



CHRIST CHURCH

INDOOR WORSHIP

SUNDAYS

EAST MOLINE CAMPUS

8:00 AM, 9:00 AM
& 10:35 AM

SILVIS CAMPUS

10:45am

CARBON CLIFF CAMPUS

11:00am

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Waiting in the in-between

APRIL 2022

In-betweens are brutal.

Those moments where you're stuck in the waiting. We're forced to do it all the time. And nothing grates at our patience faster than that. A long line at the airport. The nail-biting days of waiting for a call from the doctor with a clear test or difficult diagnosis. The urgency of needing to plan your next step pressed against the frustration of not knowing. On hold with the corporate office. The days at a bedside as you wait for your loved one to pull through, or the calendar counting as you wait on a precious new life. The tension of in-between moments are soul stretching.



Pastor Sarah Wanck

Yet. We're forced to navigate them daily.

You think we'd be better at it by now, not just patience...the kind of character formation of waiting calmly, and with ease, for our turn at the window. You think we'd be better at navigating the long waiting, suffering uncertainties. Life seems to come with enough of them, after all.

But we're not.

There must be something wired in us to anticipate, even lean into the next steps with hope and possibility. I wonder if it speaks to our human nature to want something more, to pursue forward movement, and resolve unmet needs; ultimately, it speaks to something good in us. It points to our hope for the best, and the power of positive thinking in us.

But there's something beautiful we miss in the in-between, the deeply formed life that comes in the suffering of unresolved tensions. We are reminded of the suffering of tensions in the deepest way in the season of Lent. We're nearing the days of the cross, the moments where Jesus' miraculous ministry shifts to his silent suffering. His public popularity shifts to his public mockery.

Then. In the emptiness of a cross, and the stench of an occupied tomb, we wait. The tension of wondering and waiting at the foot of the cross, stretches us to look for resurrection. We don't like lingering there. Yet. Something beautiful is born in us as we wait for God to do his gracious work...wondering if he will come through as he promised, and hoping beyond hope he will.

The tension of waiting invites us to lean into deeper places of trust. It creates a heart-felt, strenuous longing for God. It pushes our spirit to call out for him to come and save. To resurrect us. To rescue the world. And there may be no better place than a heart that longs, truly longs, for more of God; that watches with hopeful and eager anticipation for his presence even as it feels the pain of unmet need.

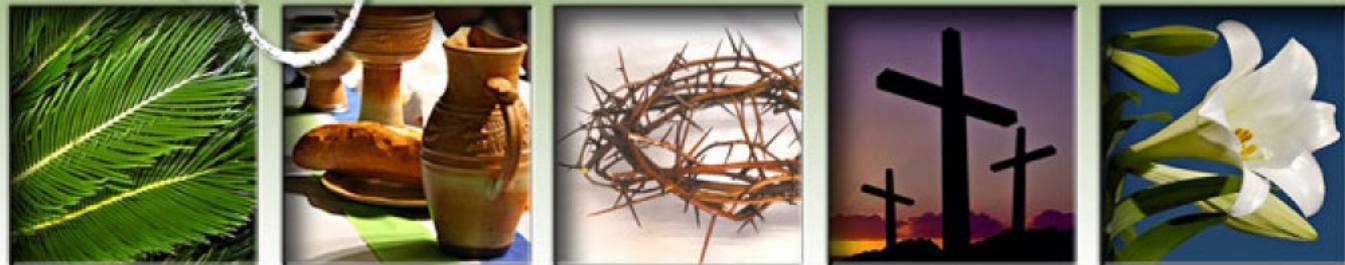
In these final days of the season of Lent, I invite you, encourage you even, to allow this Holy season to form you in *your* waiting, and the tensions of your in-betweens. That any tension ahead of you, leads you to deeper trust, and profound longing for God to break through the suffering and resurrect you. He certainly will.

Pastor Sarah



April Happenings

Holy Week Schedule



Holy Week and Easter Worship

MAUNDY THURSDAY - APRIL 14
& GOOD FRIDAY - APRIL 15
 6:30pm—East Moline Campus

EASTER - APRIL 17

EAST MOLINE CAMPUS
 8:00am (Casual) ~ 9:00am (Traditional) ~ 10:35am (Modern)
SILVIS CAMPUS
 10:45am (Traditional)
CARBON CLIFF CAMPUS
 7:00am Sunrise Service
 Breakfast to follow
 11:00am Casual Worship



It could help but it's not necessary!
 Volunteers are needed to help at the Silvis Community Gardens. Harvested fresh produce goes directly to the East Moline and Silvis Campus Food Pantries. Planting begins in early April, weeding begins not long after and continues through the summer. Harvesting begins in late April and continues through the summer. Come be a part of our mission to make Jesus Christ famous in the Quad-Cities by providing much needed food support to families in the area. If you can help in any way, please contact Carl Dittmar, 309-278-7022.

Church Men's Golf League



The Church Men's Golf League will begin play at Golfmohr Golf Course in Hampton at 9:00am on Wednesday, April 6th, weather permitting. Players should be registered by 8:40am. This is a social league only, there are no matches or requirements for weekly attendance, just golf and fun. We meet, draw names for foursomes and play with different people every week. We welcome new members and are open to men from any Quad City church who enjoy playing golf. The Annual Rules & Information meeting will be held at 8:00am on Wednesday, March 30th at the Windmill Family Restaurant, 1190 Avenue of the Cities, East Moline, IL. Please call Jim Foiles @ 309-269-6241 or Chuck Oltman @ 309-755-8000 for additional information.

THANK YOU!



Thank you to Sue Nurse, Diana Lovett, and the UMW for honoring me with the *UMW Special Recognition Award*. What a surprise to get the award and then to have my family in church! I will wear the pin proudly!

Feeling blessed to be a part of this church family. Thank you.

Steph Rabe, Parish Nurse

Christ Church Worship Service videos can be found on our website:
www.christchurcheastmoline.org
 under the **News and Media** tab
 and on **YouTube** under
Christ Church Quad Cities



The deadline for the May issue of the church newsletter is **Friday, April 15th**. Please submit all articles to the church office (preferably by email) by then. The office email address is office@christchurcheastmoline.org
Thank you!



Hallelujah Candle

Light the Hallelujah Candle in honor of a loved one or event! Examples may be birthdays, anniversaries, memorials, births, graduations, special events. As a fundraiser for building improvements or mortgage payoff, you may light the candle for Sunday worship. Your honoree will be mentioned in the Sunday announcements and the mid-week news.

Name _____ Phone _____ Date you'd like candle lit _____

Hallelujah Candle Honoree _____

Please select which campus you would like the candle lit: _____ East Moline _____ Silvis _____ Carbon Cliff
 (1 candle \$15, 2 candles \$30, 3 candles \$50)

Please select where you would like your contribution \$ to go:
 _____ FLC Mortgage _____ FLC Furnishings _____ Silvis Flooring
 _____ East Moline Landscaping _____ Carbon Cliff Building

Please attach payment to this form. Checks payable to CUMC, memo Hallelujah Candle. Place in the offering plate or drop off/mail to the church office.

Christ United Methodist Church

East Moline Campus: 3801 7th Street, East Moline, IL 61244
Silvis Campus: 1301 2nd Avenue, Silvis, IL 61282
Carbon Cliff Campus: 106 2nd Street, Carbon Cliff, IL 61239

Phone: 309-755-2508 Fax: 309-755-8081
 email: office@christchurcheastmoline.org
 Website: www.christchurcheastmoline.org

Ministry Leadership Team

Ministers of the Church — Congregation
Stephanie Rabe—Parish Nurse
Lindrew Johnson—Music Ministry
Melissa Chapman—Finance Administration Manager
Jana Kindred—Administrative Assistant
Pastor Marty Ellison—Campus Minister, Carbon Cliff Campus
Rev. Gabe Wanck—Associate Pastor
Rev. Sarah Wanck—Lead Pastor





Merry Sunshine News

Merry Sunshine Preschool has had a great February and March! As we celebrated heart month in February the parents were able to attend our Valentines' parties. It was great to have families back again. We also had Nurse Steph come in to talk about the heart and bring in a real cow heart, the students enjoyed every minute! In March we celebrated Dr. Suess and read lots of silly books, the students always enjoy our wacky dress up days for that week. The pastors also came into the preschool for Ash Wednesday and talked about the meaning behind Ash Wednesday, all the kids had lots of great questions to ask. We've been focusing on health this past month as well; the students have learned about the food groups and how to keep our body healthy through exercise. We brought in a doctor to talk about health as well, they had lots of great things to ask Doctor Lindley. We ended with what dentists do for our health too, keeping our teeth clean is important! This year has been great for these students and I'm so thankful for all the church support. We are planning to end the year with a visit from our Easter bunny and an egg hunt followed by a great spring program the end of May.

Thank you from all the Merry Sunshine staff- Ms. Peggy, Ms. Sarah, Ms. Kellie, Ms. Romanie and Ms. Roxi.



News to Know

CALLING ALL WOMEN TO BECOME A GIDDYUP GAL!

A Saturday morning, woman encouraging woman fellowship... with fun, food, and faithful thoughts!

Get out of the house, bring your smile and join us on **Saturday, April 30th at 10:00 a.m.**

There will be a light brunch served. Games will be played and everyone will win a prize.

Call church office or Donna at (309) 912-8454 to make your reservation .

"Saddle up for Giddyup Gal 2.0. This is gonna be fun!!!"



Thank you to Jeff Wiedenmann and Carl Dittmar for getting our water fountains up and running after being off for so long! The fountains are safe to use again!

Mark your calendars
May 21st
10:30 a.m.

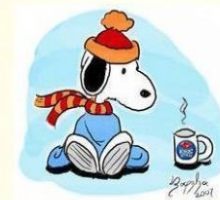


Plans are underway for a Senior Brunch for members over 75. It's been 3 long years since we've had one of these brunches so hopefully we can get people out and about again! This event will take place on Saturday, May 21, at 10:30 a.m. in Fellowship Hall at the East Moline Campus. Watch for more info in the coming weeks.



Christ Church sends out a Weekly Midweek News Update every Wednesday. If you are not on our e-mailing list and would like to be, please let the church office know. You can call us at 309-755-2508 or mark your weekly attendance card with your information. Thank you!

I'm Not Going Outside



Until The Temperature Is Above My Age.



The Courier Newsletter will be on "break" for the summer months, June, July, and August. We will keep you updated with important info through our Weekly Midweek e-newsletter and Sunday Worship announcements.



UNITED WOMEN IN FAITH



Where Is God In Your Life? My question each day. A simple smile or phone call to someone who needs it, is a sign of God in our life.

Our February meeting on Prayer in our Life concluded with the Mission (gratitude) Box collecting \$147. This mission gift was given to the Glenview Middle School for the staff and children programs and projects. In presenting this gift, I was informed the school has 40 different languages spoken within the school. Thank you to those who attended for all the "Christ Church Loves You" cards that were written and delivered with the gift. Also a check for \$350 was given to Donna Fox's Haiti graduate student to assist in relocating for his new job.

On Tuesday, April 26, our gathering at 1:00 p.m. in Fellowship Hall will be expressing "One With Each Other, One With The World." Jane Parker will enlighten us on all things we have to praise God for! Please join us for a time of fellowship and refreshments.

We will be collecting for Cunningham Home: men's t-shirts, socks and Walmart gift cards. Lessie Bates Davis Neighborhood House is requesting diapers (any size), baby wipes, baby lotion, and Walmart gift cards. Items will be accepted until June 20, deposited in Mail Room, UMW baskets.



- April 6 - 9:30 a.m. Glory Circle, 12:30 p.m. Patience Circle - Both in Fellowship Hall
- April 7 - Rotary
- April 12 - 6:00 p.m. United Methodist Men
- April 14 - Rotary
- April 17 - EASTER
- April 20 - Morning Connection
- April 21 - Rotary
- April 26 - 10:30 a.m. (note time change) Leadership Team UMW Meeting
1:00 p.m. UMW Unit Meeting
- April 28 - Rotary



January and February Birthday attendees: Margaret Baumann, Michele Diefenbach, Mariann Reese and Bobbi McCoy



Sue Nurse, Stephanie Rabe and Diana Lovett On Sunday, March 13, Stephanie Rabe, Parish Nurse, was presented with the honor of a Special Mission Recognition for her dedication to the health and welfare of our church community.



2022 UMW Leadership Team (l-r). Pat O'Brien, Roxi Stevenson, Juanita Sharp, Bobbi McCoy, Jan McKay, Alice Haben, Janet Lindstrom, Margaret Baumann, Pat Reuter, Sue Nurse, Roberta Garrett. Missing were Karen Moore and Doris Wasson. Cheryl Henry conducted the installation of the Leadership Team and Pastor Gabe Wanck closed with a prayer of blessing.



The Rotary team on St. Patrick's Day included Pat Reuter, Connie Hawkins, Margaret Baumann, Charlie Fox, Donna Fox, Diana Sutton, Mariann Reese, and Debi Sherbeyn.



From Our Parish Nurse

Information for Health



Cooking with Heart for Diabetes

This is a free 4-week course to learn tips and tricks to boost your cooking skills. UnityPoint's culinary nutritionist demonstrates customized recipes that can be prepared and on your table in 15 minutes or less. This is a virtual class, to enjoy from the comfort of your home. The class starts on Wednesday, April 6 from 6-7 pm. Register at UnityPoint online or call (309) 779-3288.

Dementia Care Partners' Workshop: Education, Grief Support, Sharing

This workshop runs for 10 sessions on the 2nd and 4th Thursday of each month, from 10-11:30 am. Registration is required by calling (563) 293-8058. This structured workshop will offer education and support to care partners, with a special focus on understanding and coping with ongoing grief and loss. The sessions will be held at the Alzheimer's Association Office, 1225 E River Drive, Suite 130, Davenport, Iowa.

Blood Pressure

As we all continue to take care of ourselves, remember please how important it is to have your blood pressure taken. The blood pressure reading consists of two numbers. The upper number is the systolic number or the pressure in the arteries when the heart contracts or is at work. The lower number is the diastolic when the heart is at rest, between the beats. High blood pressure means that the pressure your blood exerts against the walls of your arteries is too high. The excess pressure:

- Weakens the artery walls
- Scars and stiffens the artery walls and plaque increases
- Forces the heart to pump harder
- Decreases the elasticity of the vessels
- Can lead to stroke, kidney or eye damage, chest pain (angina) heart attack and heart failure

Blood Pressure categories:

- ♥ Normal blood pressure is below 120/80
- ♥ Prehypertension is if your blood pressure is 120-139/80-89
- ♥ Stage 1 HIGH blood pressure is 140-159/90-99
- ♥ Stage 2 Severe HIGH blood pressure is 160 plus/100; a severe high reading indicates you need to see a doctor NOW

If you have blood pressure problems, your doctor may place you on medication as well as suggest life style changes. Lifestyle changes may include:

- Tobacco cessation
- Regular exercise
- Take prescribed medications correctly
- Have your blood pressure checked regularly and keep a record of the readings
- Limit alcohol
- Lose weight or maintain ideal body weight
- Limit salt or sodium intake
- Have a diet low in saturated fat, total fat and cholesterol
- Eat more fruits, vegetables and whole grains

One change to consider is to keep your mouth clean. Our mouths are a dirty place. Brush your teeth after every meal. Floss at least once a day. A study done and published in the Journal of the American Heart Association states there are 15 types of mouth bacteria, all linked to the odds of developing high blood pressure. Persons with severe gum disease (bacterial infection) tend to have more of a risk for heart disease and high blood pressure. Gum disease can get into the circulation and cause inflammation of the blood vessels.

Have your blood pressure checked regularly. This can be done at your doctor's office or let me help! I am more than happy to check your blood pressure. Just ask! Having a good blood pressure is the most important thing you can do for your heart.

In Health, Faith, Hope and Love,

Steph

