Committee	13 8:30 AM Beautiful Beginnings 1:00 PM The Journeymen 6:00 PM Chatterbox Supper Group	14 8:30 AM Beautiful Beginnings	15 CHIMES DEADLINE 8:00 AM Rockford Rhythm/Phantom Regiment 9:00 AM ECHO Ringers
16 10:00 AM Worship Service	17  Church Closed for Observance of MLK Jr. Day	18 8:30 AM Beautiful Beginnings 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting	19 8:30 AM Beautiful Beginnings 5:30 PM No IL Wood Turners	20 8:30 AM Beautiful Beginnings 10:00 AM UMW Leadership Team 1:00 PM The Journeymen	21 8:30 AM Beautiful Beginnings	22 8:00 AM Rockford Rhythm/Phantom Regiment
23 10:00 AM Worship Service 2:00 PM CSUMC Book Club	24 8:30 AM Beautiful Beginnings	25 8:30 AM Beautiful Beginnings 9:00 AM History & Archives 9:00 AM Quilters 3:30 PM Staff Meeting 6:15 PM Knitting Group	26 8:30 AM Beautiful Beginnings	27 8:30 AM Beautiful Beginnings 12:00 PM Jeremiah Exec. Board 1:00 PM Chimes stuffing 1:00 PM The Journeymen	28 8:30 AM Beautiful Beginnings	29 8:00 AM Rockford Rhythm/Phantom Regiment
30 10:00 AM Worship Service	31 8:30 AM Beautiful Beginnings					