

LIVING IN THE NORTH



**What Emmanuel Brings to the Community.
(CREATOR, COSMOS – ACTION, CARE FOR COMMUNITY)**

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
July 26, 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: Marcia Terrill

Guest Musicians: Josh & Kelli Luebke

Accompanist: Clea Arbogast

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 26, 2026

**Theme: Living in the North: What Emmanuel brings to the community.
(Creator, Cosmos—action, care for community)**

Prelude: Selection by Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation : "The meaning of life is to find your gift. The purpose of life is to give it away." — Pablo Picasso

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 North

We turn to the North. Autumn deepens into winter. The stars appear in the canopy of the night sky providing guidance upon the journey. We have discovered who we are, what we bring to our people, and we choose to do the work we are called to do, as nurturing and generative adults living out of heart-centered thinking.

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: Light Dawns on a Weary World (ELW 726)



1 Light dawns on a wea - ry world when eyes be - gin to
 2 Love grows in a wea - ry world when hun - gry hearts find
 3 Hope blooms in a wea - ry world when crea - tures, once for -



see all peo - ple's dig - ni - ty. Light dawns on a
 bread and chil - dren's dreams are fed. Love grows in a
 lorn, find wil - der - ness re - born. Hope blooms in a



wea - ry world: the prom - ised day of jus - tice comes.
 wea - ry world: the prom - ised feast of plen - ty comes.
 wea - ry world: the prom - ised green of E - den comes.



Refrain

The trees shall clap their hands; the dry lands, gush with springs;



the hills and moun - tains shall break forth with sing - ing!



We shall go out in joy, and be led forth in peace,



as all the world in won - der ech - oes sha - lom.

First Reading Richard Rohr

I say to the contemplative: Feel at home in the universe, study it, try to understand at least some of its innumerable marvels, including ourselves who are more and more capable of this understanding—marvel at that! Rejoice in the cosmos. In spite of all its hurtful ways, look at what it has done, is doing, is capable of doing. . . . And be active in it, contribute to it, participate in the building, in the artwork, in the healing, in the understanding. This is where Reality is. You yourself are both a member of the Finite and a member of the Infinite. You are a participant in the Trinitarian Life Cycle, for you are doing the incarnating and the creating and the realizing and the rejoicing. God's ecstasy creates the world, and the world's ecstasy realizes God.

Second Reading— by Khalil Gibran

Then said a rich man, "Speak to us of Giving."

And he answered:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over-prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, thirst that is unquenchable?

There are those who give little of the much which they have – and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

Continued....

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;
They give as in yonder valley the myrtle breathes its fragrance into space.
Though the hands of such as these **God** speaks, and from behind their eyes He smiles upon the earth.
It is well to give when asked, but it is better to give unasked, through understanding;
And to the open-handed the search for one who shall receive is joy greater than giving
And is there aught you would withhold?

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: James 1: 22-25

But be doers of the word and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

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

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

Sermon: **Pastor Frank Langholz**

Offering

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

Special Music: **Selection by Josh and Kelli Luebke**

Time for Gratitude

Prayer Song and Response: Change My Heart, O God (ELW 801)

Refrain

Change my heart, O God; make it ev - er true.

End

Change my heart, O God; may I be like you.

You are the pot - ter; I am the clay.

Refrain

Mold me and make me; this is what I pray.

Prayers of the People

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

The Lord's Prayer A Prayer in the Pattern of Jesus —Nancy L. Steeves

**Ground of all being,
we honor the many names for our experience of the sacred. May we build a
community
faithful to the dream of heaven on earth.
May there be food for all who hunger this day.
May we be forgiven for the falseness of what we have done as we forgive those
who have been untrue to us.
May we not feel abandoned in hard times
but find strength to meet each moment.
For the light of life, the vitality of being
is within us and beyond us, now and forever, AMEN.**

Announcements

Sending Song: When the Poor Ones (ELW 725)



- 1 Cuan-do_el po - bre na - da tie - ne yaún re - par - te,
 1 When the poor ones, who have noth-ing, still are giv - ing;
 2 When com - pas - sion gives the suf - f'ring con - so - la - tion;
 3 When our spir - its, like a chal - ice, brim with glad - ness;
 4 When the good - ness poured from heav - en fills our dwell - ings;



cuan - do al - guien pa - sa sed ya - gua nos da,
 when the thirst - y pass the cup, wa - ter to share;
 when ex - spect - ing brings to birth hope that was lost;
 when our voic - es, full and clear, sing out the truth;
 when the na - tions work to change war in - to peace;



cuan-do_el dé - bil a su her - ma - no for - ta - le - ce:
 when the wound - ed of - fer oth - ers strength and heal - ing:
 when we choose love, not the ha - tred all a - round us:
 when our long - ings, free from en - vy, seek the hum - ble:
 when the strang - er is ac - cept - ed as our neigh - bor:

Refrain / Estribillo



Va Dios mis - mo en nues - tro mis - mo ca - mi - nar;
 We see God, here by our side, walk - ing our way;



va Dios mis - mo en nues - tro mis - mo ca - mi - nar.
 we see God, here by our side, walk - ing our way.

Benediction/Sharing of Peace

Women's Interfaith Potluck

All women are invited to attend the interfaith potlucks, listed below, which start at 6:00 p.m. Please bring a dish to pass. Plates, silverware, and beverages will be provided, but you are always welcome to bring your own plate and silverware if you wish.

6:00pm, Monday, July 27, 2026

Muslim Association of Greater Rockford

5921 Darlene Dr., Rockford.

(NOTE: enter at the west door, near the gym, NOT at the main door to the Mosque.)

- Monday, August 31, 2026, at the Lakewood Hills

Shelter House, 4188 Lakeside Drive, Rockford. Rev. Joyce Palmer will speak about Nonviolent Communication, developed by Dr. Marshall Rosenberg. This is a practical communication tool designed to help us connect across differences.

Soul Garden Forest Preserve Walks

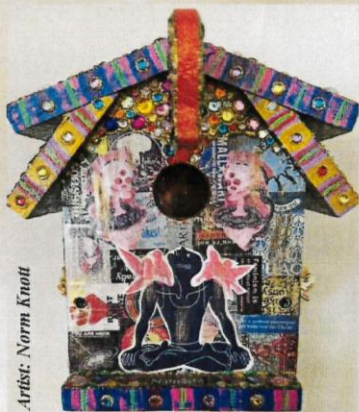
Come hike for an hour in Winnebago Counties Forest preserves. Text Holly if you want to join the hikes: 815-543-1191. Meet at the Forest preserve entrances unless otherwise instructed.

Monday, August 10, 9:00am

Hononegah - #80 Hononegah Road, Rockton, IL 61072

Saturday, August 29, 9:00am

Colored Sands -10602 Haas Road, Rockton, IL 61024



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

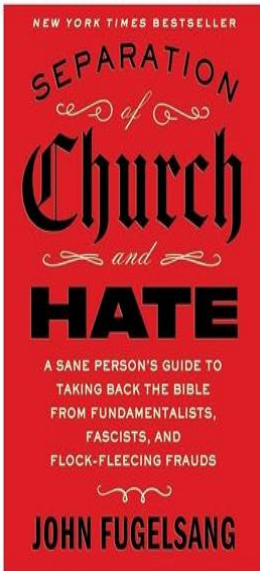
The Gallery at Emmanuel 920 Third Ave. Rockford

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



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 is “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 karenavanhowe@gmail.com for question or if you want to join the group.

Your Neighborhood, Pet, and Bicycle-Friendly Farmers Market



**Thursdays
9am – 1pm
June-October**
RPS 205 Headquarters Parking Lot

rockfordmidtownmarket@gmail.com • www.rockfordmidtownmarket.com
Twitter: @marketmidtown • Like us on Facebook & Instagram: @rockfordmidtownmarket
Market Mailing Address: c/o Katie's Cup, 502 7th St., Rockford, IL 61104
A Partnership of Katie's Cup & Midtown District Association

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