



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

February 9, 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: Pastor Frank Langholf

Altar Guild: Marcia Terrill

Special Musicians: Tim & Emily Austin

Consultant: Bill Houtkamp

Catherine Rennert, Sam Gonzalez

Sound: Andrew Ehrhardt

Lector: Susan Hurley-Whitacre

Greeting Cards: Taj Guzzardo

Accompanist: Clea Arbogast

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays at Emmanuel

Cardio Drumming—4:00 to 5:00 pm

Join us on Tuesdays for Spiritual Journeys Zoom Group - 9:30 - 11:00am.

We are reading "Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind," by Roger Walsh. Any questions, contact Karen Van Howe at karenvanhowe@gmail.com Join Spiritual Journeys Zoom Meeting:
<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9IsHyRKypPv9.1>

Bible Study on Wednesdays at Noon on zoom.

Dial 312-626-6799 Meeting ID: 893 5688 8344

Young Adult Book Study: Tuesdays, 4:50 to 7:50

Emmanuel's library, January 7th to March 4th.

February 9, 2025
Coming Out of the Depths

Prelude: Clea Arbogast

Welcome Pastor Frank Langholf

Meditation: “Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?” — 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.**

Installation of 2025 Church Council

Opening of the Heart: Prayer of Confession

**O God, our God, Creator of the stars of night,
Forgive us when we forget that darkness and light go hand-in-hand;
That the suffering of another is our suffering,
That the joy we know is not to be hoarded but shared.
That just as light warms and energizes us,
So, darkness calms us and gives us rest.
That there are those who still live in shadows of fear and grief
That we are called to be with them in the dark, and to bring light.
We thank you for day and night, for darkness and light, for the strife and the
joy, and for making us whole. 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: Hymn of Promise (NC 433)

Unison

1 In the bulb there is a flow - er; in the seed, an ap - ple tree;
2 There's a song in ev - ery si - lence, seek - ing word and mel - o - dy;
3 In our end is our be - gin - ning; in our time, in - fin - i - ty;

in co - coons, a hid - den prom - ise: but - ter - flies will soon be free!
there's a dawn for ev - ery dark - ness, bring - ing hope to you and me.
in our doubt there is be - liev - ing; in our life, e - ter - ni - ty.

In the cold and snow of win - ter there's a spring that waits to be,
From the past will come the fu - ture; what it holds, a mys - ter - y,
In our death, a res - ur - rec - tion; at the last, a vic - to - ry,

un - re - vealed un - til its sea - son, some - thing God a - lone can see.
un - re - vealed un - til its sea - son, some - thing God a - lone can see.
un - re - vealed un - til its sea - son, some - thing God a - lone can see.

Reading: Some Questions You Might Ask by Mary Oliver

Is the soul solid, like iron?

Or is it tender and breakable, like
the wings of a moth in the beak of the owl?

Who has it, and who doesn't?

I keep looking around me.

The face of the moose is as sad
as the face of Jesus.

The swan opens her white wings slowly.

In the fall, the black bear carries leaves into the darkness.

One question leads to another.

Does it have a shape? Like an iceberg?

Like the eye of a hummingbird?

Does it have one lung, like the snake and the scallop?

Why should I have it, and not the anteater
who loves her children?

Why should I have it, and not the camel?

Come to think of it, what about the maple trees?

What about the blue iris?

What about all the little stones, sitting alone in the moonlight?

What about roses, and lemons, and their shining leaves?

What about the grass?

Scripture/Meditation Song: Lord, Let My Heart Be Good Soil (ELW 512)

Lord, let my heart be good soil, o-pen to the seed of your word.

Lord, let my heart be good soil, where love can grow and peace is un-der-stood.

When my heart is hard, break the stone a - way. When my heart is cold,

warm it with the day. When my heart is lost, lead me on your way.

Lord, let my heart, Lord, let my heart, Lord, let my heart be good soil.

The image shows a musical score for the song 'Lord, Let My Heart Be Good Soil'. It consists of five staves of music in G major (one sharp) and 4/4 time. The lyrics are written below the notes. The first staff ends with a fermata over the final note. The second staff ends with a fermata over the final note. The third staff ends with a fermata over the final note. The fourth staff ends with a fermata over the final note. The fifth staff ends with a double bar line.

Scripture: Luke 5: 1-11

5 Once while Jesus was standing beside the Lake of Gennesaret and the crowd was pressing in on him to hear the word of God, ² he saw two boats there at the shore of the lake; the fishermen had gotten out of them and were washing their nets. ³ He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. ⁴ When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." ⁵ Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." ⁶ When they had done this, they caught so many fish that their nets were beginning to burst. ⁷ So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. ⁸ But when Simon Peter saw it, he fell down at Jesus's knees, saying, "Go

away from me, Lord, for I am a sinful man!”⁹ For he and all who were with him were astounded at the catch of fish that they had taken,¹⁰ and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, “Do not be afraid; from now on you will be catching people.”¹¹ When they had brought their boats to shore, they left everything and followed him.

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

All: May we find wisdom for our living.

Sermon Pastor Frank Langholf

Offering

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

Special Music: The Wonder Deep Within—by Joe Jinks

Time for Gratitude

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

Prayers of the People

Allison, Jonathan, Jeff, Sally, Peg, Karen & Jerry, Merry, Roycealee, Kathlyn, Lorraine, Jennie, Roberta, Dan, Jerry, Don, Madeleine, Tim, Andrea

Char, Linda, Judy, Shannon, Ian, Miguel, Mike, “CeCe”, Beverly, Brooke, Mary Lee, Tammi, Matthew, Margie, Tom, Sophie, Vince, Todd, Bina, Deborah

The Lord's Prayer

O Most Compassionate Life-giver,

May we offer you thanks and praise;

May we work with you to establish your new order of justice, peace and love.

Give us what we need for growth,

And help us, through forgiving others,

To accept forgiveness.

Strengthen us in the time of testing,

That we may resist all evil,

For all the tenderness, strength and love are yours, Now and forever. Amen

Announcements

Sending Song: Here I Am, Lord (ELW 574)



1 "I, the Lord of sea and sky, I have heard my peo - ple cry.
2 "I, the Lord of snow and rain, I have borne my peo - ple's pain.
3 "I, the Lord of wind and flame, I will tend the poor and lame.



All who dwell in dark and sin my hand will save.
I have wept for love of them. They turn a - way.
I will set a feast for them. My hand will save.



I, who made the stars of night, I will make their dark-ness bright.
I will break their hearts of stone, give them hearts for love a - lone.
Fin-est bread I will pro-vide till their hearts be sat - is - fied.



Who will bear my light to them? Whom shall I send?"
I will speak my word to them. Whom shall I send?"
I will give my life to them. Whom shall I send?"

Refrain



Here I am, Lord. Is it I, Lord? I have heard you



call-ing in the night. I will go, Lord, if you



lead me. I will hold your peo - ple in my heart.

Benediction

Sharing of Peace

Soul Garden Hikes

Please let Holly, 815-543-1191, know if you are coming, so she can watch for you.

Note times of Hikes

Thursday, February 13, 1:00pm

Cedar Cliff Forest Preserve

7901 Kishwaukee Road,
Stillman Valley, IL 61084

Monday, February 24th, 1:00pm

Rockford Rotary Forest Preserve

5390 Rotary Road,
Cherry Valley, IL 61063

Breathe In Between

Sometimes we need a thread to hold us together
during the months in between.



We who participate at *BREATHE* are a special community. We come together in a sacred space to meditate, sing, listen, hug, and know that we are not alone. All who come help to create a meaningful hour every other month. It's the "in between time" that can leave one longing for more togetherness and connection.

The time just after the service ends is saved for sharing the peace, hugs, short conversations, or brief introductions.

BREATHE IN BETWEEN will be offered as a "thread" to hold us all together in the months **between** meditation gatherings. It will also be a place for open-hearted soul talk. While many members know each other from other sources, we are now creating a time for us to get to know those we are not familiar with or to get to know those we do know even better.

We will meet in the Benson room from 5-6pm and use the Esther Perel game cards 'Where should we begin?' as prompts.

Christyn Rittenhouse will be orchestrating our gatherings, so if you have any questions, you can reach her @ 815-289-7110.

Our first gathering will be February 8th at 5:00 pm. Hope to see you there! And mark your calendars for our next *Breathe* meditation gathering on March 8th.

Deep peace to each of you, Christyn, Holly, Linda and Catherine

Conscious Agreements:
Designed alliance, Intentional agreements,
and Empowered relationships

Thursday, Feb 20th, 6-8pm
\$45 [Sliding scale available]

Learn how to create intentional agreements with friends, family, clients, staff, and with yourself in order to build a foundation of transparency, open communication, and trust. Having a high level of clarity can make it easier to set boundaries, avoid resentment & stress, and creatively solve problems.

Questions? Contact Christyn--815-289-7110

Coming in March

Ash Wednesday and the Beginning of Lent
March 5

Breathe, March 8

Weekly Wednesday Noon Services

Soul Garden Hikes
March 10 and 22

Meet You at Stockholm with Caring Connections
March 15

Weekly Thursday, Emotional Liberation Workshops
March 20 and 27
Two more weeks continued in April

Spring Equinox
March 21

Congregational Resource Event (CRE)
At Sauk Valley, Dixon, IL
March 22

Jenny SparksWeaver has been in the hospital in McHenry for awhile with some serious respiratory problems. She was just transferred to a rehab center to help her get her strength back. She's had a rough time and would appreciate any cards and texts. She gets too tired for too many phone calls.

Her address in rehab is Four Oaks Healthcare Center, 471 W. Terra Cotta Ave, Crystal Lake, IL 60014, phone # 779-800-3326.

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Pastor Frank Langholf 309-509-5241 fslangholf@gmail.com