



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
July 19, 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 8:30 am 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: Taj Guzzardo

Guest Musicians: Jenny Olson, David & Susan Lippert

Accompanist: Clea Arbogast

Communion Assistant: Kristie Heath-White

Altar Guild: Brendan Noble

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Yoga With Claudette Pirrello, Mondays at 5:00 pm

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.

Silent meditation practice in the Benson Room: Thursdays from 5:30 – 6:15pm.

All are welcome. Enter by parking lot entrance. Questions or text Sara 815-742-0581.

Date: July 19, 2026

Theme: Living in the West: What the Muse has for us

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: "Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself." — Rumi

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: Directions—Living in the West

We turn to the West. The sun rests upon the horizon and shadows lengthen while in forests and valleys we wander, exploring in the descending darkness. The immediacy of childhood has shifted to the introspection of adolescence.. It feels like we have lost our innocence and become aware of our vulnerability? Self-consciously, we ask who we are at this time? This is the threshold of a time of transition.

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: Gather Us In (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:—Chickpea to Cook~Jalaluddin Rumi
(translated by Coleman Barks)

A chickpea leaps almost over the rim of the pot
where it's being boiled.

"Why are you doing this to me?"

The cook knocks him down with the ladle.

"Don't you try to jump out.
You think I'm torturing you.
I'm giving you flavor,
so you can mix with spices and rice
and be the lovely vitality of a human being.

"Remember when you drank rain in the garden.
That was for this."

Grace first. Sexual pleasure,
then a boiling new life begins,
and the Friend has something good to eat.

Eventually the chickpea
will say to the cook,
"Boil me some more.
Hit me with the skimming spoon.
I can't do this by myself.

"I'm like an elephant that dreams of gardens
back in Hindustan and doesn't pay attention
to his driver. You're my cook, my driver,
my way into existence. I love your cooking."

Continued...

The cook says,
"I was once like you,
fresh from the ground. Then I boiled in time,
and boiled in the body, two fierce boilings.

"My animal soul grew powerful.
I controlled it with practices,
and boiled some more, and boiled
once beyond that,
and became your teacher."

Second Reading: — by Judith Lennox, All My Sisters

"Often she felt as though she had been picked up and turned about like a kaleidoscope, that all her complacent assumptions had been shaken up and reassembled in a different order"

Scripture/Meditation Song: Open Your Hearts. (Covenant 336) verse 1
Open your hearts, all you who hear this,
Open your hearts to know God's love,
Open your hearts to hear his message: Jesus makes us one.

Scripture: Genesis 3: 1-11 Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die. "' But the serpent said to the woman, "You will not die, for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves.

Continued..

They heard the sound of the Lord God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, "Where are you?" He said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." He said, "Who told you that you were naked?"

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. Selection by Jenny Olson, David and Susan Lippert

Time of Gratitude—We Are An Offering (ELW 692)

The musical score is written on six staves of music. The lyrics are printed below the notes. The music is in a simple, melodic style with a key signature of one flat (B-flat). The lyrics are: We lift our voices, we lift our hands, we lift our lives up to you: we are an of-fer-ing. Lord, use our voices, 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 voices, we lift our hands, we lift our lives up to you: we are an of-fer-ing, we are an of-fer-ing.

We lift our voices, we lift our hands, we lift our lives up to you: we are an

of-fer-ing. Lord, use our voices, 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 voices, 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: Selection by Clea Arbogast

Prayer Song and Response: Sacred Fire

**Sacred fire, burning before me,
Burning within me, deep in my soul,
Sacred fire, transforming fire,
Recreate me,
Make me whole.**

Prayers of the People

Linda, Lorraine, Wanie, Norm, Gary, Deborah, Jerry, Miguel, Steve, Jim,
Andrea, Ruth Ann, Josie, Char, Judy, Vicent, Bina

Announcements

Sending Song: On Eagles Wings (ELW 787)



1 You who dwell in the shel-ter of the Lord, who a-bide in this shad-ow for life,



say to the Lord: "My ref - uge, my rock in whom I trust!"



And he will raise you up on ea - gle's wings, bear you on the breath of dawn,



make you to shine like the sun, and hold you in the palm of his hand.



2 The snare of the fowl-er will nev-er cap-ture you, and fam-ine will bring you no



fear; un - der God's wings your ref-uge, with faith-ful-ness your shield.



3 You need not fear the ter-ror of the night, nor the ar-row that flies by



day; thou- sands fall a - bout you, near you it shall not come.

Leader or All

3

4 For to the an-gels God's giv-en a com-mand to

guard you in all of your ways; up-on their hands they will

bear you up, lest you dash your foot a- gainst a stone.

Final refrain
All

And he will raise you up on ea-gle's wings, bear you on the breath of dawn,

make you to shine like the sun, and hold you in the palm of his hand.

And hold you, hold you in the palm of his hand.

Benediction/Sharing of the Peace

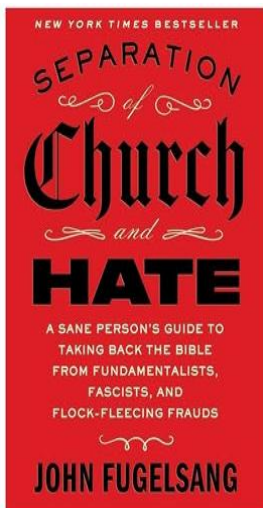
Women's Interfaith Potluck

All women are invited to attend the interfaith potluck on Monday, July 27th at the Muslim Association of Greater Rockford, 5921 Darlene Dr., in Rockford which starts at 6:00pm. Please bring a dish to pass.

Soul Garden Forest Preserve Walks

Come hike for an hour in Winnebago Counties Forest preserves. Text Holly if you want to join the hikes: 815-543-1191. Meet at the Forest preserve entrances unless otherwise instructed.

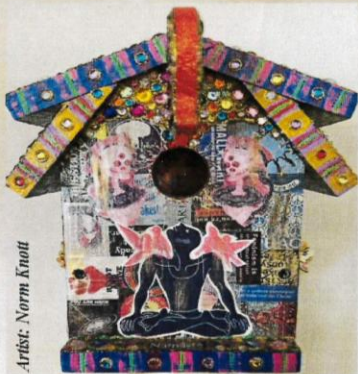
Saturday, July 25, 9:00am - **Pecatonica River Forest Preserve**
7260 Judd Road & 14960 Brick School Road, Pecatonica, IL 61063



Spiritual Journeys will start a new book Tuesday, July 21, 2026. Please join us by Zoom at 9:30 a.m. until 11:00 a.m. No need to read ahead—we read and discuss as we meet.

<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1>.

The new book *Spiritual Journeys* is reading “Church & Hate,” by John Fugelsang. No need to read in advance. We take turns reading in our group and pause for discussion. You can join us anytime, we read and discuss the book together. Contact Karen Van Howe at karenvanhowe@gmail.com for question or if you want to join the group.



A@E invites you to join us for an
evening of art & inspiration
ARTS AT EMMANUEL

Echoes of a Changing Planet Art Show & Artisan Market

Special Guests: Nettle Curbside Compost,
Severson Dells & Nature at the Confluence

Opening Reception

Friday, August 7 5:00-8:00 pm

The Gallery at Emmanuel 920 Third Ave. Rockford

Enter North door off of parking lot

Artists Exhibiting

Norm Knott, Marsha Goodheart, Holly Blair-Cascio, Susan Berry,
Julie Kennelly, Maya Simmons, Caitlyn Jahn, Paula Flanagan-Marsh,
Barbara Berney, Lori Gustafson, Sadie Hoessrich, Becca Houlihan,
Jose Sente, Greg LaMont, Clara Krick, Jessie Crow-Mermel,
Wren Medina, Cassie Blair, Ventie Houi, Drew Helge,
Annette McLean and Cherie Heck

If you would like more information, please contact Susan Hurley-Whitacre
at 708-845-7207 or artsatemanuel@gmail.com

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