

Be a lamp,  
or a lifeboat,  
or a ladder.



Help someone's soul heal.



Walk out of your house  
like a shepherd.



~ Rumi

Welcome to ReFresh at Emmanuel  
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)  
May 18, 2025

## **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: Karen Van Howe

Special Speaker: Susan Goldberg

Lector: John Mueller

Coordinator of Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir; Flute, Bryn Fleming

Accompanist: Clea Arbogast

Communion Assistant: Ann Downie

Altar Guild: Marcia Terrill

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Usher: Rich Lundin

**Yoga With Claudette Pirrello, Mondays at 5:00 pm**

**Cardio Drumming With Beth Campisi Mondays at Emmanuel, 4:00 – 5:00pm**

**Spiritual Journeys 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**

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](mailto:emmanuelchurch07@gmail.com) [elcrockford.org](http://elcrockford.org)

Pastor Frank Langholf, phone 309-509-5241, email: [fslangholf@gmail.com](mailto:fslangholf@gmail.com)

**Date: May 18, 2025**

**Theme: Good Shepherd Sunday**

**Prelude: Selection by Clea Arbogast**

**Welcome: Karen Van Howe**

**Meditation:** Be a lamp, or a lifeboat, or a ladder.

Help someone's soul heal.

Walk out of your house like a shepherd.—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: Good Shepherd Prayer**

Good Shepherd,  
I have known death,  
and you have refreshed my soul.

**I have known fear,  
and you have comforted me.**

I have known hunger,  
and you have set a feast before me.

**In the darkest valley  
no calamity of humankind or nature has separated us.**

Teach me to walk as you walk

**Beside those in mourning  
so that they will know joy,**

Beside those in fear  
that they will know comfort,

**Beside those in hunger  
that they will feast until their cup overflows.**

As your goodness and love follow me,

May mine follow my neighbor

That the threat of the worst terrors

May turn to the knowledge of the comforts of  
the house of the Lord,

Where you have invited us to dwell forever.

**And so let me strive to help build on earth**

**What you have promised us in heaven.**

In the face of all calamity, present and yet to come,

Let me lead my neighbor beside quiet waters,

The quiet waters of the Good Shepherd.

**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: I Am The Bread of Life (ELW 485)

Leader or All




1 "I am the Bread of life. You who  
2 "The bread that . . . I will give is my  
3 "Un - less . . . you . . . eat of the  
4 "I am the res - ur - rec - tion, that . . .  
5 Yes, Lord, . . . I be - lieve



come to me shall not of the hun - ger, and who be -  
flesh for the life of the world, . . . and if you  
flesh of the Son of the Man . . . and . . .  
I . . . am the life. . . If you be -  
you . . . are the Christ, . . . the . . .




lieve in me shall not thirst. No one can come to  
eat . . . of this bread, and you shall . . . live for -  
drink . . . of his blood, and drink . . . of his  
lieve . . . in . . . me, e - ven . . . though you  
Son . . . of . . . God, who . . . have . . .



me un - less the Fa - ther beck - ons."  
ev - er, . . . you shall live for - ev - er."  
blood, . . . you shall not have life with - in you."  
die, . . . you shall live for - ev - er."  
come in - to . . . the . . . world. . .

Refrain  
All



"And I will raise you up, and I will raise you up,



and I will raise you up on the last day."

**First Reading: Why I Wake Up Early in the Morning—Mary Oliver**

Hello, sun in my face.

Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety—

best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever-darkness,  
to ease us with warm touching,  
to hold us in the great hands of light—  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

**Second Reading: the Shepherd's Song—by Mary Oliver**

Anything worth thinking about is worth  
singing about.”

Which is why we have  
songs of praise, songs of love,  
songs of sorrow.

Songs to the gods, who have  
so many names.

Songs the shepherds sing,  
on lonely mountains, while the sheep  
are honoring the grass,  
by eating it.

## Scripture/Meditation Song: Open Your Hearts (Covenant 336) Verse 1, no refrain

1 O - pen your hearts, all you who hear this, o - pen your  
 2 We have come to greet the Sav - ior, we have  
 3 Je - sus is here, we bow be - fore him, Je - sus is

hearts to know God's love, o - pen your hearts to  
 come to wor - ship him, we have come to  
 here with - in this place. Je - sus is here a -

hear his mes - sage: Je - sus makes us one.  
 sing God's prais - es; wor - thy is his name.  
 mong his peo - ple, chil - dren of his grace.

**Scripture: John 13: 31-35** When he had gone out, Jesus said, “Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him,<sup>[a]</sup> God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me, and as I said to the Jews so now I say to you, ‘Where I am going, you cannot come.’ I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”

Presider: This is the witness of an early Christian community.

**All: May we find wisdom for our living.**

**Sermon—Susan Goldberg**

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

**Special Music. The Prayer**—by Carole Sager and David Foster;  
words adapted by Tom Fettke; orchestration Michael Lawrence  
**Emmanuel Choir; flute, Bryn Fleming**

**Time of Gratitude—We Are an Offering (ELW 692)**

The musical score is written for a single voice part on a grand staff (treble and bass clefs). It consists of six lines of music. The lyrics are written below the notes. The music is in a 3/4 time signature. There are several triplets marked with a '3' over the notes. 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.' The score ends with a double bar line.

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— A Table Set By God**—words, Herb Frombach;  
music, David Lantz III

#### Emmanuel Choir

### Prayer Song and Response: Lord, Listen to Your Children Praying (ELW 752)

The musical score is written for a choir in G major (one sharp) and 4/4 time. It consists of two systems, each with a treble and bass staff. The melody is primarily in the treble staff, while the bass staff provides a harmonic accompaniment. The lyrics are written below the notes.

Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;

Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace.

### Prayers of the People

Allison, Sally, Jerry, Don, Madeleine, Tim, Millie, Sally, Ron, Jonathan

Jennie, Char, Linda, Judy, Shannon, Ian, Miguel, Mike, "CeCe", Beverly,  
Brooke, Mary Lee, Tammi, Matthew, Margie, Tom, Sophie, Vince, Todd, Bina,  
Deborah, Jeff, Roycealee, Jonathan, Peg, Karen & Jerry,  
Nathanial & Hannah, Tim Geoppo

### Announcements

# Sending Song: Shepherd Me O God (ELW 780)

*Refrain*  
All

Shep- herd me, O God, be- yond my wants, be- yond my fears, from  
death in - to life. *to stanzas 1, 2, 3, 5* *to stanza 4*

*Leader or All*

1 God is my shep- herd, so noth- ing shall I want, I  
2 Gent - ly you raise me and heal my wea - ry soul, you  
3 Though I should wan- der the val - ley of death, I

rest in the mead-ows of faith - ful - ness and love, I  
lead me by path-ways of righ - teous-ness and truth, my  
fear no e - vil, for you are at my side, your

*Refrain*

walk by the qui - et wa - ters of peace.  
spir - it shall sing the mu - sic of your name.  
rod and your staff, my com - fort and my hope.

*Leader or All*

4 You have set me a ban-quet of love in the face of

*Refrain*

ha-tred, crown-ing me with love be-yond my pow'r to hold.

*Leader or All*

5 Sure-ly your kind-ness and mer-cy fol-low me all the days of my life;

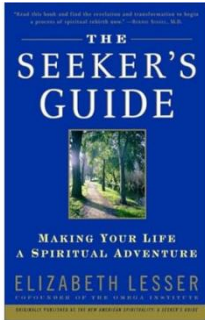
I will dwell in the house of my God for-ev - er - more.

*Final refrain*  
All

Shep- herd me, O God, be - yond my wants, be -  
yond my fears, from death in - to life.

## Benediction/Sharing of the Peace

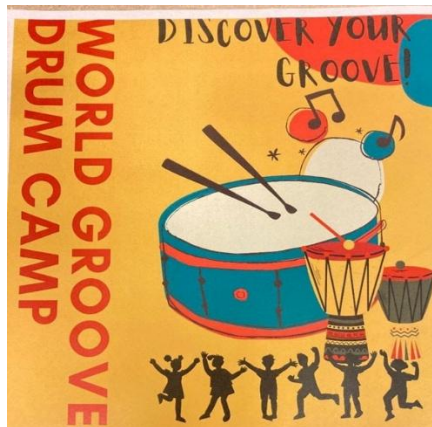
**Women's Interfaith Potlucks:** All women are invited to attend the interfaith potlucks that start at 6:00 p.m. Bring a dish to pass. Plates, silverware, beverages are provided. **Monday, May 19, 2025** at Lakewood Hills shelter house, 4188 Lakeside Drive, Rockford. Karen Hill will speak about the work of Rockford Urban Ministries.



### **Spiritual Journeys Tuesdays - 9:30 – 11:00am**

We have chosen a new book for Spiritual Journeys which we started on May 13, 2025–9:30 a.m. on Zoom. It is The Seeker's Guide, by Elizabeth Lesser. It is available on Amazon and from other sources. We will be reading together and discussing it, so no need to read ahead. Please join us with this Zoom link on Tuesday mornings at 9:30 a.m. - 11:00 a.m.

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



**TIME TO MARK YOUR CALENDAR  
FOR THE WORLD GROOVE DRUM CAMP  
JULY 7 – 11, 2025**



A@E invites you to participate in our summer art exhibit,

## **"Sanctuary"**

June-August 2025

Opening Reception in the Gallery at Emmanuel,

Friday, June 6, 6:00-8:30 pm

920 Third Ave. Rockford

Calling all Artists!

Sanctuary will be a mixed media art show. It will highlight artists perspective of what the concept of sanctuary inspires. Sanctuary can represent a safe and protected place, whether a physical space or a metaphorical refuge, a place of worship, a wild life reserve, a garden or prairie, a forest or a personal haven of comfort. The concept of sanctuary also has roots in ancient religious traditions where it is referred to as a holy or sacred place. Artists are encouraged to pull from collective wisdom and share their interpretation of this concept with their art.

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Art due: Wednesday, June 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 an appointment: 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre  
at 708-845-7207 or [susanhurley2010@gmail.com](mailto:susanhurley2010@gmail.com)