



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
January 25, 2026**

Welcome to ReFresh at Emmanuel

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshiping with us. We strive to live as a Safe and Healing Spiritual Community for all who come, regardless of socio-economic status, race, sexual orientation, gender identity, gender expression, or spiritual path. All are welcome in this holy space.

We invite you to worship with us on Sundays at our 9:00 am Calvary/Emmanuel Traditional Worship Service in the chapel or our ReFresh 10:30 am Service either in person or on ZOOM. The Recorded Service is available on Facebook after the service.

To gather online by computer, tablet, or smartphone, use the following link.
<http://us02web.zoom.us/j/82726742888?pwd=WFEwOVBXZGd3OHFzSXQ1WXIVTHppZz09>

Don't forget to sign the greeting cards for our Emmanuel Family Members.
The cards are on the table in front of the Celebration Room.

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Spiritual Journey's on Tuesdays, 9:30-11:30 am on Zoom

Bible Study on Wednesdays at Noon on zoom.

Dial 312-626-6799 Meeting ID: 893 5688 8344

A person can join the Bible Study with a cell phone or land line. To join by a land line or cell phone, dial the number below and then enter the meeting ID and passcode when prompted.

Belly Dancing will resume in the spring.

Assisting in Worship Today

Presider: Pastor Frank Langholf

Altar Guild: Gary & Jan Peterson

Lector: Susan Hurley-Whitacre

Consultant: Bill Houtkamp

Special Music: Kelly & Josh Luebke

Sound: Andrew Ehrhardt

Accompaniest: Clea Arbogast

Greeting Cards: Taj Guzzardo

Annual Congregational Meeting follows this service in the Celebration Room

January 25, 2026
Theme: "We were made for these times!"

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: "We were made for these times... There is a light within you that is strong enough to hold back the darkness of the world. One act at a time, one word at a time, one soul at a time. It is enough." — Clarissa Pinkola Estés

Our Community Declaration:

**Guided by Spirit's Wisdom, Inspired by Creator's Imagination,
Centered in Christ's Love, and knowing that God is our Source,
Emmanuel is a Spiritual Community that is progressive, inclusive, creative, and
called to serve.**

Opening of the Heart: The Sound that Calls Us,
by Dawn Grace Peters on July 18, 2013

What is the sound that calls us? Listen carefully.

The beating of our own hearts calls us to ourselves. It calls us to be our true selves, our best selves. Calls us to be what we might become.

The breath of our neighbor calls us outside ourselves. It calls us to be companions, allies, partners.

Let us heed the call of our own hearts, where love and truth, compassion and justice are born.

Let us heed the call of others, to gather together for some great purpose, where passion and fidelity, truth and equality are nourished.

The silence calls us together that we may do the work we cannot do alone. Let us heed the calls that come in the silence, that we may be well, and do good in this world together. Amen.

Proclamation of Grace:

Presider: The Good News is we are beloved children of God. We live in the promise of Christ, and NOTHING can ever separate us from God's love.

Gathering Song: Will You Let Me Be Your Servant (ELW 659)



1 Will you let me be your ser - vant, let me be as
2 We are pil - grims on a jour - ney, we are trav - 'lers
3 I will hold the Christ - light for you in the night - time
4 I will weep when you are weep - ing; when you laugh I'll
5 Will you let me be your ser - vant, let me be as



Christ to you? Pray that I may have the grace to
on the road; we are here to help each oth - er
of your fear; I will hold my hand out to you,
laugh with you, I will share your joy and sor - row
Christ to you? Pray that I may have the grace to



let you be my ser - vant, too.
walk the mile and bear the load.
speak the peace you long to hear.
till we've seen this jour - ney through.
let you be my ser - vant, too.

Reading by Linda DeGraf

Dear friends, In one way of reckoning, January marks the turning of the year. A time for looking back, looking ahead, and most importantly looking inward. The crushing inequities and violence of our times, the hostile rhetoric, the choking fear-mongering and intolerance, threaten to lead us once more down a path of despair.

If you've ever been out for a walk just after a heavy snowfall blankets the earth and garments the trees, you know the hushed magic, the grace-filled pause that fills the space with light. It's as if for that brief moment the snow beseeches us to see the world with fresh eyes.

"Stop in your tracks, cease chattering and crashing about. Yes, there are bare and broken branches, gnawed bones, littered paths, starving birds and hunting hawks. But I have another world in view. If only you can be still and imagine it." Now is the time to act, not out of fear or judgment or despair, but out of the stillness of the Spirit and wisdom of the Light. Because, as Clarissa Pinkola Estes says, "We were made for these times."

Scripture/Meditation Song: Open Your Hearts, verse 1 (Covenant 336)

Open your hearts, all those who hear this,
Open your hearts to know God's love.
Open your hearts to hear his message,
Jesus makes us one.

Scripture: Isaiah 43: 2, 18-19

² When you pass through the waters, I will be with you,
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

¹⁸ Do not remember the former things
or consider the things of old.

¹⁹ I am about to do a new thing;
now it springs forth; do you not perceive it?

(Continued next page)

I will make a way in the wilderness
and rivers in the desert.

Presider: These are the words of an early Jewish community.

All: May we find wisdom for our living.

Sermon Pastor Frank Langholf

Offering

Presider: We take this time now to offer our gifts and intentions.

Special Music: Josh and Kelli Luebke

Time for Gratitude

Prayer Song: Christ Be Our Light refrain

Refrain

Christ, be our light! Shine in our hearts. Shine through the
dark - ness. Christ, be our light! Shine in your
church gath - ered to - day.

Prayers of the People

Allison, Julaine, Ray, Donna, Jim, Wanie, Bob, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy

Judy, Shannon, Mike, Matthew, Tom, Sophie, Vince, Todd, Bina, Jeff, Peg, Karen
& Jerry, Mary Jo, Dr. Abu, Emi, Isaiah, Manny, Leeza, Louis, Barbie, Janine, Mike,
Wade, Cindy, Billy, Denise, Jonathan

The Lord's Prayer: Interpreted by Monica Furlong
**God, who cares for us,
The wonder of whose presence fills us with awe.**

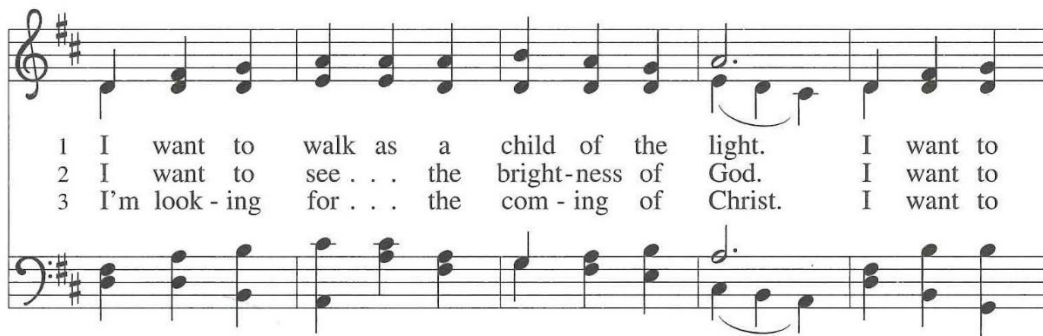
**Let kindness, justice and love shine in our world.
Let your secrets be known here as they are in heaven.**

**Give us the food and the hope we need for today.
Forgive us our wrongdoing
as we forgive the wrongs done to us.**

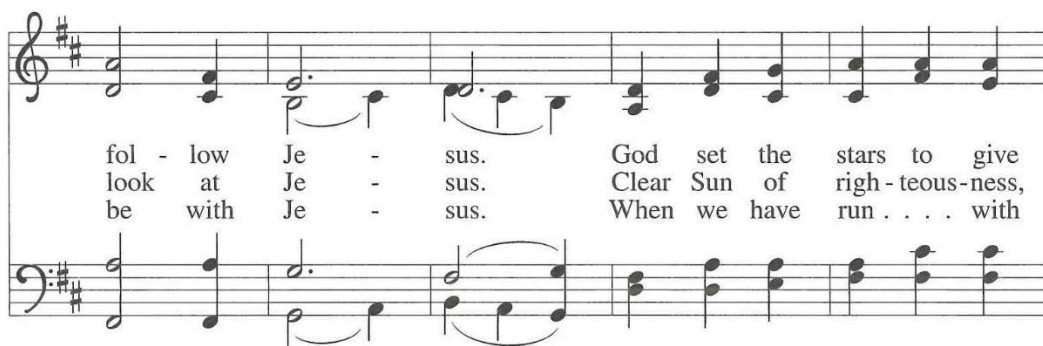
**Protect us from pride and from despair
and from the fear and hate which can swallow us up.**

**In you is truth, meaning, glory and power,
while worlds come and go.
Amen.**

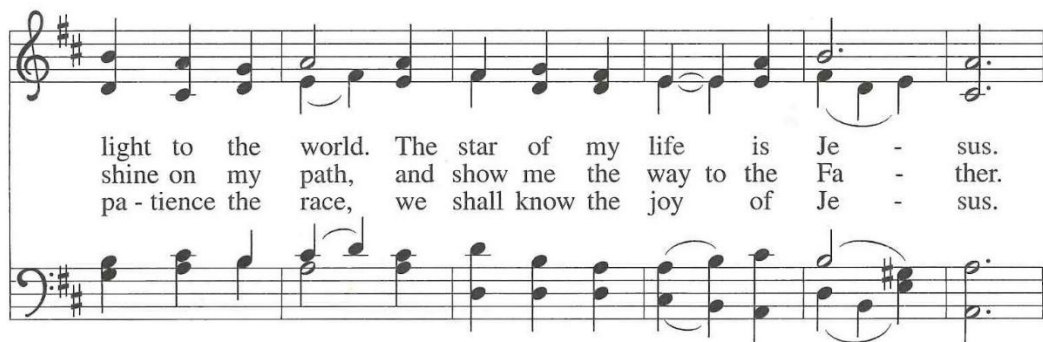
Announcements

Sending Song:**I Want to Walk as a Child of the Light (ELW 815)**

1 I want to walk as a child of the light. I want to
2 I want to see . . . the bright-ness of God. I want to
3 I'm look - ing for . . . the com - ing of Christ. I want to



fol - low Je - sus. God set the stars to give
look at Je - sus. Clear Sun of righ - teous-ness,
be with Je - sus. When we have run . . . with



light to the world. The star of my life is Je - sus.
shine on my path, and show me the way to the Fa - ther.
pa - tience the race, we shall know the joy of Je - sus.

Benediction, Table Grace/Sharing of Peace

The Annual Meeting of the Congregation

The Annual Meeting of the Congregation is **TODAY**, January 25th after the 10:30am worship service. We need a quorum of members and will be meeting in the Celebration Room. We will be discussing and voting on the future of our building.

Soul Garden Hikes

Wednesday, January 28th 10:00am

Severson Dells®

8786 Montague Road, Rockford, IL

Wednesday, Feb 11th 10:00am

Blackhawk Springs Forest Preserve

5360 Mulford Road entrance

Cherry Valley, IL 61016

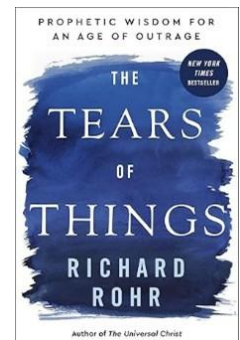
Thank you to all the artists who participated in the Arts@Emmanuel show, “Thresholds”. The pick-up dates for your work is Tuesdays through Thursdays, January 27th – the 29th. 9:00 am to 1:00 pm and Tuesday, February 3rd, 9-1, and Wednesday, February 4th, 9am to 12 noon. We will be hanging the new show, “Love Is...” starting February 4th at noon. If you have any questions, please call Susan Hurley-Whitacre @ 708-845-7207.

Plastic Recycling

You can each continue to recycle your plastic film at several outlets--**Meijer, Kohls, Schnucks, and Save-a-Lot**. If you are unable to travel to these sites, I am happy to take your plastic. PLEASE do not include HARD plastic or other plastic that is not mentioned in the flyer. Catherine

Spiritual Journeys

We will be starting a new book in Spiritual Journeys on February 3rd. We meet Tuesdays by Zoom from 9:30 a.m. until 11:00 a.m.. This is Richard Rohr’s latest book: The Tears of Things: Prophetic Wisdom for an Age of Outrage.



Arts at Emmanuel A@E
invites you to participate in the art exhibit

Love is ...

Feb 2026—Apr 2026

Opening Reception in the Gallery at Emmanuel

Friday, February 6, 5:00-8:30 pm

920 Third Ave. Rockford

Calling all Artists

Arts at Emmanuel invites artists to explore the concept *Love is*, and express their interpretation through art. Artists are encouraged to pull from collective wisdom, entering into imagination what this concept inspires.

- To have your name included on promotional materials, your commitment is needed by January 1, 2026.

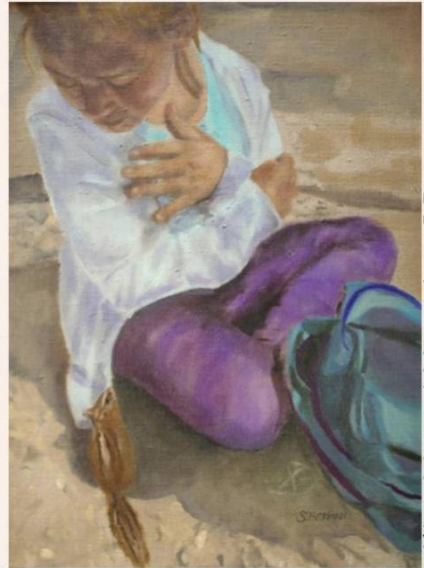
Art due: Wednesday, Feb 4 drop off 10:00am-12:00pm

Emmanuel Lutheran Church, 920 Third Ave. Rockford

Enter at church office north door (off alley, near parking lot.)

If you need to drop off work earlier in the week, please contact the office to make appt 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre
at 708-845-7207 or susanhurley2010@gmail.com.



I Know This Much Is True Artist S. Berman

The Next Interfaith Potluck is Tomorrow

Monday, January 26, 2026
Emmanuel Lutheran Church,
920 - 3rd Ave. Rockford.

Cheryl Erdmann will facilitate a "Guided Conversation" around the tables. We will each have a chance to share, including our thoughts about our faith community activities and other activities of which we are a part outside of our faith community.

I hope to see you there!
Susan Goldberg

Heart Strings; A "Canjo" Workshop with David Stocker

Saturday, February 7th, 10:00 am to 1:00 pm
At Nature at the Confluence in South Beloit

Warm your heart by crafting a unique up-cycled instrument! Last year we made frame drums. This year, artist-in-residence, Dave Stocker is back to lead Origins of Music workshop #2: The CANJO, also known as a diddly-bow, is related to the Berimbau of Afro-Brazilian roots. We will provide tools, materials and art supplies. Please bring a cleaned out can 14 oz-30 oz, a limited number will be available. Children under 10 need parent assistance to decorate and assemble.



Please register for the number of canjos that you or your group would like to make so we can prepare supplies. This is a come-and-go event from 10:00am-1:00pm. Canjo creation takes approximately one hour.

We invite you to choose the participation fee that is most accessible to you, either \$15, \$25 or \$35 for your instrument. Your participation fee helps offset our cost of supplies and staff time. Please visit natureattheconfluence.com or call 815-200-6910 to register. (*Nature At The Confluence is located at 306 Dickop St in South Beloit, IL*)

Bus Trip to Milwaukee and the Black Holocaust Museum

Coach USA Van Galder Tour and Travel Bus Tour,

Included will be a “step-on Guide”, Sherman Phoenix Market Place, Lunch at a Black-owned restaurant, plus other stops involving civil rights in Milwaukee, and a stop for dessert.

Date: February 9, 2026

Main Focus: Black Holocaust Museum, Milwaukee, WI

Contact: Josie Peebles, 815-962-1076 for details.

Cost: \$180.00

Van Galder phone # 1-800-747-7407

Other Upcoming Events

Breathe In-Between, Saturday, February 14th.

Ash Wednesday is February 18th.

Congregational Resourcing Event (CRE), Saturday, March 7th

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104
Mailing address, P. O. Box 4362, Rockford, IL 61110
815-963-4815 Fax: 815-963-4808 emmanuelchurch07@ gmail.com
elcrockford.org
Pastor Frank Langholf, phone 309-509-5241, email:
fslangholf@gmail.com