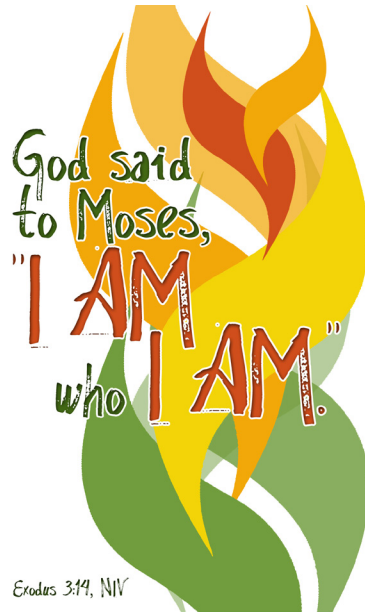


News

from  Court Street United Methodist Church

Defining Moments



¹ Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. ² There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. ³ So Moses thought, "I will go over and see this strange sight—why the bush does not burn up."

Exodus 3:1-3, NIV

This is really a "call" story: the call of Moses. We can call this call story "Who?" WHO am I that you should pick me? WHO are you? WHO will believe me? WHO will listen to anything I have to say? WHO else could you send to do this? It was that moment when Moses' life changed forever. It was his defining moment!

August 27, 2021 Stephen Wallis directed a movie titled: *Defining Moments*; it was a highly comedic film about that one single moment in time that changes you from who you were to who you'll be. A touching story of several very different people who are at a crossroads in life and must make decisions that will forever change who they are. Jack must decide to spend the rest of his life with his girlfriend Terri. Marina must reconnect with her aging father. Laurel must embrace her new pregnancy and come to terms with her father's early Alzheimer's, and Dave must learn why life is worth living. A defining moment is a point at which the essential nature or character of a person, or group, is revealed or identified. Jill Pendley stated it this way: "Our lives are a series of defining moments, strung together by passing time. Surrender fully to this moment, because it is not the moment itself that defines us, but how we choose to live in it."

Court Street UMC has the awesome chance to respond to God's continual call toward the future planned for its future ministry. **Jeremiah 29:11** for I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. The mantra that we will march to for the 2023-2024 ministry year is: **Faith, Hope and Love in Action!** We will all face similar life-defining moments during the course of our service together. However, no decision will ever be more important than how we respond to the claims of the One who said; "I am the way and the truth and the life. No one comes to the Father except through me." (**Jn. 14:6**). That person was, is, and will always be, Our Lord and Savior, Jesus Christ.

Praise God,

Pastor Cal

The Chimes

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

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



To All Court Street Women,

The Leadership Team of United Women in Faith is asking for help. We are a team of 7 women who have organized and planned 6 luncheons for you this past year. Please join us and choose an area of help that you might enjoy.

1. Help plan the menu and secure a caterer.
2. Pick up the food or arrange for delivery.
3. Help set up the dining room prior to the luncheon.
4. Plan a set up the decorations.
5. Serve the food at the luncheon.
6. Organize the beverages on the beverage table.
7. Make coffee and fill water pitchers.
8. Remove decorations and tablecloths from the tables after the event.
9. Recommend and/or find a speaker on the topic of your choice.
10. Support the event with your presence.
11. Attend the event and invite a guest.
12. Help clean up afterwards; Everyone's favorite job.

Contact Barb Ferry at 815-621-5580 to help.

The United Methodist Men invite and welcome all men to join them for any and all meetings that happen regularly on the second Saturday of the month at 8:30 a.m. at the Stockholm Inn (2420 Charles Street). We share breakfast by each one ordering from the menu. The food and fellowship are GREAT!



Garden Clean Up!

The Youth will meet after keyboarding on Sunday, September 17th to clean up the back gardens. Please bring clothes that can get dirty and gardening gloves. Lunch will be provided before the clean up begins!

Like us on

facebook

Follow us on

twitter

See pictures on

www.courtstreetumc.org



RALLY DAY SUNDAY, SEPTEMBER 10TH



“I am excited to see you all at church for Rally Day on September 10!”

-Ryenne Ludington,
*Director of Christian
Education*

“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.”

-Jack Armstrong,
Director of Music

SUNDAY SCHOOL RESUMES

We will have Sunday school beginning September 10th at 9 a.m.

PreK through 5th grade will meet in the nursery with Mrs. Bert and Mrs. Diane, and 6th through 12th grade will meet in the youth lounge with Ms. Ryenne.

The Adult Sunday school class will meet in room 209. Come for fellowship, lively discussions, Bible study, and coffee. All are welcome.

CHOIR PRACTICE RESUMES


We will begin rehearsals for the Chancel Choir on Sunday, September 3rd at 8:30 a.m. in the choir room. The Jubellation Bell Choir will meet in the choir room at their usual time of 6 p.m. starting Tuesday, September 5th.

Children’s choir and youth musical instruction will take place on Sundays after service (see schedule below.).

AFTER-SERVICE ACTIVITIES FOR CHILDREN AND YOUTH RESUME

After church schedules will look as follows:

11:10-11:35 a.m.	Cherubs Choir (PreK-3 rd)
11:35-12:00 p.m.	Kids Instructional Play with Mr. Jim (PreK-3 rd)
11:35-12:10 p.m.	Youth Chimes
12:10-12:40 p.m.	Youth Keyboarding



September 10th is also Grandparents Day, so we will be honoring our grandparents that Sunday. We will also do a Blessing of the Backpacks, so children and youth should bring their backpacks to church for a special blessing to begin the new school year.

Health & Wellness: Break the Junk Food Cycle

As you age, try to say NO to junk food more often than not!

Greasy pizza, cookies, sugary drinks – you name it – junk food has a grip on many of us including people between 50 and 80 years old. About 13% of adults in this age group are addicted to highly processed food (1 in every 8 people), according to a study by the University of Michigan’s National poll on Healthy Aging. And I wonder if the University polled younger people what those stats would be?

It doesn’t surprise me: these are the ages where people are working, thinking about retiring, or are retired. Jason Crum, a dietitian with OSF HealthCare, states, “And they’re looking at what they’re going to eat. How quickly will it take to eat these things, cooking, and processing. People don’t want to do that anymore. They’re tired, fatigued, so they look for quick, easy things.”

More than 21,000 adults between 50-80 were polled so that researchers could learn more about unhealthy relationship with processed foods including sweets, snacks, and fast food. The most common symptoms were intense cravings, the inability to cut down on intake, and signs of withdrawal that caused headaches and trouble in concentration. The study found that women had a greater addiction to these foods than men, especially those in their 50s and early 60s. Older adults who were overweight or suffering from mental health issues or isolation also had a greater risk of addiction to processed foods.

“We have a disconnection between how our gut really feels and how we interpret that hormonally, but also our lifestyle, how active, how busy we are,” says Crum.

“We see our nurses, for example, running around for 12-14 hours a day. They don’t have time to eat, but it’s easy in four minutes to eat a piece of pizza and a burger and fries. And that’s the disconnect between our gut and our lifestyle, and how we interpret that.”

According to the study, one reason that processed foods can be addictive is how they can trigger the release of dopamine in the brain’s reward system, just like the effects of nicotine and alcohol. “For most people, we emotionally eat, it’s something to distract us,” adds Crum. “And we tend to go for the things that will give us that reward center in our brain, sugar rewards that center, and we look for that as a temporary fix to things.”

Instead, Crum suggests people eat more “real” foods and stay away from processed ones. Real food is unprocessed, free of chemicals, and full of nutrients, such as fruits and vegetables, whole grains, beans, dairy, eggs, meat, fish, and poultry. Real foods are low in sugar, heart healthy, high in healthy fats, and good for your gut, among other reasons.

“The first thing to ask yourself if you’re hungry,” he says. “And what am I looking to eat? Do I even know what it’s made of? The more real food is, the better that’s going to work for us than these processed foods. There’s far less added sugar, there’s far less added sodium to it. This makes it easier for our body to use the nutrients and reduces any cravings and addictions.”

I have had Jason give talks to groups before, and he is an excellent resource person. If you are interested in learning more, let me know.

Teresa Field, *Parish Nurse*

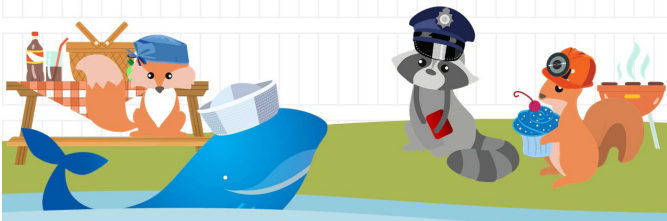


MUM ORDER PICKUP

SAT 9/2 12:30 - 1:30 PM
 SUN 9/3 AFTER SERVICE

SANCTUARY NARTHEX
 DELIVERIES WILL BE ARRANGED

**September Greetings from
 the Scrip Committee!**



We would like you to keep our selection of Scrip cards in mind for any Labor Day plans or fall clean up projects you have on the horizon. Amazon, Target, and Walmart make a great selection for general purchases, and Pinnon's, Woodman's, Valli Produce, and GFS Marketplace can help with Labor Day grocery supplies. If you're traveling for the holiday, then you may want to purchase a gas card for Shell or Mobil. Soon the weather will turn, and we'll see cooler days and lovely autumn foliage. Unfortunately, that foliage will start to fall. When it does, we have cards for home improvement stores like Lowe's, Menards, and The Home Depot to help you manage all that yard waste. Please stop by our table, and one of us will be pleased to assist you in purchasing gift cards for other retailers, restaurants, 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.



**The Church
 will be closed on
 Monday,
 September 4th.**



Thanks to all that donated their time and treats to our friends at the bus station and on the street during this summer for Methodist Monday.

Perky Heath
 Joan Tunnell
 Stan Tunnell
 Haskell School
 Pastor Cal
 Gene Ferry
 Barb Ferry
 Jan Baker
 Ray Baker

Georgalee George
 Karen Brown and Chuck
 David Risley
 Diane Risley
 Annette Gillette
 Larry Gillette
 Teresa Field
 Jeanine Wang

Thanks from the Nurture Committee



**Book Sale Coming in Oct.
 Please Donate Books**

The Church Library Committee is sponsoring a "Discoverers Book Sale" the first full weekend of October, Saturday through Monday, October 7th through the 9th. The committee welcomes contributions of used books: paperback, hardbound, textbooks, coffee table books, etc. The committee will be gleaning duplicates and outdated books from the Library itself and plans to acquire new materials, especially for younger readers. You may leave contributions to the sale outside the Library packaged in bags or boxes. They will be stored until the time of the sale. If you have any questions, contact Rev. Wang at (815) 218-1699.

The Chimes



Redeemer Church Praise Band



Grass Roots Church Praise Band



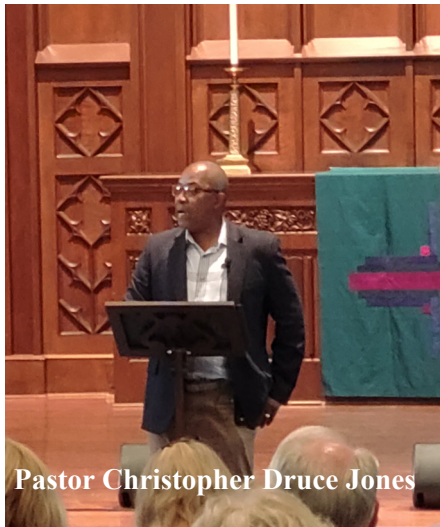
Waffles & Worship Praise Band



The Alleluia Quartet



Brideview Church of God Choir



Pastor Christopher Druce Jones



Dorothy Paige-Turner

ROCKIN' ROCKFORD REVIVAL UPDATE

Thanks to Court Street UMC for giving such tremendous support to the Rockin' Rockford Revival 2023, which happened in our sanctuary, August 7th through the 11th. THANK YOU to the committee members, the church staff, the volunteers, those who attended - whether you were from Court Street or elsewhere (average attendance was 75), the speakers, and the musicians. We needed all of the elements above to create a wonderful spirit-filled experience for everyone who was willing to have their eyes, ears, and hearts opened to God and His Word. I believe it has created fresh hope and good will in God's people.

It opened people's hearts enough for us to be able to collect \$585 for Jeremiah Development and \$1,085 for Waffles & Worship. These are important outreach ministries for our neighborhood, which we want to keep thriving and growing in God.

If you have any comments or suggestions on how we might improve this event, please email me at Lori5772pep@msn.com. I will include them in the summary the committee is creating to put on file in case Court Street UMC decides to keep this event as a new tradition.

Lorelle Wandell, *Revival Committee Chair*



Kids Activities in the Narthex



Photos taken by Joan Tunnell & Cindy Fisher

September 2023



Pastor John Dirkse



Chatterbox Supper Group

Fiesta Cancun 631 Highgrove Place

Thursday, Sept. 14th @ 6:00 p.m.
All ladies are invited.

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



Pastor Evan Savage

UNITED WOMEN IN FAITH

SEPTEMBER
LUNCHEON

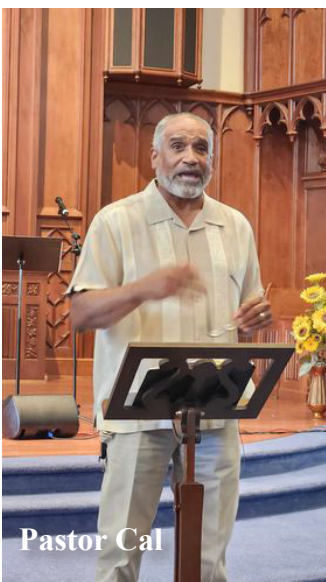
WEDNESDAY,
SEPTEMBER 6TH
12 PM IN THE
DINING ROOM

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



GUEST SPEAKER
PASTOR VIOLET JOHNIKER,
BROOKE ROAD UMC

“THE CHURCH INVOLVED
IN THE COMMUNITY”



Pastor Cal



Dutch Girl

AUDREY HEPBURN
and World War II

Robert Matzen

Foreword by
Luca Dotti

Author of Mission: Jimmy Stewart and the Fight for Europe

CSUMC Book Club September 24 at 2 p.m.

Dutch Girl
by Robert Matzen
GOODKNIGHT BOOKS

Teresa Field's Home
2202 Churchview Drive, Unit H

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



Court Street United Methodist Church
 The Chimes September 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!

September 3, 2023

10:00 AM Ushers: The DuWayne Stanis Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte: Ella Anderson
 Liturgist: Keith Kretsinger

September 10, 2023

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

September 17, 2023

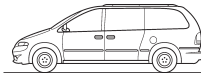
10:00 AM Ushers: The DuWayne Stanis Team
 Sound Tech: Stan Tunnell
 Video Tech: Steve Ripley
 Acolyte: Lili Breson
 Liturgist: *Volunteer welcome.*

September 24, 2023

10:00 AM Ushers: The DuWayne Stanis Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte: Kaylee Bulliner
 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.










09/03/23	Curly Thompson	815-988-2735
09/10/23	Tim Gorman	815-636-0514
09/17/23	Jeff Mann	815-742-5444
09/24/23	Curly Thompson	815-988-2735
10/01/23	Tim Gorman	815-636-0514
10/08/23	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

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 am Beautiful Beginnings	2  08:00 am Rockford Rhythm/Phantom Regiment 12:30 pm Mum Order Pickup
3  CHOIR PRACTICE RESUMES 08:30 am Chancel Choir Rehearsal 10:00 am Worship Service 11:15 am Facetime by the Big Bell 11:15 am Mum Order Pickup	4  Labor Day CHURCH CLOSED - LABOR DAY	5  REHEARSALS RESUME 8:30 am Beautiful Beginnings 9:00 am History & Archives 9:00 am Quilters 9:30 am Exercise Class 6:00 pm JuBellation Rehearsal	6  08:30 am Beautiful Beginnings 10:30 am UWF Leadership Team 12:00 pm UWF Luncheon with Pastor Violet Johnicker as Guest Speaker 04:00 pm Staff Meeting	7 08:30 am Beautiful Beginnings 10:00 am Stewardship Team 01:00 pm The Journeymen	8 8:30 am Beautiful Beginnings	9  8:00 am Rockford Rhythm/Phantom Regiment 8:30 am United Methodist Men Breakfast (Stockholm Inn)
10  08:30 am Chancel Choir Rehearsal 09:00 am Sunday School 10:00 am Worship Service 11:15 am Facetime by the Big Bell 11:15 am Youth Activities	11 8:30 am Beautiful Beginnings	12 8:30 am Beautiful Beginnings 9:00 am History & Archives 9:00 am Quilters 9:30 am Exercise Class 5:30 pm Trustees 6:00 pm JuBellation Rehearsal	13 8:30 am Beautiful Beginnings 4:00 pm Worship Committee	14 8:30 am Beautiful Beginnings 1:00 pm The Journeymen 6:00 pm Chatterbox Supper Group (Fiesta Cancun)	15  CHIMES DEADLINE 8:30 am Beautiful Beginnings	16 8:00 am Rockford Rhythm/Phantom Regiment
17 NOISY OFFERING 08:30 am Chancel Choir Rehearsal 09:00 am Sunday School 10:00 am Worship Service 11:15 am Facetime by the Big Bell 11:15 am Youth Activities	18 8:30 am Beautiful Beginnings 4:30 pm Finance Committee 5:00 pm Administrative Council	19 8:30 am Beautiful Beginnings 9:00 am History & Archives 9:00 am Quilters 9:30 am Exercise Class 6:00 pm JuBellation Rehearsal	20 8:30 am Beautiful Beginnings 4:00 pm Staff Meeting 5:30 pm No IL Wood Turners	21 8:30 am Beautiful Beginnings 1:00 pm The Journeymen	22 8:30 am Beautiful Beginnings	23 8:00 am Rockford Rhythm/Phantom Regiment
24  08:00 am Waffles & Worship 08:30 am Chancel Choir Rehearsal 09:00 am Sunday School 10:00 am Worship Service 11:15 am Facetime by the Big Bell 11:15 am Youth Activities 02:00 pm CSUMC Book Club	25 8:30 am Beautiful Beginnings	26 8:30 am Beautiful Beginnings 9:00 am History & Archives 9:00 am Quilters 9:30 am Exercise Class 1:00 pm Knitting Group 6:00 pm JuBellation Rehearsal	27 8:30 am Beautiful Beginnings	28 8:30 am Beautiful Beginnings 1:00 pm The Journeymen	29 8:30 am Beautiful Beginnings	30 8:00 am Rockford Rhythm/Phantom Regiment