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**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
February 15, 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.

Assisting in Worship Today

Presider: Pastor Frank Langholf

Lector: Bobbie Walter

Special Music: Emmanuel's Choir

(Clea's father) Jim Green, on trumpet

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Communion Assistant: Kristie Heath-White

Altar Guild: Susan Hurley-Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm & Thursdays at 1:00pm

Cardio Drumming, Mondays at 4:00 pm, Call Beth, (815) 742-0548, to join

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 Passcode: 11999

To join by a land line or cell phone, dial the number above and then enter the meeting ID and passcode when prompted.

Belly Dancing will resume in the spring.

February 15, 2026
Theme: Mardi Gras

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Mardi Gras is in our soul. by Kim Perez

Gathering Song: Oh When the Saints Go Marching In (Mardi Gras parade)

1. **O when the saints go marching in,
O when the saints go marching in,
O Lord, I want to be in that number
When the saints go marching in.**
2. **O when the sun begins to shine,...**
3. **O when they crown him Lord of all...**

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:

**Let us feast on simple pleasures, and fast from all that gets our bodies and souls out
of balance.**

Let us feast on kindness, and fast from sarcasm.

Let us feast on compassion, and fast from holding grudges.

Let us feast on patience, and fast from anxiety.

Let us feast on peace, and fast from stirring up needless conflict.

Let us feast on acceptance, and fast from judgment.

Let us feast on joy, and fast from jealousy.

Let us feast on faith, and fast from fear.

(Continued next page)

Let us feast on creativity, **and fast from all that deadens our souls.**

Let us feast on social justice, **and let us fast from negligence of the most vulnerable.**

Let us feast on service to others, **and fast from selfishness.**

Let us feast on delight, **and fast from despair.**

Let us feast on bread and wine in spiritual communion, **and fast from all that keeps us from communing deeply with each other and with God.**

So that our lives might be sufficient, fulfilled, complete, whole, enough.

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.

First Reading: The Sacred Fool, from the Gaia Community

The Trickster, the Prankster, the Jester, and the Muse—

The Sacred Fool keeps us humble by revealing our limitations,
and shows us that anything is possible when we let go of expectations.

The Fool teaches us the healing power of laughter.

The Fool inspires us to share our joy and sadness so that
others may laugh and learn and grow.

Second Reading: by Rumi

Conventional knowledge is death
to our souls, and it is not really ours.

We must become ignorant
of what we've been taught,
and be, instead, bewildered. . . .

Forget safety.

Live where you fear to live.

Destroy your reputation.

Be notorious.

I have tried prudent planning
long enough. From now on, I'll be mad!

Scripture/Meditation Song: Every Time I feel the Spirit (NC 282) refrain, sing twice
Refrain:

**Every time I feel the Spirit
moving in my heart I will pray.
Yes, every time I feel the Spirit
moving in my heart I will pray.**

Scripture: Psalm 150, from Nan Merrill's Psalms for Praying

Praise the Beloved!

Praise be to You in earth's sanctuary;

Praise be to You in the mighty firmament!

Praise the mighty works of Love;

Praise the glory and extol the greatness of the Divine!

Give praise with trumpets;

Give praise with lute and harp!

Give praise with timbrel and dance;

Give praise with strings and reed!

Give praise with booming drums;

Give praise with crashing cymbals!

Let everything that breathes

praise the Beloved with their lives!

May it be so now and forever!

Amen.

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: Michael, Row that Gospel Boat—Greg Gilpin
Emmanuel Choir

Time of Gratitude We Are an Offering (ELW 692)

The musical score is written on six staves in treble clef with a key signature of one flat (Bb) and a 7/8 time signature. The melody features eighth and sixteenth notes, with triplet markings (3) appearing on the first, third, and sixth staves. The lyrics are printed below the notes, with hyphens indicating syllables that span across notes.

We lift our voic-es, we lift our hands, we lift our lives up to you: we are an
of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our
lives, they are yours: we are an of-fer-ing. All that we have, all that we are,
all that we hope to be, we give to you, we give to you.
We lift our voic-es, we lift our hands, we lift our lives up to you:
we are an of-fer-ing, we are an of-fer-ing.

Thanksgiving at the Table

The Lord's Prayer, traditional

Communion Music: As We Break the Bread—Jay Althouse
Emmanuel Choir

Prayer Song: Hear Our Prayer (ELW 178) sing twice



Hear our prayer, hear our prayer, Lord, make us whole:
peace to all peo - ple, hope for each soul.
God of grace, in this place, hear now our prayer.

Prayers of the People

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

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

Announcements

Sending Song: We are Marching in the Light of God (ELW 866)

The musical score is written for a two-part setting (Soprano and Bass) in G major (one sharp). It consists of five systems of music. The first four systems contain vocal lines with lyrics in English and Xhosa. The fifth system features a melodic line with lyrics and a final 'oo' ending. The music includes various rhythmic patterns, including triplets and sixteenth notes, and rests for the vocalists.

Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya - hamb' e - ku - kha -
We are march - ing in the light of God, we are march - ing in the

nyen' kwen - khos', Si - ya - hamb' e - ku - kha - nyen' kwen - khos',
light of God. We are march - ing in the light of God,

si - ya - hamb' e - ku - kha - nyen' kwen - khos'.
we are march - ing in the light of God.

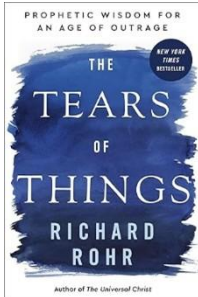
si - ya - hamb' e - ku - kha - nyen' kwen - , kha - nyen' kwen - khos'.
we are march - ing in the light of, the light of God.

si - ya - hamb' e - ku - kha - nyen' kwen - khos'.
we are march - ing in the light of God.

Si - ya - ham - ba oo
We are march - ing oo

Si - ya - ham - ba, ham - ba, si - ya - ham - ba, ham - ba,
We are march - ing, march - ing, we are march - ing, march - ing,

Benediction/Sharing of the Peace



Spiritual Journeys

Spiritual Journeys started a new book Tuesday, February 3rd, “The Tears of Things; Prophetic Wisdom for an Age of Outrage” by Richard Rohr. All are invited, you may join at any time. You do not have to read the book on your own. We read when we get together and discuss as we go along.

We meet Tuesdays, 9:30 am until 11:00 am on zoom. Any questions or you would like to join, contact Karen Van Howe at kvanhowe@comcast.net.

Love is...

The new Art Show opened Friday, February 6th in Emmanuel’s Celebration Room. We have some great artists showing their version of “Love is...”

Come view the artwork, during February and April.

The office is open Tuesdays, Wednesdays and Thursdays, 9:00 am to 1:00pm and Fridays, 9:00 am to Noon.

February’s Women’s Interfaith Potluck

Monday, February 23, 2026, at the Bah'ai Center,
1650 N. Alpine, Rockford.

Judy Moe will talk about her friendships and experiences
with a Bah'ai community in Kenya.

Soul Garden Hikes

Saturday, February 28th 10:00am

Sugar River Forest Preserve

10127 Forest Preserve Road, Durand, IL 61024

Meet at shelter on top of hill

Please call or text Holly, 815-543-1191, if you are planning on coming to hike, so the group will know you are coming.



Join Beth Campisi
for Cardio Drumming in 2026 at Emmanuel

Every Monday 4:00 to 5:00 pm

Only \$10 dollars per session

*join us for FREE the last two Monday's in February if you would like to try it out! Contact Beth if you would like to join us! (815) 742-0548

Cardio drumming combines cardio exercise and drumming to music to provide an easy but effective workout. Using an exercise ball, a bucket and drumsticks, cardio drumming is a fun, fast paced way to increase your heart rate, burn calories and improve your coordination. It even helps to improve brain function and you don't need to be a drummer to do it! Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome!

The Deadline to Register for CRE is Close

People of Emmanuel, Rockford,

There is only one Sunday remaining before the Congregational Resourcing Event (CRE) registration deadline! I hope that you and members of your congregation are looking forward to this event when we will come together as a synod to worship, learn, and inspire on March 7th. Registration closes on February 20th!

Please promote this important synod event in your congregation this weekend. Printable flyers, along with all keynote and workshop information, is available at <https://nisynod.org/programs/cre>

Please register additional participants for the 2026 Congregational Resourcing Event before the February 20th deadline. Visit this link to register: 2026 CRE Registration Link

For any other information about the Congregational Resourcing Event, please visit our event website: **CRE Webpage**

God is at work in our synod as we go deeper in faith, and this event will be a way to be inspired to further that good work!

God be with you!
Peace,

The Rev. Julie Monnard (she/her)
Assistant to the Bishop
Northern Illinois Synod, ELCA
P.O. Box 443
Moline, IL 61266
Office: 309/794-4004
Mobile: 563/505-9045
Email: jmonnard@nisynod.org

Your Help Is Needed!

The Funding Team is planning a rummage sale for this summer. It is necessary to clean some of our 31 rooms to unearth “treasure” and to prepare for any future sale of Emmanuel’s building. Please help us with this task. (We are only two people, Taj Guzzardo at 779-770-3520 or Andrea Noble-Wallace at 815-519-4664)

Please give one of us a call. We would like to get started as soon as possible and will set a date after we talk to some volunteers.

Ash Wednesday is February 18th

Emmanuel’s Ash Wednesday Worship Service will be a Taize’-themed Service and will be at 6:30 pm in the Sanctuary. Ashes will be distributed and Communion served. Readings will be from Jan Richardson and a gospel from Matthew.

2026 Midtown Midweek Lenten Services at Noon

Conversations with Jesus

February 25th at Calvary Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Chapel.
Pastor Mike Thomas preaching

March 4th at Salem Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in the Fireside Room
Service to follow at Noon in Salem's Sanctuary
Pastor Chuck Olson preaching

March 11th at Zion Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in the Fellowship Hall
Service to follow at Noon in Zion's Sanctuary
Pastor Frank Langholf preaching

March 18th at Emmanuel Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Sanctuary
Pastor Leslie Aska preaching

March 25th at First Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Friendship Hall
Service to follow at Noon in First Lutheran's Sanctuary
Pastor Bill Dahlberg preaching

You can continue to recycle your plastic film at several outlets—**Meijer, Kohls, Schnucks, and Save-a-Lot**. Please do not include hard plastic or other plastic that is not mentioned in the flyer. There are extra flyers on the table outside the Celebration Room

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