



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith,
and Relevance to Every Soul's Heart)
April 21, 2024**

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 economic conditions, race, sexual orientation, gender identity 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 will be 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.

Assisting in Worship Today

Presider: Pastor Frank Langholz

Usher: Rich Lundin

Lector: Nita and John Mueller

Altar Guild: Jan & Gary Peterson

Accompanist: Clea Arbogast

Consultant: Bill Houtkamp

Special Music: Emmanuel Choir

Sound: Andrew Ehrhardt

Coordinator of Adult Music Ministries:

Greeting Cards: Taj Guzzardo

Tim Fenelon

Communion Assistant: Donna Anderson

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays at Emmanuel (cancelled 4/15)

Adaptive Cardio Drumming--Mondays 4:00-5:00

Regular Cardio Drumming--Mondays 6:00-7:00

Spiritual Journeys - Tuesday group - 9:30 - 11:00am

Questions, Contact Karen VanHowe at karenavanhowe@gmail.com

Bible Study on Wednesdays at Noon on zoom.

Belly Dance Choreography: Every Wednesday at 6:00 pm

April 21, 2024

Theme: Elders and the Fullness of Life

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: As we grow old we realize that in all we have been through, love has been using us for its own purposes. —James Finley

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 righteous flourish like the palm tree and grow like a cedar in Lebanon.
**They are planted in the house of the Lord; they flourish in the courts of our
God.**

They still bear fruit in old age; they are ever full of sap and green, (Psalm 92:
12-14)

He shall be to you a restorer of life and a nourisher of your old age... (Ruth
4:15)

Gray hair is a crown of glory... (Proverbs 16:31a)

**Grandchildren are the crown of the aged, and the glory of children is their
parents.** (Proverbs 17:6)

Wisdom is with the aged and understanding in length of days. (Job 12:12)

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: Here In This Place (ELW 532)



1 Here in this place the new light is stream-ing, now is the dark - ness
2 We are the young, our lives are a mys - t'ry, we are the old who
3 Here we will take the wine and the wa - ter, here we will take the
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings
yearn for your face; we have been sung through - out all of his - t'ry,
bread of new birth, here you shall call your sons and your daugh - ters,
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.
called to be light to the whole hu - man race.
call us a - new to be salt for the earth.
now is the king - dom, and now is the day.



Gath - er us in, the lost and for - sak - en, gath - er us in, the
Gath - er us in, the rich and the haugh - ty, gath - er us in, the
Give us to drink the wine of com - pas - sion, give us to eat the
Gath - er us in and hold us for - ev - er, gath - er us in and



blind and the lame; call to us now, and we shall a - wak - en,
proud and the strong; give us a heart, so meek and so low - ly,
bread that is you; nour - ish us well, and teach us to fash - ion
make us your own; gath - er us in, all peo - ples to - geth - er,



we shall a - rise at the sound of our name.
give us the cour - age to en - ter the song.
lives that are ho - ly and hearts that are true.
fire . . of love in our flesh and our bone.

First Reading: What Kind of Person Are We Becoming?

—Contemplative elder and Benedictine Sister Joan Chittister

If we learn anything at all as time goes by and the changing seasons become fewer and fewer, it is that there are some things in life that cannot be fixed.

It is more than possible that we will go to our graves with a great deal of personal concerns, of life agendas, left unresolved. . . . So has life been wasted? Has it all been for nothing?

Only if we mistake the meaning of the last period of life. This time of life is not meant to solidify us in our inadequacies. It is meant to free us to mature even more. . . .

This is the period of life when we must begin to look inside our own hearts and souls rather than outside ourselves for the answers to our problems, for the fixing of the problems. This is the time for facing ourselves, for bringing ourselves into the light.

Now is the time to ask ourselves what kind of person we have been becoming all these years. And do we like that person? Did we become more honest, more decent, more caring, more merciful as we went along because of all these things?

And if not, what must we be doing about it now? . . . Can we begin to see ourselves as only part of the universe, just a fragment of it, not its center? Can we give ourselves to accepting the heat and the rain, the pain and the limitations, the inconveniences and discomforts of life, without setting out to passively punish the rest of the human race for the daily exigencies that come with being human?

Can we smile at what we have not smiled at for years? Can we give ourselves away to those who need us? Can we speak our truth without needing to be right and accept the vagaries of life now—without needing the entire rest of the world to swaddle us beyond any human justification for expecting it? Can we talk to people decently and allow them to talk to us? . . .

Now, this period, this aging process, is the last time we're given to be more than all the small things we have allowed ourselves to be over the years. But first, we must face what the smallness is, and rejoice in the time we have left to turn sweet instead of more sour than ever.

Second Reading: Howard Thurman

The old song of my spirit has wearied itself out. It has long ago been learned by heart so that now it repeats itself over and over, bringing no added joy to my days or lift to my spirit. It is a good song, measured to a rhythm to which I am bound by ties of habit and timidity of mind. The words belong to old experiences which once sprang fresh as water from a mountain crevice fed by melting snows. But my life has passed beyond to other levels where the old song is meaningless. I demand of the old song that it meet the need of present urgencies. Also, I know that the work of the old song, perfect in its place, is not for the new demand!

I will sing a new song. As difficult as it is, I must learn the new song that is capable of meeting the new need. I must fashion new words born of all the new growth of my life, my mind and my spirit. I must prepare for new melodies that have never been mine before, that all that is within me may lift my voice unto God. How I love the old familiarity of the wearied melody—how I shrink from the harsh discords of the new untried harmonies.

Scripture/Meditation Song: Spirit of the Living God (BC 355)

The image shows a musical score for the song "Spirit of the Living God" in 4/4 time. It consists of three systems of music, each with a vocal line and a guitar accompaniment line. The lyrics are written below the vocal lines, and guitar chords are written above the guitar lines. The chords are: F, F7, Gmi/Bb, D/A, Gmi, F/C, Bb/C, C, F, Bb/C, F, F7, Gmi, D/A, Gmi7, F/C, Bb/C, C7, F, F7, Bb, Bbmi/Eb, F, Dmi, G, Csus, C, C7, F, F7, Gmi, D/A, Gmi7, F/C, Bb/C, C7, F.

Spir- it of the liv- ing God, fall fresh on me. Spir- it of the
liv- ing God, fall fresh on me. Melt me. Mold me. Fill me.
Use me. Spir- it of the liv- ing God, fall fresh on me.

Scripture: Isaiah 46: 3-4

Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from your birth, carried from the womb; even to your old age I am he, even when you turn gray I will carry you. I have made, and I will bear; I will carry and will save.

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

All: May we find wisdom for our living.

Sermon Pastor Frank Langholf

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

Special Music. Breath of Heaven
Emmanuel Choir

Time of Gratitude Give Thanks (the Covenant Hymnal74)

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich

Because of what the Lord has done for us"

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

Give thanks!

Thanksgiving at the Table

The Lord's Prayer

**Our Father, who art in heaven,
Hallowed by thy name,
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses,
As we forgive those
Who trespass against us;
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
And the power, and the glory,
Forever and ever. Amen.**

**Communion Music: Together At the Table of the Lord
Words, J. McGuire, Music, J. Purifoy
Emmanuel Choir**

Prayers of the People

Jonathan Chell	Shannon	Jeff Birch
Ian, Joel, and Rick	Jim Petzold	Tim Austin
Peg Burns	Karen Johnson	Bina Holland
Miguel	Kim and brother, Gary	
Judy	Walt	Beverly
Noreen Mackey	“CeCe”	

Prayer Song and Response: O Lord, Hear My Prayer (ELW 751)

The musical score is written for a two-part setting in G major (one sharp) and 4/4 time. It consists of two systems, each with a vocal line on a treble clef staff and a piano accompaniment line on a bass clef staff. The first system includes the lyrics: "O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me. OR The Lord is my song, the Lord is my praise: all my hope comes from God." The second system includes the lyrics: "O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me. The Lord is my song, the Lord is my praise: God, the well-spring of life." The piano accompaniment features a steady bass line and chords that support the vocal melody.

Announcements

Sending Song: Borning Cry (ELW 732)



- 1 "I was there to hear your born-ing cry, I'll be there when you are old.
2 "When you heard the won-der of the Word I was there to cheer you on;
3 "In the mid-dle a - ges of your life, not too old, no lon - ger young,



I re - joiced the day you were bap-tized to see your life un - fold.
you were raised to praise the liv - ing Lord, to whom you now be - long.
I'll be there to guide you through the night, com-plete what I've be - gun.



I was there when you were but a child, with a faith to suit you well;
If you find some-one to share your time and you join your hearts as one,
When the eve - ning gent - ly clos - es in and you shut your wea - ry eyes,



in a blaze of light you wan-dered off to find where de-mons dwell."
I'll be there to make your vers - es rhyme from dusk till ris - ing sun."
I'll be there as I have al - ways been, with just one more sur - prise."



- 4 "I was there to hear your born-ing cry, I'll be there when you are old.



I re - joiced the day you were bap-tized to see your life un - fold."

Benediction/Sharing of the Peace

Soul Garden Hiking
Winnebago County Forest Preserves Interest Hikes

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Dress for the weather! Contact Holly if you want to join the hikes. 815-543-1191. **All hikes start at 9:00 am.**

Note the date change:

Monday, April 22nd, 9:00am
Sugar River Forest Preserve
10127 Forest Preserve Road
Durand, IL 61024

Thursday, May 2nd 9:00am
Deer Run Forest Preserve
5691 River Road
Cherry Valley, IL 61016

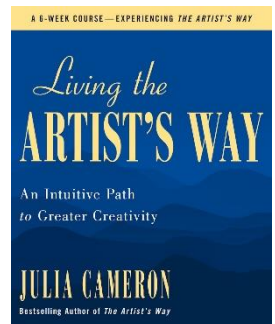
Women's Interfaith Potluck: All women are welcome to attend the Women's Interfaith Potluck. The next scheduled potluck is on Monday, April 29, 2024, at 6:00 p.m. at Inscape Collective, 201 - 7th St., Rockford. Shiraz Tat and Denise Colin will speak on "Taking Care of Ourselves: The first step in taking care of our community". Also, that evening the Inscape Collective store will be open from 5:30 to 6 pm and following the talk.

You are welcome to bring a dish to pass. Plates, silverware, and beverages provided.

Join Susan Goldberg in a 6-Week Discussion Group,
Starting Tuesday, April 16th

All are welcome to attend a discussion group about Julia Cameron's new book "Living the Artist's Way: An Intuitive Path to Greater Creativity".

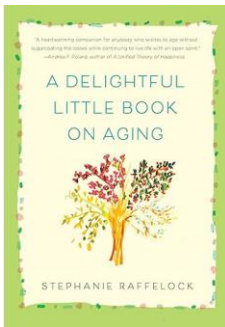
The group meet on six consecutive Tuesdays to cover each chapter, starting on April 16th. And will continue through May 21st, from 6 to 8 p.m., at Emmanuel Lutheran Church, 920 3rd Avenue (on the corner of 3rd Avenue and 6th Street). We will meet in the Celebration Room or the Library. Enter at the north door, off of the parking lot.



No cost to attend, but you will need to have a copy of the book--you can find it in bookstores, online, and maybe at a library. Plan to read the first chapter in advance of our first session.

You are welcome to attend as many or as few sessions as you wish. See **Susan Goldberg**, or email her at s.brazas@comcast.net if you are interested in participating. Bring a snack to share, if you wish, we will have hot tea and water available.

Spiritual Journeys Started a New Book on Tuesday, April 3rd.



“A Delightful Little Book on Aging” by Stephanie Raffelock

Spiritual Journeys meets every Tuesday morning 9:30-11:00 over zoom.

Any questions, Contact Karen VanHowe at karenvanhowe@gmail.com

The NEW zoom link is

<https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9ITFpNT3ZtZzIJUT09>



April 27 ArtbyCarla,

making suncatchers, 10:00 am to 1:00 pm in the Celebration Room. Cost \$65 for supplies.

Register at

<https://buy.stripe.com/eVa4hHanE3IGds44gmor>
go to Emmanuel’s website to register.

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

Care for Creation Committee

The Care for Creation Committee needs volunteers to help plant our pollinator prairie. The planting date is Saturday, May 18th at 9:00 am. We can also use some volunteers to water once a month.

Please contact Taj at 779-770-3520

It's the Season to Think about Scholarships

The following are Scholarships offered by Emmanuel Lutheran Church. If you have any questions, please contact Jack Ream at jkream@juno.com or Rich Lundin at cepackratrich@gmail.com. If you would like an application, please contact the church office at emmanuelchurch07@gmail.com. The deadline to have the application submitted is May 31, 2024

LUNDE MEMORIAL SCHOLARSHIP

Available to either a male or female member of Emmanuel Lutheran Church who will be a college junior, senior, or graduate student in any area of college study.

OLSON MEMORIAL SCHOLARSHIP

Available to members of Emmanuel, to high school seniors, and to college students that attend a Christian church for purposes of general education, including higher education and college studies, or for any other educational purposes.

WALQUIST MEMORIAL SCHOLARSHIP

Available to members of Emmanuel, to high school seniors, and to college students who are members of a Lutheran Church in the Rockford area and who are enrolled in college studies, and for any other educational purposes. Selections will be based on many criteria:

1. Spiritual involvement and motivation.
2. Scholastic achievement.
3. Financial need.
4. Leadership and extra-curricular activity.
5. Strength of recommendations.
6. Quality of application materials.

The Robert C. and Phyllis J. Sio Scholarship Fund

The Robert C. and Phyllis J. Sio Scholarship Fund has been established to support undergraduate education scholarships for two students at \$1,500 per student. The following general guidelines shall be used by the Emmanuel Lutheran Scholarship Committee to administer this fund:

- 1) The scholarship shall be used to support undergraduate education only.
- 2) The student must attend an accredited Christian college.
- 3) The scholarship is intended to support tuition expenses only.
- 4) Applicants shall be members of Emmanuel Lutheran Church and/or seniors at Christian Life High School, Rockford Christian High School or Rockford Lutheran High School.
- 5) Two separate scholarships of \$1,500 each will be awarded annually to two students. Grantees may receive no more than two annual scholarships.
- 6) Selections will be based on many different criteria including spiritual involvement and motivation, scholastic achievement, financial need, leadership and extra-curricular activity, strength of recommendations and quality of application materials (not necessary in that order).
- 7) A letter of notification will be sent to all applicants by the end of June.
- 8) The funds distribution will take place prior to the beginning of the grantee's fall semester and after receiving confirmation of enrollment at the college (i.e.: class schedule).

Please understand that the decisions of Emmanuel Lutheran Church Council, in granting the scholarships, will be final. The scholarship is a gift and requires no repayment. Emmanuel Lutheran Church reserves the right to publish the names of scholarship recipients in the media.