

News

from  Court Street United Methodist Church

Love Is...

¹⁶ This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. ¹⁷ If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? ¹⁸ Dear children, let us not love with words or speech but with actions and in truth. ¹⁹ This is how we know that we belong to the truth and how we set our hearts at rest in his presence: ²⁰ If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

1 John 3:16-20, NIV

Love is the essence of Christian who wrote these verses, knew clear what Christian love looks for ourselves. He doesn't give writes, *"This is how we know down his life for us. And we for our brothers and sisters."*



faith. John, the disciple of Jesus that if he didn't make it perfectly like, we would try to define it us that option. In verse 16, he *what love is: Jesus Christ laid ought to lay down our lives*

Love is our primary witness to the world. How will the world know we're Christians? By our love. If the day ever comes when the Christian church is as loving as its Master, the world will beat a path to our door. John asks in verse 17, *"How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses to help?"* And the answer is, it doesn't. As the saying goes, "People don't care how much we know until they know how much we care."

Love is a gift from God. There's a bumper sticker that reads: "Perform an unnatural act—love somebody." And it's true. Pure love is not an attribute of humanity, but of God. Our nature is to strive for survival, to strive for our own well-being. God's nature is self-giving love. The closer we are to God, the better able we are to love others. John writes in verse 24, *"And by this we know that He abides in us, by the Spirit that He has given us."* That Spirit is love. Love is a gift God gives to us. And it is multiplied and magnified when we can give it away, when we can love others with the same sacrificial love that God showed to us.

The words John wrote centuries ago are still true for us today, verse 23, *"And this is his commandment, that we should believe in the name of his Son, Jesus Christ and love one another, just as he commanded us."* When the love of God truly abides in our heart, we are able to look into the faces of others and see God's face. Love is the essence of Christian faith. Love is our primary witness to the world. Love is a gift from God. We love because God first loved us. Only as we abide in God can His love abide in us.

The mission of Court Street UMC

is to be a welcoming, nurturing, serving

community of Christ.



Grace,

Pastor Cal

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

Tim Gorman

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



UNITED WOMEN IN FAITH SEPTEMBER LUNCHEON

WEDNESDAY, SEPTEMBER 6TH
12 PM IN THE DINING ROOM

GUEST SPEAKER
PASTOR VIOLET JOHNICKER,
BROOKE ROAD UMC

“THE CHURCH INVOLVED
IN THE COMMUNITY”

Please RSVP to Donna Dow by Friday, September 1ST
(815) 963-3020
\$10 Per Meal



**STAFF UNAVAILABLE
WEDNESDAY, AUGUST 2ND
FOR YEARLY STAFF PLANNING
(MEETING BEGINS AT 10:30 A.M.)**

Like us on

facebook

Follow us on

twitter

See pictures on

www.courtstreetumc.org



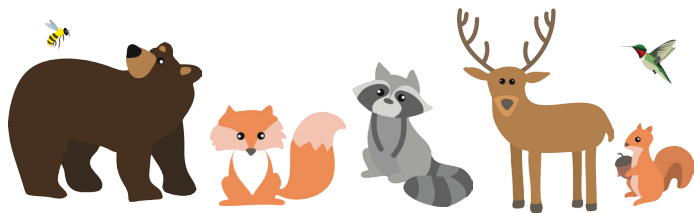
...Robert & Carol Schaub, who celebrated their 60th wedding anniversary on June 15th with a cruise to Alaska. They were members from 1987 to 2005, during which time, Carol was Assistant Organist and Director of Revelation Choir.

I want to thank some people who have contributed to the music this summer during worship: **Nihit Girish, Tim Welk, Nancy Shindel, Robert Strader, and Javier Martinez.** We are blessed with some very talented singers and instrumentalists!

In several weeks we will be back to our fall schedule. I welcome anyone who would like to be in our choirs to come and try it out. If you've done it before, try it again. We always have a good time making music together. There are three groups to consider: Jubellation (our handbell choir) - meets from 6 to 7 p.m. on Tuesdays, Chancel Choir - meets from 7 to 8 p.m. on Tuesdays, and the Youth Music - meets after Sunday services till noon. All practices take place in the choir room.

Last year we started a choir chime ensemble, which was quite successful. You had a chance to hear our youth play during some of our services last year. I have also been giving piano lessons to our youth, as they have shown an interest in this. We are blessed to have a three octave set of choir chimes, which are used for Jubellation and the Youth Music.

Looking forward to the upcoming year!
Jack Armstrong



August Greetings from the Scrip Committee!

We would like you to keep our selection of Scrip cards in mind for any summer/fall events you may have planned. Also, we have cards for home improvement and yard work: Lowe's, Menards, The Home Depot. The start of the new school year is happening soon, and we have cards for those purchases too. (Amazon, Target, Walmart) If you are joining the Chatterbox Supper Group in August, we have \$25 Texas Roadhouse gift cards available on demand (usually a special order item). Please stop by our table, and one of us will be pleased to assist you in purchasing gift cards to meet your needs for groceries, restaurants, gasoline, movies, and more! If you have never purchased one of our gift cards, check us out to see what we have. Thank you for helping us to help meet the church's needs.

See you on Sunday, or you can stop by the office and pick up or order cards.

Court Street

Waffles & Worship

Last Sunday of the Month
Dining Room at 8 AM

A contemporary-styled service filled with food and fellowship.

August Service: Sunday, August 27th

Health & Wellness: Starting a Walking Program

Starting a walking exercise program might be your best medicine. It's no secret that walking has many benefits to a variety of people. Study after study has shown that people who participate in a walking program find substantial improvements in blood pressure, slowing of resting heart rate, decrease of body fat and body weight, lower cholesterol levels, better quality of life, and greater endurance among other benefits.

"Walking affects you physically in a positive way, but it also affects you mentally in a positive way," says Matt Davidson, a physical therapist with OSF Health-Care. "You're getting the cardiovascular component, you're burning calories, and it's also good for the legs and your endurance. It helps with things we do on a daily basis, like grocery shopping, cleaning, going up and down stairs, and yardwork, so it's a very important aspect of everyday life."

While walking may not be a better cardio workout than running, it may be the best choice for many people. Walking helps with increased flexibility, increased muscular strength, and reduces the risk of diseases such as diabetes and hypertension. One can reap the benefits of incorporating a walking routine into one's routine. Start off slow.

A walking program/routine is a very good choice for people with different activity levels, but particularly those who are starting an exercise program, says Davidson. "You're getting components of cardiovascular exercise, but you're also getting those muscles to work through your legs; it doesn't have to be long periods of time, and it doesn't have to be fast paced but just the activity level of going up from where you are now is a foundation to build on later or maybe with other exercises."

The best part of walking is it can be done anywhere. You don't have to go to a gym to walk. When the weather starts to turn or it's too hot, head inside to a shopping mall or invest in a treadmill with adjustable inclines. Walking can be and is very convenient. You can walk around your neighborhood when the weather is nice. If a treadmill is too expensive and not practical, you could even walk laps around your home or basement to get your routine in. You can even listen to music or your favorite podcast and turn it into a fun activity.

Another tip is to find a walking partner who can help with accountability. Purchase a good pair of comfortable, properly fitting walking shoes, the best financial investment you'll have to make for your walking program. Remember to start any walk with a quick stretching routine or walk in place. Remember to stretch after your walk to reduce soreness. Also, start your program slowly to avoid burnout, and keep track of your progress with a journal or walking app. Please remember to drink water and stay hydrated.

Davidson recommends one starts at what you feel is a three or four when it comes to intensity on a zero to 10 scale. Work your way up depending on your fitness level.

You should always check with your family medical provider before starting anything new to see what their recommendations are. Walking has so many benefits.....when it comes to walking, doing a little more than you did the day before will add up before you know it. If you need encouragement or have questions, give me a call.

Teresa Field, *Parish Nurse*



August 2023



ROCKIN' ROCKFORD REVIVAL 2023

...revive us again, so that your people may rejoice in you!
Psalm 85:6

Monday through Friday, August 7 – August 11

7:00 p.m. – 8:00 p.m. in our Sanctuary

Different Speaker & Special Music from Guest Musicians Each Night
FREE Admission & Activities for Kids!

**VOLUNTEERS
NEEDED!
CONTACT THE OFFICE
IF YOU
CAN HELP**

Monday, August 7

Pastor John Dirkse (Redeemer Church)
Music: Redeemer Church Praise Team

Tuesday, August 8

Pastor Evan Savage (Grass Roots Church)
Music: Grass Roots Church Praise Team

Wednesday, August 9

Pastor Christopher Druce Jones
(Christ the Carpenter UMC)
Music: Dorothy Paige Turner

Thursday, August 10

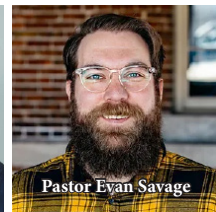
Music: The Alleluia Quartet

Friday, August 11

Pastor Calvin Culpepper (Court Street UMC)
Music: Waffles & Worship Praise Team
Music: Bridgeview Church of God Choir



Pastor John Dirkse



Pastor Evan Savage



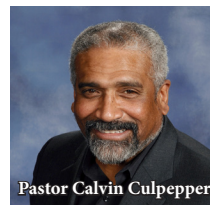
Pastor Christopher Druce Jones



Dorothy Paige Turner



The Alleluia Quartet



Pastor Calvin Culpepper



The Bridgeview Church of God Choir

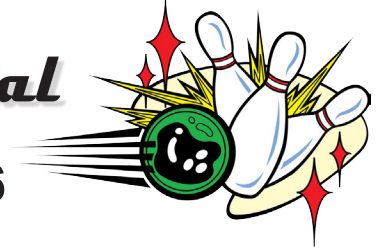
Free-will Donations to Benefit Waffles & Worship and Jeremiah Development

Waffles & Worship is an outreach ministry of Court Street United Methodist Church.

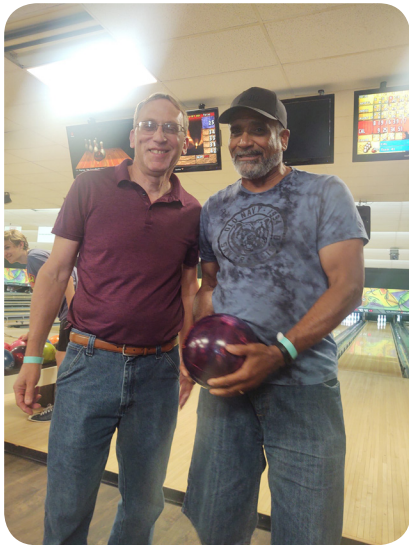
Jeremiah Development supports the Coronado Haskell Neighborhood and the greater Rockford area by facilitating access to services and programs for its residents.

Court Street Bowling Social

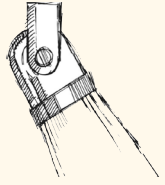
Don Carter Lanes – Sunday, July 16



42 Bowlers + 2 Churches + 8 Lanes = 2 Much Fun!
Nurture & Outreach *strikes* again with this popular outing.
Thanks to Georgalee George for the photos (and for helping to organize the event).

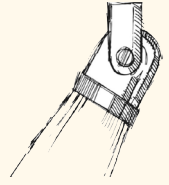


Our Friends at Grass Roots Church



COURT STREET IN ACTION

Just some of the things our congregation has been up to recently.



Kitchen Service
Waffles & Worship
Pentecost Sunday, May 28



Pastor Cal with Haskell
Students & Instructors
Methodist Monday, July 10



LOVE ROCKFORD
SATURDAY, AUGUST 19
10 A.M. TO 2 P.M.

EVENT FOCUS:
SCHOOL-AGED CHILDREN

We encourage the congregation, particularly the youth, to volunteer for this quarter's event.

But if you cannot donate time, then please donate school supplies in the Narthex; JD plans to distribute these supplies to the children of the Coronado-Haskell neighborhood.



Texas Roadhouse
7240 Walton Street

Thursday, August 10th @ **5:00 p.m.**
All ladies are invited.

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

SCRIP cards for Texas Roadhouse available on demand for this event only.



Court Street United Methodist Church
 The Chimes August 2023
 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 6, 2023

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

August 13, 2023

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

August 20, 2023

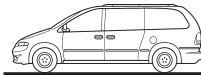
10:00 AM Ushers: The Sandy Gregory Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte: Kaylee Bulliner
 Liturgist: *Volunteer welcome.*

August 27, 2023

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

Livestream Techs: Krysta Tilges & Ella Anderson

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.

08/06/23	Jeff Mann	815-742-5444
08/13/23	Curly Thompson	815-988-2735
08/20/23	Tim Gorman	815-636-0514
08/27/23	Jeff Mann	815-742-5444
09/03/23	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		
Bill Kint	Maintenance Engineer		Maintenance@courtstreetumc.org

Notes from a Laity Training Session at NIC Annual Conference led by Mark Manzi

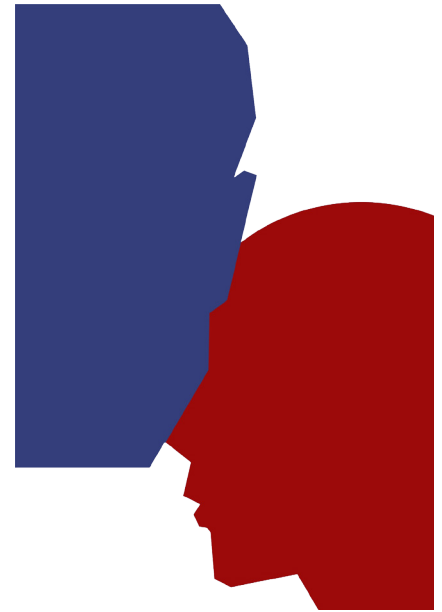
HOW TO APPROACH PEOPLE WITH WHOM WE DISAGREE

1. **Approach with humility.** We hate being wrong, but we have all been wrong, at times, about different things we need to ask ourselves, “How might I be wrong?” or even better, “Is my heart in the right place?”. Pride creeps in when we assume we have it all figured out and the other person doesn’t. Even if we are 100% right, with an arrogant posture, our message will be ignored.
2. **Seek first to understand.** Face to face connection is important. Taking time to listen to someone’s perspective and story will increase the likelihood of your influence.
3. **Choose Kingdom culture over cancel culture.** Our society frequently cancels people they disagree with, but it isn’t the Kingdom way. Jesus came to build bridges, not blockades. Our aim should not be to “unfriend” or separate ourselves from everyone we disagree with. Long ago, social psychologist Gordon Allport wrote that doing life together with people of other groups reduces prejudices and changes minds.

BECOME A BETTER LISTENER (BY JOHN M. GROHOL, PSY. D.)

Most people go through their daily lives engaging in many conversations, but most of the time we don’t listen as well as we could or should. We are often distracted by other things in the environment such as the TV, cell phones, or something else. Active Listening is all about building rapport, understanding and trust. Below are 13 steps to better active listening skills.

1. **Restating**—repeat every so often what you think the person said by paraphrasing what you heard and asking if that is what they meant.
2. **Summarizing**—similar to #1, but bringing all the pieces of the problem together and maybe asking, “Is that what you mean?”
3. **Minimal encouragers**—Use brief prompts to keep the conversation going and show you are listening. Examples: “Oh?”, “Then”, “And?”.
4. **Reflecting**—instead of just rephrasing/restating, reflect the speaker’s words in terms of feeling. Example: “That seems really important to you”.
5. **Giving feedback**—Let the person know your initial thoughts on the situation. Share pertinent information, insights and experiences, then listen carefully to confirm.
6. **Emotional labeling**—Putting feelings into words will often help a person see things more objectively. To help the person begin, you may try something like “I’m sensing you are feeling frustrated, worried, anxious etc.”
7. **Probing**—Ask questions to draw the person out and get deeper and more meaningful information—Example: “What do you think would happen if you...?”.
8. **Validation**—Acknowledge the individual’s problems, issues, feelings. Listen openly and with empathy, and respond in an interested way—Example: “I appreciate your willingness to talk about such a difficult issue.”.



Notes from a Laity Training Session (con't)

9. **Effective pause**—Deliberately pause at key points for emphasis.
10. **Silence**—Allow for comfortable silences to slow down the exchange. Give the person time to think as well as talk.
11. **“I” messages**—By using “I” statements, you are not telling the person how they should feel, but how you feel.
12. **Redirecting**—If someone shows signs of being overly aggressive, agitated, or angry, shift the discussion to another topic.
13. **Consequences**—Part of the feedback may involve talking about the possible consequences of an action or inaction.

7 COMMUNICATION BLOCKERS

1. **“Why” questions.** They tend to make people defensive.
2. **Quick reassurances.** Example: “Don’t worry about that.”
3. **Advising.** Example: “I think the best thing for you to do is
4. **Forcing someone to talk about things they would rather not talk about.**
5. **Patronizing.** Example: “You poor thing. I know exactly how you feel.”
6. **Preaching.** Example: “You should... Or, “You shouldn’t...”
7. **Interrupting.** Shows you aren’t interested in what someone is saying.

Birthdays

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











Wedding Anniversaries

Name	Date	Year	Married
Noltemeier, Karl and Louise	3	1952	71
Johnson, Bruce and Rita	6	1966	57
Adam, Barb and Stephen	11	1984	39
Baker, Ray and Janet	17	1968	55
Woods, Rex L. and Cindy	19	1995	28
Gorman, Timothy and Verlette	20	2000	23
Wandell, Matthew and Chelsie	22	2015	8
Solchenberger-Wandell			
Barnhart, Norma Lee and William	23	1969	54
Olderbak, Michael and Peggy	25	1979	44
Shindel, Bruce and Nancy	29	1981	42



Our prayers and sympathy go to the families of
 Mary Catherine Stewart who died on September 8, 2020
 Joyce Sandeen Johnson who died on January 4, 2023
 Delbert Monroe who died on June 24, 2023
 Betty M. Seiter who died on July 9, 2023

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 AM Quilters 9:30 AM Exercise Class	2  STAFF UNAVAILABLE 09:30 AM UWF Leadership Team 10:30 AM Yearly Staff Planning Meeting	3 10:00 AM Stewardship 01:00 PM The Journeymen	4	5 8:00 AM Rockford Rhythm/Phantom Regiment
6 10:00 AM Worship Service 11:15 AM Facetime by the Big Bell	7  7:00 PM Rockin' Rockford Revival (Pastor John Dirkse)	8  9:00 AM Quilters 9:30 AM Exercise Class 5:30 PM Trustees 7:00 PM Rockin' Rockford Revival (Pastor Evan Savage)	9  11:00 AM Thanksgiving Committee 7:00 PM Rockin' Rockford Revival (Rev. Christopher Druce Jones & Dorothy Paige-Turner)	10  1:00 PM The Journeymen 5:00 PM Chatterbox Supper Group (Texas Roadhouse) 7:00 PM Rockin' Rockford Revival (The Alleluia Quartet)	11  07:00 PM Rockin' Rockford Revival (Rev. Calvin Culpepper & Bridgeview Church of God Choir)	12 8:00 AM Rockford Rhythm/Phantom Regiment 8:30 AM United Methodist Men Breakfast (Stockholm Inn)
13 10:00 AM Worship Service 11:15 AM Facetime by the Big Bell	14	 CHIMES DEADLINE 9:00 AM Quilters 9:30 AM Exercise Class	16 4:00 PM Worship Committee 5:30 PM No IL Wood Turners	17 1:00 PM The Journeymen	18	 8:00 AM Rockford Rhythm/Phantom Regiment 10:00 AM LOVE Rockford
20 10:00 AM Worship Service 11:15 AM Facetime by the Big Bell	21 4:30 PM Finance Committee 5:00 PM Administrative Council	22 9:00 AM Quilters 9:30 AM Exercise Class 1:00 PM Knitting Group- <u>Not Meeting in August</u>	23	24 1:00 PM The Journeymen	 10:00 AM Mum Orders Due	26 8:00 AM Rockford Rhythm/Phantom Regiment
 08:00 AM Waffles & Worship 10:00 AM Worship Service 11:15 AM Facetime by the Big Bell	28	29 9:00 AM Quilters 9:30 AM Exercise Class	30	31 1:00 PM The Journeymen		



United
Women
in Faith

2023 Autumn Flower Fundraiser

The United Women in Faith are selling mums and a handful of other plants like asters and flowering kales for autumn. Orders should be turned into the office no later than 10 a.m. of Friday, August 25th. Orders will be available for pickup in the Sanctuary Narthex after service on Sunday, September 3rd. Deliveries will go out on Saturday afternoon (September 2nd). You may also arrange to pick up your order on Saturday from 12:30 to 1:30 p.m. 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 payable to Court Street UMW.

Sue Cram, *President*
United Women in Faith



2023 Mums & Autumn Plants Order Form

This year, mums will be available for pick up on September 3 after service in the Sanctuary Narthex (unless other arrangements have been made). Mums can also be picked up Saturday, Sept. 2 from 12:30 to 1:30 p.m. Please feel free to **drop off your order form and payment** in the offering plate or at the church office **by 10 a.m. of Friday, August 25**. 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. 2 from 12:30 to 1:30 PM at the Sanctuary Narthex.

Pickup on Saturday: Yes No

Deliveries will be made on Saturday afternoon (Sept. 2).

Delivery? (Circle One) Yes No

Name _____

City, Zip _____

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	\$30.00	Total

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

Address _____

Phone _____

For Office Use Only:

Paid:

Check No.

Amount Due:

2023