

News from  Court Street United Methodist Church

Defining Moments

“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.” **Jeremiah 29:11**

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.”

“For many of us (until now), life has been more about getting by, surviving, and staying safe—essentially enduring life until we exit the planet. Why is it that so many of us seem to live lives that are less than deeply rewarding, enjoyable,

and fully expressed? Because we exist in a horizontal world where living vertically is not the norm. We have wandered astray; we have forgotten we are a child of the infinite God and lost our way, spending increasingly more time living horizontally on the surface, each day moving farther and farther, it seems, from the authentic self we knew ourselves to be at birth.”

– Henry David Thoreau, *Walden*

Court Street UMC members have the awesome opportunity to respond to God’s continual call toward the future planed for its future ministry.

The month of May has evidence of God’s intervention on behalf of Court Street’s Downtown Ministry and all of God’s children, by our opportunity to celebrate Pentecost, Sunday, May 19th. A **defining moment** in the life of the Church, founded in the life, death, resurrection, and ascension of Jesus Christ. Resulting in the anointing of the Holy Spirit, a dynamic power that moves us forward, toward God’s future.

We will all face similar life-defining moments during the course of our lives. No decision will ever be more important than how we respond to the claims of the One who said to a judge, “For this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice” (John 18:37). That person was 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

Barb Ferry
Sue Zimmerman

Christian Education Chair

Diane Lutmer

Arts Committee Chair

Richard Wang

United Women in Faith

Sue Cram

United Methodist Men

DuWayne Stanis

Jeremiah Ministry Reps

Krysta Tilges



Many Court Street members will remember Paul Meyers as our associate pastor from 1994 to 1998. Prior to coming to Court St., Paul and our Pastor Cal were in ministry together in the Elgin area. For the past 14 years, Paul has been the Senior Pastor of Roscoe United Methodist Church. He is retir-

ing from there and will preach his last sermon on June 16th. On the 17th, his family leaves this area for their permanent home in Maine. There will be a reception for Paul and Kendra in the Court Street dining room on June 9th from 2 to 4 p.m. Come, share memories, and bid the Meyers Godspeed.



PB&J DONATION DRIVE Summer of Sandwiches

Donate Jars of Peanut Butter & Jelly in the Narthex during May

Donations for Rock River Valley Pantry benefit local children by providing families with ingredients for nutritious lunches while schools are out for summer. Just drop items in the purple barrel.

FYI: Nurture & RRVP thank you for donating 71 pounds of soup during February's SOUPer Bowl Donation Drive.



Like us on

facebook

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See pictures on

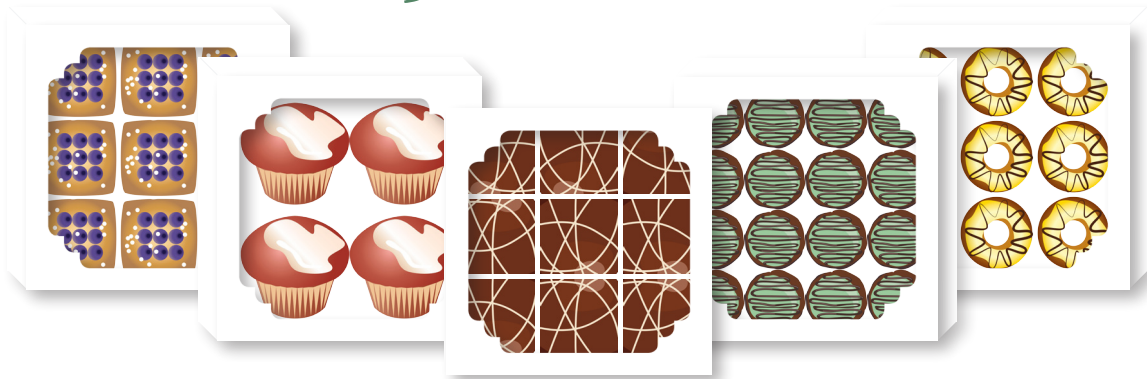
www.courtstreetumc.org

May 2024



GARDEN BAZAAR

FRIDAY, MAY 17, 2024
9 AM – 3 PM



**ANNUALS, PERENNIALS, HANGING BASKETS, AND MORE FOR SALE
PLUS HOME-BAKED DESSERTS**

**PREORDERS AVAILABLE FOR PICKUP ON THURSDAY, MAY 16
12 PM TO 2 PM**



Volunteers Wanted!

Thursday, May 16 — 9:30 a.m. to Afternoon

Set up Tables, Unload Plants from Truck,
Pull Orders, Deliver Plants

Friday, May 17 — 7:30 a.m. to 3 p.m.

Set up Tables, Sell Plants, Clean up after Event



To volunteer, contact Sue Cram at Thanksgiving@courtstreetumc.org

Health & Wellness: Polypharmacy

As we get older, the chances increase for many of us to develop chronic disease. That also means the likelihood of taking daily medications for conditions such as high blood pressure, diabetes, insomnia, arthritis, and high cholesterol. In medical terms, it is called polypharmacy.

“Polypharmacy is using or taking multiple medications,” says Jessica McCuen, manager of pharmacy operations at OSF Saint Anthony Medical Center in Rockford. “Most healthcare professionals have agreed that the number is somewhere around five or more. Generally, we say anyone who’s taking five or more medications is experiencing polypharmacy.”

Taking multiple prescription drugs can increase the risk of multi-drug interactions, in which one medication can affect another medication. Another potential concern is drug-disease interaction, where taking medication for one health issue can make another health problem worse. It appears to be a bigger concern for older people. It’s estimated that about one-third of adults between the age of 60 and 70 are experiencing some form of polypharmacy. “Once we get to that age, we tend to have chronic diseases that have been diagnosed, and we take more precautions to handle those chronic diseases,” Jessica adds. “We

don’t often think about how our age can affect how medications work.” “That’s when your body starts to change,” she explains. “You can absorb medications differently, the way that your body works changes, and then the way that you hold on to medications because of your body makeup changes too. The way that you may have absorbed or had a reaction to a medicine in your 30s could be different in your 60s and 70s just because of the way that your body has changed.”



People who experience polypharmacy have a bigger risk of being tired and dizzy, which increases the risk for falls. Other symptoms are weakness, loss of appetite, gastrointestinal (GI) problems, and skin rashes. And it’s not just prescription medications pharmacists worry about. Over-the-counter medications and herbal supplements can negatively interact with daily prescription drugs.

It’s also possible to be on a medication longer than is needed. For example, some people take proton pump inhibitor medicines that work by reducing the amount of stomach acid for problems like heartburn. “They’ll just continue to take it even though they probably only need to take it for a couple of weeks, and then see how they do off of it,” Jessica says. “That’s one of the most common ones I see that people don’t necessarily need to be on.”

That’s why it is so important to talk with your care team before starting any new medication. It is best to review at least once a year to make sure your medications mesh. “Your pharmacist is really your drug and medicine expert,” she states. “They know a lot about the drug interactions with all your medications.” Jessica adds that it is also a good idea to use the same pharmacy whenever possible so that your pharmacist has a record of all the drugs that you’re taking. That way if anything new is added, they can intervene in the event you have an interaction with one of your medicines.

Remember your pharmacist is a good friend to have and ask questions of.

Teresa Field, *Parish Nurse*

Key Takeaways:

- Polypharmacy is defined as taking five or more medications
- Taking multiple medications can increase the risk of sedation, dizziness, and falls
- About one-third of adults between the age of 60 and 70 experience polypharmacy
- Over-the-counter medications and herbal supplements can also negatively interact with prescription drugs
- It’s important to review medications with your doctor or pharmacist at least once a year

SAVE
THE
DATES

Sunday,
May 19

**Heritage
Sunday**

Join us as we
honor this year's
50-year members.

Sunday,
May 19

**Pentecost
Sunday**

Remember to wear
red to service.

Sunday,
May 26

**Peace with
Justice
Sunday**

Collecting a
special offering.

Wednesday,
June 5

UWF Picnic

Town Center @
Wesley Willows

More details to
follow in June.



“The fruit of the righteous is a
tree of life, and the one who is
wise saves lives.”

Proverbs 11:30, NIV

Congratulations
to this year's
50-Year Members

Eugene & Barbara Ferry

Verneal Korn

Glen Rittmeyer

Lizbeth Whelpley

Georgalee George

Gary Kreitlow

Craig & Terri Lindmark

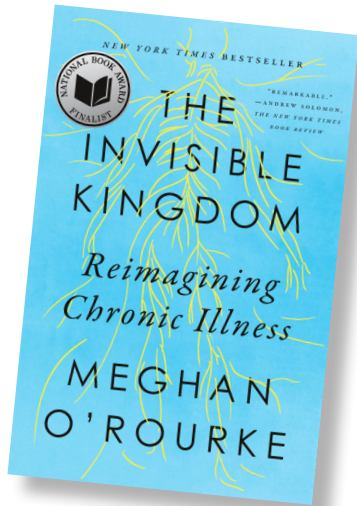
Susan Zimmerman



**Graduate Recognition on
Children's Sunday
June 9, 2024**

Graduates from 5th grade, 8th grade,
12th grade (high school), and college
will be recognized. Please submit grad-
uate details (and photos) to the office
no later than Wednesday, May 15th.

2024 CSUMC Book Club



May 19 at 2 p.m.

The Invisible Kingdom: Reimagining Chronic Illness

By Meghan O'Rourke

RIVERHEAD BOOKS

Meeting at Connie Schultz's Home
6630 Torchlight Trail

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



HERE ARE SOME SCRIP IDEAS FOR MOTHER'S DAY, MAY 12TH.

- Applebee's
- Back Yard Grill & Bar
- Barnes & Noble
- Bath & Body Works
- Cracker Barrel
- Dunkin'
- JC Penney
- JoAnn Fabrics
- Kohl's
- L.L.Bean
- Macy's
- Marshalls/ T.J. Maxx
- Michael's
- The Olympic Tavern
- Outback Steakhouse
- Panera
- Pottery Barn
- Rain Forest Café
- Red Lobster
- Shoe Carnival
- Starbucks
- Talbots
- Target
- T.G.I. Friday's
- Walmart / Sam's Club
- Ulta Beauty

AND GRADUATES WILL LOVE THESE:

- Amazon
- AMC Theatres
- Beef-a-Roo
- Best Buy
- Culver's
- Dick's Sporting Goods
- Domino's Pizza
- GameStop
- Foot Locker
- iTunes
- Mobil Gas
- Old Navy/ Gap/ Banana Republic
- Papa John's Pizza
- Shell Gas
- Subway
- Wendy's



MANY MORE CARDS AVAILABLE



Waffles & Worship

Last Sunday of the Month
Dining Room at 8 AM

Praise service filled with food and fellowship.

May Service: Sunday, May 26th

May 2024

Court Street's
got **Talent**



**Special Cabaret Luncheon
After Service on Sunday, June 2nd.**

**Expect Italian food and lots of fun. Speak with
Jim Crow if you've got a talent to share.**

*The church
will be closed for
Memorial Day.*

Monday, May 26th

Pay to all what is due them:
taxes to whom taxes are due,
revenue to whom revenue is due,
respect to whom respect is due,
honor to whom honor is due.

Romans 13:7, NSRVUE

ROCKFORD AREA PRIDE PARADE

**VOLUNTEERS
NEEDED!**

JUNE 1, 2024



Interested?

SUBMIT YOUR VOLUNTEER
APPLICATION!



WWW.ROCKFORDAREAPRIDE.ORG

WE NEED HELP WITH:

- Parade Lineup/Marshals
- Set up / Take Down
- First Aid
- Safety / Security
- Marketing
- And More!

**Chatterbox
Supper
Group**

**Tavern on Clark
755 Clark Drive, Rockford, IL**

Thursday, May 9th @ 6:00 p.m.

All ladies are invited.

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



Court Street United Methodist Church
 The Chimes May 2024
 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!

May 5, 2024

10:00 AM Ushers: The Sandy Gregory Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte: Masterpeace Bailey
 Liturgist: Volunteer Welcome

May 12, 2024

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

May 19, 2024

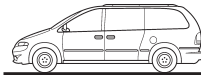
10:00 AM Ushers: The Sandy Gregory Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte: Kaylee Bulliner
 Liturgist: Volunteer Welcome

May 26, 2024

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

05/05/24	Tim Gorman	815-636-0514
05/12/24	Jeff Mann	815-742-5444
05/19/24	Tim Gorman	815-636-0514
05/26/24	Curly Thompson	815-988-2735
06/02/24	Jeff Mann	815-742-5444

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	xvqtb610@gmail.com
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



May 2024

Birthdays

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









Wedding Anniversaries

<u>Name</u>	<u>Date</u>	<u>Year</u>	<u>Married</u>
Briggs, Jeffrey and Kristi	8	2004	20
Whelpley, Lizbeth and Kenneth	17	1986	38
Davis, Janet and Mark	26	2012	12
Wandell, Lorelle and Robert	26	1984	40
Whitmore, Steven and Sarah	31	2003	21

Our prayers and sympathy go to the family of Robert L. Whipple who died on March 30, 2024



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 08:30 AM Beautiful Beginnings 04:00 PM Staff Meeting	2 08:30 AM Beautiful Beginnings 10:00 AM UWF Leadership Team 01:00 PM The Journeymen	3	4
5 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	6 08:30 AM Beautiful Beginnings	7 08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal	8 08:30 AM Beautiful Beginnings 03:45 PM Worship Committee	9 08:30 AM Beautiful Beginnings 01:00 PM The Journeymen 06:00 PM Chatterbox Supper Group (Tavern on Clark)	10	11 8:30 AM United Methodist Men Breakfast (Stockholm Inn)
12  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	13 08:30 AM Beautiful Beginnings	14 08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 05:30 PM Trustees 06:00 PM JuBellation Rehearsal	15  CHIMES DEADLINE GRADUATE RECOGNITION MATERIALS DUE 08:30 AM Beautiful Beginnings 05:30 PM No IL Wood Turners	16  GB PLANT PICKUP 08:30 AM Beautiful Beginnings 12:00 PM Garden Bazaar Preorder Pickup 01:00 PM The Journeymen	17  GARDEN BAZAAR & Bake Sale 9:00 AM Garden Bazaar & Bake Sale	18
19  HERITAGE SUNDAY PENTECOST SUNDAY 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	20 08:30 AM Beautiful Beginnings 04:30 PM Finance Committee 05:00 PM Ad Council	21 08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal	22 08:30 AM Beautiful Beginnings	23 08:30 AM Beautiful Beginnings 01:00 PM The Journeymen	24	25
26  TRINITY SUNDAY PEACE WITH JUSTICE SUNDAY 08:00 AM Waffles & Worship 08:45 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	27  MEMORIAL DAY CHURCH CLOSED	28 08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal	29  RSVP FOR CABARET LUNCHEON ON JUNE 2 ND 08:30 AM Beautiful Beginnings	30 08:30 AM Beautiful Beginnings 01:00 PM The Journeymen	31	