



May 2024

The deadline to submit newsletter articles for the next newsletter is May 22, 2024

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Dear Catherine,

Emmanuel's message comes from a passion for searching and studying sacred scriptures. Wisdom and inspiration is also drawn from a variety of other traditions, prophets, and all women and men who have a deeply personal and intimate relationship with God.

*Everyone is welcome at Emmanuel.*

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## A May Message from Pastor Frank





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The earth is greening and blooming. Have you noticed how swiftly the earth is revealing its vitality and vibrance? It seems like it has happened in just a few days. The combination of rain, and sunlight along with optimal temperatures is creating growth. This greening and blooming will yield new life, and a harvest to come. I walk, wander, and wonder upon the land and among earth's beings. I am intentional about this practice rather than getting caught up in or distracted by the many things that are involved in living and working.

I walk on the land several times a week, but also when I step out into my backyard, or walk my dogs down the street. There are times when I can wander and wonder without physically walking as I sit looking out a window. When I do so I will open the window, if I am able to do so, to allow the sounds, sights, and smells of the wild world to be present.

I wander as a walk, or as I sit in the presence of the wild world. Wandering happens when I let myself be guided by either my intuition, or by a sense within my body. For example, if I am walking and I come to where the trail splits, I will turn in a way that feels "curious." I may notice a deer trail branching off a manicured trail, and I will follow it discover where it might lead me. Wandering is being open to what might show up, or what might be waiting for me.

I wonder as I wander. Wonder, at times, means awe, but I primarily use "wonder" to mean "curious." Wonder is being open to whatever might show up, or be waiting for me. It is asking the question, "I wonder what is here for me?" I will pay attention to my senses, what stirs in my body, or pops into my imagination. I will follow what shows up to see what it leads or what it stirs in me.

Walking, wandering, and wondering together is a practice to discern what is greening in the world around me, and within me. I would invite you to find ways to walk, wander, and wonder in your own unique way. I would encourage you to find a way to do this with nature, with art, and with attending to your body. Nature, art, and attending to our bodies are ways of being whole.

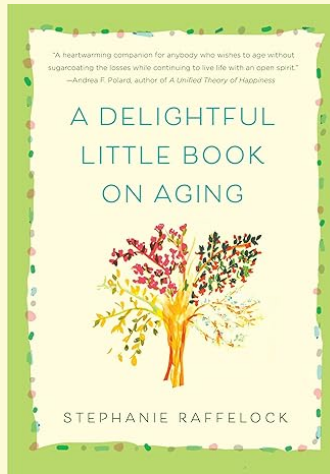
We are still in the season of Easter, and are experiencing and expressing fulness of Life. We began the season with Jesus' gentle breathing Spirit into the disciples, and we will end the season with the Spirit poured out with the sound of a powerful wind and flames of fire. The Spirit stirs up Life within, among, and beyond us. The Spirit is the greening and blooming of Soul and Spirit. Our Sunday gatherings will be opportunities to experience and express the bursting forth of Life individually, and collectively. The New Life breathed into us, and blowing through us is how God draws us into relationship. These remaining Sundays are our opportunity to

celebrate that “in this One we live and move and have our being.”

Blessings of Spring: of Spirit and Soul

*Pastor Frank*

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**New Book for Spiritual Journeys  
Tuesday group - 9:30 - 11:00am**

**Spiritual Journeys Started a New Book on Tuesday, April 2nd, called...**

**“A Delightful Little Book on Aging” by Stephanie Raffelock**

All around us, older women flourish in industry, entertainment, and politics. Do they know something that we don’t, or are we all just trying to figure it out? For so many of us, our hearts and minds still feel that we are twenty-something young women who can take on the world. But in our bodies, the flexibility and strength that were once taken for granted are far from how we remember them. Every day we have to rise above the creaky joints and achy knees to earn the opportunity of moving through the world with a modicum of grace. Yet we do rise, because it’s a privilege to grow old, and every single day is a gift. Peter Pan’s mantra was “never grow up”; our collective mantra should be “never stop growing.” This collection of user-friendly stories, essays, and philosophies invites readers to celebrate whatever age they are with a sense of joy and purpose and with a spirit of gratitude.

Spiritual Journeys meets every Tuesday morning 9:30-11:00 over zoom.  
You are welcome to join anytime.

Any questions, Contact Karen VanHowe at [karenavanhowe@gmail.com](mailto:karenavanhowe@gmail.com)

The **NEW ZOOM Link** is [https://us02web.zoom.us/j/82445830943?](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzljUT09)  
[pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzljUT09](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzljUT09)

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**"Living the Artist's Way" by Julia Cameron**

**There are three more weeks in May for this  
book discussion. May 7, 14, and 21**

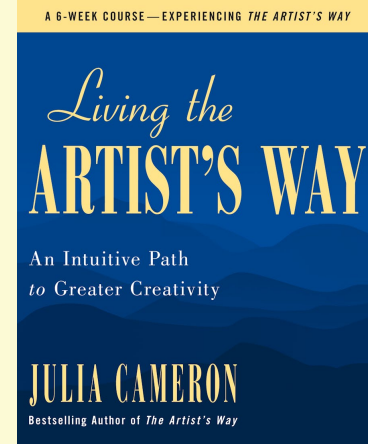
All are welcome to attend a discussion group about Julia Cameron's new book "Living the Artist's Way: An Intuitive Path to Greater Creativity".

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.

We will meet for six consecutive Tuesdays, to cover each of the six chapters of the book, but you are welcome to attend as many or as few sessions as you wish.

You are welcome to bring a snack to share, if you wish, and we will have hot tea and water available.

Contact Susan Goldberg if you're interested in participating or with questions at [s.brazas@comcast.net](mailto:s.brazas@comcast.net)



## May Art Show Opening "Sing Joys of Spring"

Friday, May 3<sup>rd</sup>, 6:00 pm to 8:30 pm  
Emmanuel Lutheran Church  
920 3rd Avenue  
Rockford, IL 61104

Sing Joys of Spring is a mixed media art show. Artists will use various media to explore art through the joy and beauty of spring.

Whether it's illuminating beauty, spiritual experiences, hope, healing, transformation of ourselves and the planet, or quest for peace and justice, artists passion for the creative process will manifest in

Art will be on display through July.



## Celebration

### Sunday, May 19<sup>th</sup> - Day of Pentecost

We will have a celebration for

#### **Pentecost: The Spirit Birthing Community**

following the ReFresh Gathering/Service.

We will honor those that have become a part of our spiritual community since Pentecost last year.

We will enjoy conversation as we share light refreshments which will include cake, cheese and crackers, fruit, etc. and drinks.

## Ongoing Events at Emmanuel

### Upcoming at Emmanuel

#### Something for Everyone

Sing Joys of Spring Art Show  
Friday, May 3<sup>rd</sup> 6:00-8:30  
Opening Reception in the Gallery

Spiritual Journeys Book Study  
"A Delightful Little Book on Aging"  
Tuesday group 9:30 - 11:00am

Join Beth Campisi for  
Cardio Drumming Mondays,  
Adaptive 4:00 - 5:00 pm  
Regular 6:00 - 7:00pm

Belly Dancing  
Wednesdays, 6:00 - 7:00pm

Drumming with Helen Bond  
Join Helen in the Library on Sunday,  
May 19<sup>th</sup> - 12:00 pm to 3:00pm.  
A Sessions is \$75.00, Register through  
Venmo @Helen-Bond-8



### Join Beth Campisi for Cardio Drumming on Mondays

**Adaptive Cardiodrumming  
4:00 to 5:00 pm**

**Regular Cardiodrumming  
6:00 – 7:00pm at  
Emmanuel.**

Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome! You will need to bring a small round plastic laundry basket or bucket, an exercise ball and drumsticks.

"Living the Artist's Way"  
A 6 week book study,  
starting April 16th, on Tuesdays

WELCA SALAD LUNCHEON  
Thursday, May 9th  
11:00 - 12:30

### ***Breathe***

Saturday, May 11th, 5:00pm at Emmanuel

Scholarship Applications are due May 31st

**Coming in June**  
**"Songs of the Cedar"**  
**June 12, 19 and 26**  
**6:00 - 7:30pm**  
**See article below.**

All are welcome @ Emmanuel!!



### **We Pray for Healing**

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

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You can bring your own equipment, or we will get it for you for \$20.00. Cost is 10.00 per class. Pay monthly or weekly.

Adaptive Cardiodrumming provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous cardio, however it provides a multitude of benefits for the participant! No drumming experience needed. All levels welcome!

Contact Holly Blair-Cascio if you would like to Cardio drum with us!

815-543-1191

[hollyblair@mac.com](mailto:hollyblair@mac.com)

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### **Women's Interfaith Potluck**

Women's Interfaith Potluck: All women are welcome to attend the Women's Interfaith Potluck on Monday, May 20th at 6:00 pm at Our Saviors Lutheran Church, 3301 Corbridge Lane, Rockford.

*Niki Dolf Hall will speak on interreligious discrimination.*

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

### **PLEASE REMEMBER:**

Our Muslim sisters do not eat pork or non-halal meat, and our Jewish sisters do not eat pork, so please respect this in the choice of food you are bringing to the potluck. Plates, silverware, and beverages will be provided. Hope to see you there!

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## **May Birthdays**

- 5/1 Lisbeth McLean
- 5/2 Brenda Finkbeiner
- 5/5 Taj Guzzardo
- 5/6 Bronte Benson
- 5/6 James Roberts
- 5/10 Susan Stauffer
- 5/12 Andrea Wallace Noble
- 5/17 Brendan Noble
- 5/17 Paula Stahl
- 5/18 Christopher Walter
- 5/19 Alexandra Benson Koch
- 5/22 Bob Matheson Jr.
- 5/23 Mariana Delcourt
- 5/24 Anastasia Benson
- 5/24 Thea Sauer
- 5/25 Kara Thompson
- 5/26 Pat Becker
- 5/26 Erick Knaus
- 5/27 Rocio Aldana
- 5/27 Dagny Johnson



## **Faith Community Nurse Notes**

### **Got a minute? You should read this!**

There are so many possible health promotion topics for May, that it was hard choosing just one, especially after a few years of writing these articles. So, if you'll allow me, I'm going to share links to a few themes and you can pick those of most interest to you & your family:



### **May: Arthritis Awareness Month.**

<https://oaaction.unc.edu/en/>

Better Hearing and Speech  
Month

<http://www.entnet.org/>

Healthy Vision Month

<https://oaaction.unc.edu/en/>

National High Blood Pressure  
Education Month

<https://www.nhlbi.nih.gov%2Fhealth%2Fhigh-blood-pressure>

Mental Health Awareness  
Month

<https://www.nami.org>

National Stroke Awareness



## **Winnebago County Forest Preserves Interest Hikes**

### **Come hike with us.**

Join Soul Garden for continued hiking experiences in the Winnebago County Forest

Preserves. Text Holly if you want to join the hikes. All hikes start at 9:00am.  
815-543-1191 hollyblair@mac.com

Link to Descriptions of all 44 Forest Preserves  
<https://www.winnebagoforest.org/items>

**Thursday, May 2 9:00am**  
**Deer Run Forest Preserve**  
5691 Cherry Valley Rd.  
Cherry Valley, IL 61016

**Saturday, May 18<sup>th</sup> 9:00am**  
**Seward Bluffs Forest Preserve**  
16999 Comly Road,  
Seward, IL 61077

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**WELCA (Women of the Evangelical Church of America)**  
**Salad Luncheon**

**Thursday, May 9<sup>th</sup>, 11:00 - 12:30**

Our next WELCA meeting will be our Salad Luncheon with Sue Scott as the speaker. All donations will go to Sue's discretionary fund.

Come bring a salad and join us. Contact Karen Van Howe with any question @ [karenvanhowe@gmail.com](mailto:karenvanhowe@gmail.com) or 815-519-9937.



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**Wednesday night is Belly Dancing**  
**6:00 – 7:00pm - Cost: \$10/class**

Belly dancing is incredibly empowering. People of every size and ability level will have fun while building confidence, strength and grace. In the classes you will learn the Egyptian roots of Belly dance and the modern tribal & fusion styles. Short combinations will be incorporated into drills that focus on muscle group isolations, core stabilization, strengthening and lengthening

Month  
<https://www.stroke.org/>

Skin Cancer Prevention  
Month and Awareness  
Month

<https://www.skincancer.org/>

Interested in more? Google 2024 monthly health observances for a more complete list. Do your best to protect this life you're given! Want to talk further? Contact your Faith Community Nurse!

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**Care for Creation  
Committee**

Care for Creation Committee needs volunteers to help plant Emmanuel's pollinator prairie.

The Planting date is Saturday, May 18<sup>th</sup> at 9:00 am.

We can also use some volunteers to water once a month.

Please contact Taj at 779-770-3520.

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**Emmanuel's Food Pantry**  
**Needs Your Help**

The Three Rockford and Loves Park Post Offices are going to have their Food Drive again this year.

**The Food Drive is  
scheduled for  
Saturday, May 11<sup>th</sup>.**

All you have to do is put some non-perishable food in a plastic bag and place it out by your mail



of muscles, sharp & fluid motions, musicality & dance etiquette. No previous dance experience required and great for all fitness levels.

All classes are held at Emmanuel. Register with Holly Blair-Cascio, 815-543-1191 or [hollyblair@mac.com](mailto:hollyblair@mac.com)

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## ***Breathe***

**Saturday, May 11th,  
5:00pm at Emmanuel**

David Stocker and friends, Steve Pitkin, Bill Moyer and Asia Peters, will be guest musicians as we gather to *Breathe in May*.

For one hour, join us as we enter the thin place between the worlds and *Breathe*.

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***Serving the people who live, work,  
worship, and play  
in the neighborhoods of Midtown***

### **May Events**

Check out our Facebook page:  
<https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

Opportunities in MLP—ALL ARE WELCOME!  
*Katie's Cup follows CDC, State, and County Covid protocols.*

Katie's Cup is open Tuesday thru Friday  
8 am - 3 pm

Katie's Walking Club—Thursdays at 9:15 a.m.,  
weather permitting

### **Music Groups and Concert Series**

May 9, 2024—(7:00 p.m.-8:30 p.m.) 2nd City

box. The postal worker will either pick it up when your mail is delivered or a postal volunteer will pick it up during the day. All the food that is donated will go to the Greater Rockford Coalition and will be divided up between the nine pantries who participate in the Greater Rockford Pantry Coalition.

Thank you for helping to feed our hungry neighbors.

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**"Songs of the Cedar"  
Wednesdays, June 12,  
19, and 26  
6:00 - 7:30pm.  
Free and open to the  
public.**

Songs of the Cedar is about learning to play the Native American Flute, the expressive, most accessible, and beautiful ancient instrument. Learn to play, pray, converse with the birds, and lead ceremony. Bring a six hole flute (any key), or buy a good one from [ButchHallFlutes.com](http://ButchHallFlutes.com). Prices start around \$70. Listen to the flutes on the website and see what speaks to you. Low flutes, like E may be hard to finger for some folks. Learn the basics, a traditional song, and how to improvise. Begin a lifetime relationship with music indigenous to humans for 50,000 years.

Lead by Jim Roberts at Emmanuel Lutheran Church, 5th St. and 3rd Avenue. Enter by the back ramp entrance.

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**Our 2024 Council  
Officers and  
Congregational**

Chorus

Cinco de Mayo—4:00 p.m.-7:00 p.m. to benefit LULAC (League of United Latin American Citizens)

**Katie's Cup Conversations, always at 12:00 noon**

June 11, 2024—Gay PRIDE History.

**Cars 'n Coffee**

May 4—Firelight Dimmers (Indoors)

August 3—Wild Blue Ukelele Orchestra (Bitner Room)

**Soul Garden Forest Walk**—Come hike for an hour in Winnebago Counties Forest preserves. **Text Holly if you would like to join the hikes: 815-543-1191. All start at 9 am at Forest preserve entrances unless otherwise instructed.**

**RVC Lecture Series—Please Register through RVC's CLR (Center for Learning in Retirement)**

Call 815-921-3933 or email

[T.Lewis@rockvalleycollege.edu](mailto:T.Lewis@rockvalleycollege.edu)

May 2 – 1:00-2:30 p.m., “Songs That Changed the World” by Ron Holm

May 7 – 10:00 -11:30 a.m., “Where in Africa is Eswatini?” by Intern Rachel and Nathi

**Bingo** hosted by Oak Street Health 1st Wednesday of the month at 1:00 pm at Katie's Cup.

**Game Time** hosted by Oak Street Health 3rd Wednesday of the month 1:00 p.m.

**First Lutheran Naomi Circle** meets the 1st Wednesday of the month at Katie's Cup lower level, 11:30 am-2:00 pm, using “Gather” Magazine devotion. Buy a beverage or lunch, if you wish.

**Special Events at Emmanuel Lutheran Church:**

For the following Emmanuel events, **contact Holly Blair-Cascio 815-543-1191**

**Cardio-Drumming (Mondays - Adaptive, 4:00-5:00 pm, Regular 6:00-7:00 p.m.)** To sign up, contact Holly 815-543-1191

**Wednesday Night Belly Dancing. 6:00 -7:00 p.m. \$10/class**

**Emmanuel Lutheran Church Pantry**— Fridays 9:30-11:30 am

Emmanuel Lutheran Spiritual Journeys Book Study, Tuesdays, 9:30-11 am. by Zoom. We read together

# Council Members

Karen Van Howe President  
Holly Blair Cascio Vice President  
Jack Ream Treasurer  
Kathlyn Wright Secretary  
Dan Goldberg  
Taj Guzzardo  
Susan Hurley-Whitacre  
Rich Lundin  
Sally Susan  
Marcia Terrill

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## SCHOLARSHIPS OFFERED BY EMMANUEL LUTHERAN CHURCH

### 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

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.

Available to members of Emmanuel, to high school seniors,

and discuss. Current book: "A Delightful Little Book on Aging" by Stephanie Raffelock. Join Zoom Meeting  
<https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzJlJUT09>

**Bible Studies:**

**Salem Lutheran:** Tuesdays at 9:30 am in the Founders' Room

**Emmanuel:** Wednesdays at noon. Zoom link:  
<https://us02web.zoom.us/j/89356888344?pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09>

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**Emmanuel needs your financial support.**

Just like you need an income to pay your electric, water and gas bills, the church also has to pay its bills. Remember to take home your 2024 Offering Envelopes. They are located on the buffet in the hallway as you leave by the north parking lot entrance. Mail in your offering to Emmanuel or place in the offering plate on Sunday.

Emmanuel Lutheran Church  
P.O. Box 4362  
Rockford, IL 61110

If you prefer to donate online, go to our website at [www.elcrockford.org](http://www.elcrockford.org) and click on the Donate button in the upper right-hand corner of the page.

Thank you for your support to your church

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.

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**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

## Give Online

Support Emmanuel  
and its ministry by  
giving electronically



Scan this code using the  
QR reader app on your  
phone to make a secure  
electronic donation

Follow the instructions  
to setup a one-time or  
reoccurring payment

Thank you for giving.

after receiving confirmation of enrollment at the college (i.e.: class schedule).

9) 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.

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**Please Note:  
New Address for our Synod:**

**NORTHERN ILLINOIS  
SYNOD  
P. O. Box 443  
Moline IL 61266**

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



Emmanuel Lutheran Church | 920 Third Ave, Rockford, IL 61104

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