



May 2026

The deadline to submit newsletter articles for the next newsletter is May 15, 2026

**Dear Greetings!**

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.

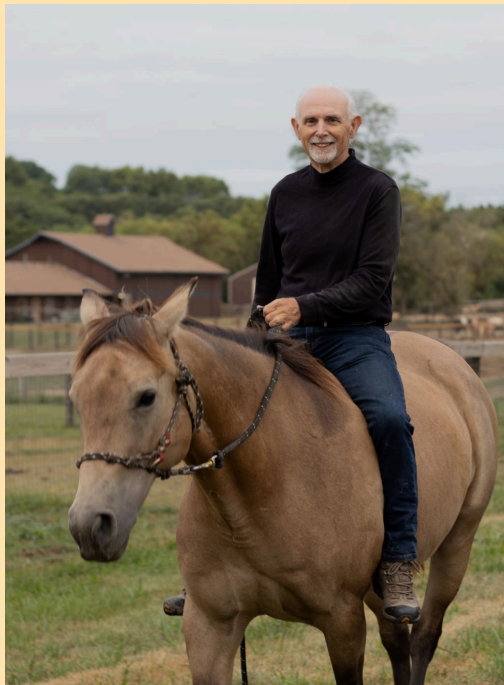
*Everyone is welcome at Emmanuel.*

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## A May Message from Pastor Frank



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Grace and Peace,

A month ago, the signs of spring were just beginning. Now, the greening of spring is bursting forth. The grass grows quickly, the spring flowers are in full bloom, and the trees are leafing out. A month ago, we were preparing for Easter, and here a

month later we continue to looking for the signs of resurrection in the power of Spirit.

May is bringing changes within our spiritual community. I am sure some of you are wondering what is happening with the process of selling our building. Carpenter's Place continues to be interested and the process is continuing to move forward in the direction selling to them, and sharing the building with them.

Changes are happening in our worship services. Pastor Chuck has taken a new full-time job with a Lutheran care facility in Ottawa IL. He will be commuting Sunday through Thursday. Therefore, he has requested that Calvary move their worship service to Saturday mornings. They will be making the decision on May 3 as Pastor Olson begins his new position on Monday May 4. Emmanuel will be working to provide worship on Sunday morning for our members who currently attend the 9 AM joint traditional service. Please hold Calvary and Emmanuel in your prayers as this change unfolds.

We are moving toward the celebration of Pentecost on Sunday May 24. Consider how all we are currently experiencing is a movement of the spirit. *"The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."* - Jesus The movement of Spirit is mysterious, and free, just as the wind is mysterious and free. I do not know where all this change that we are currently experiencing at Emmanuel (and the wider world for that matter) is leading. I hope that this is not only the wind of change, but also the wind of the Spirit stirring new life within us and around us.

Blessings,

*Frank*

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Artist: Marsha Goodheart

Arts at Emmanuel A@E  
invites you to participate in the art exhibit

## Nurture

May 2026—July 2026

Opening Reception

In the Gallery at Emmanuel  
Friday, May 1, 5:00-8:30 pm  
920 Third Ave. Rockford

## Calling all Artists

Arts at Emmanuel invites artists to express the concept *Nurture* through art. Artists are encouraged to pull from collective wisdom & personal experience creating what this concept inspires.

- To have your name included on promotional materials, your commitment is needed by March 27, 2026.

Art due: Wednesday, April 29 drop off 10:00am-12:00pm

Emmanuel Lutheran Church, 920 Third Ave. Rockford

Enter at church office north door (off alley, near parking lot.)

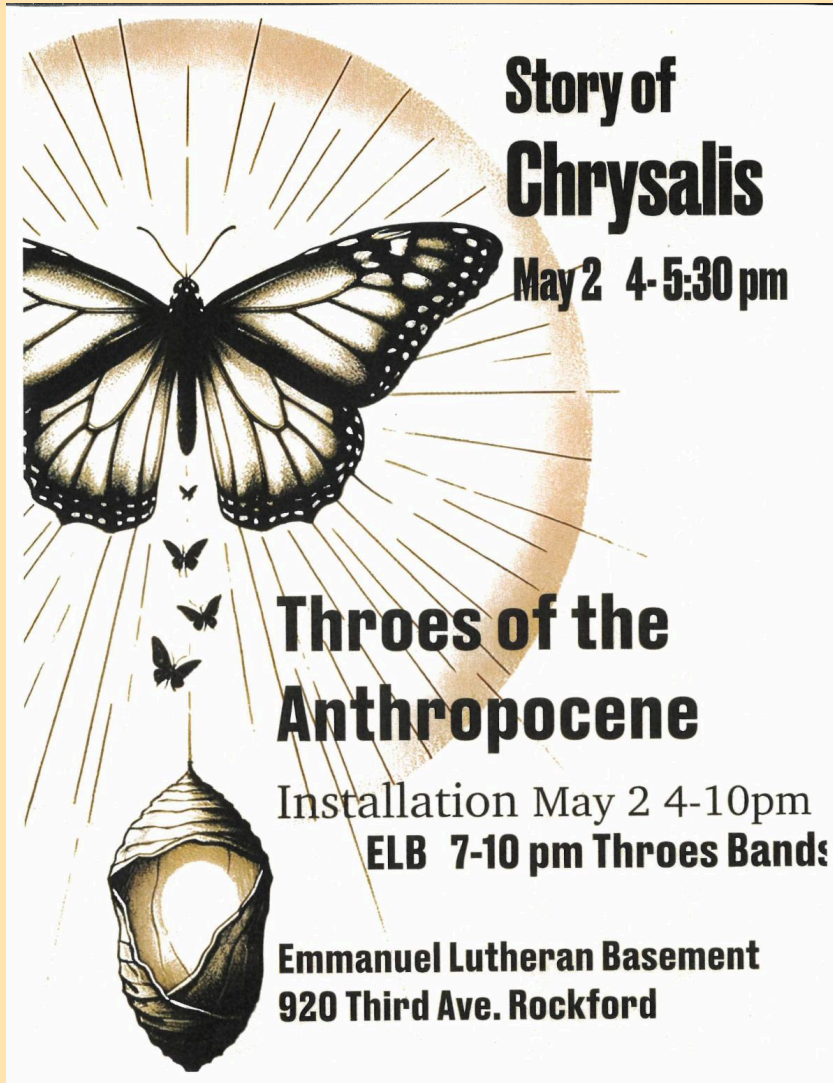
If you need to drop off work earlier in the week, please contact the office to make appt 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre  
at 708-845-7207 or susanhurley2010@gmail.com.

### **"Chrysalis: the re-invention of the Human" Join us for another original by Jim Roberts and produced by David Stocker**

Saturday May 2, 4:00–5:30pm in the Underground Emmanuel Theatre, a story told through a synergy of story, dance, music, and drama. No cost. Everyone welcome.

**ELB will be back for two dates May 2<sup>nd</sup>  
and May 30, 7:00 – 10:00pm**



**Story of  
Chrysalis**  
May 2 4-5:30 pm

**Throes of the  
Anthropocene**

Installation May 2 4-10pm  
**ELB 7-10 pm Throes Bands**

**Emmanuel Lutheran Basement  
920 Third Ave. Rockford**



**In Our Prayers**

Allison, Jonathan, Julaine, Ray, Ellie,  
Wanie, Bob, Barb, Kathy,  
David, Steve, Jim

Norm, Jennie, Judy, Shannon,  
Miguel, Mike, Matthew, Tom, Sophie,  
Vince, Todd, Bina, Deborah, Jeff,  
Peg, Karen & Jerry, Nathaniel &  
Hannah, Tim Geoppo, Mary Jo, Dr.  
Abu, Emi, Isaiah, Manny, Leeza,  
Louis, Barbie, Janine, Wade, Cindy,  
Billy



**Let's Go Hiking**

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

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

Please pray for the family and friends of Donna Anderson who passed away Thursday, March 12, 2026. Donna's memorial service will be at Emmanuel on Friday, May 29<sup>th</sup>, at 11:00. Luncheon after the service. Burial service for family only



**Spring Clean-Up**  
**Thursday, April 30th, 9:00am**

Join the crew for a great morning of spiffing up the grounds.

**And then, the coffee & donuts**



***Silent meditation practice  
in the Benson Room at  
Emmanuel.***

***Thursdays from 5:30 – 6:00pm  
All are welcome.***

***Enter by parking lot entrance.  
Questions? Call or text Sara  
815-742-0581***

We invite you to worship with us on  
**Sundays at our 9:00 am**

All hikes begin at 10:00 a.m. Dress for the weather!

**Thursday, May 7th 10:00am**  
Oak Ridge Forest Preserve, 8322  
Blomberg Road, Cherry Valley, IL  
61016

Please call or text Holly, 815-543-  
1191,  
if you are planning on coming to hike.



### **May Birthdays**

- 5/1 Beth McLean
- 5/5 Taj Guzzardo
- 5/6 Bronte Benson  
James Roberts
- 5/10 Sue Stauffer
- 5/12 Andrea Noble
- 5/17 Brendan Noble
- 5/18 Chris Walter
- 5/19 Alexandria Koch
- 5/22 Robert Matheson Jr.
- 5/23 Mariana Delcourt
- 5/24 Anastasia Benson
- 5/26 Pat Becker  
Erick Knaus
- 5/27 Rocio Aldana

### **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.

**Calvary/Emmanuel Traditional  
Worship Service in the chapel or  
our**

**ReFresh 10:30 am Service either  
in person or on ZOOM, and  
Facebook Live.**

The Recorded Service is available  
on Facebook after the service.

To gather online by computer, tablet,  
or smartphone, use the following link.

[https://us02web.zoom.us/j/8272674288  
8?  
pwd=WFEwOVBXZGd3OHFzSXQ1WX  
lVTHppZz09](https://us02web.zoom.us/j/82726742888?pwd=WFEwOVBXZGd3OHFzSXQ1WXlVTHppZz09)

If you need to join by telephone, you  
can use one of the following phone  
numbers.

1 309 205 3325 US or +1 312 626  
6799 US (Chicago)

Then enter the Meeting ID: 827 2674  
2888 and the Passcode: 830753

All are welcome @ Emmanuel!!

#### Happenings at Emmanuel

**Yoga With Claudette Pirrello,  
Mondays at 5:00 pm &  
Thursdays at 1:00 pm**

**Cardio Drumming With Beth Campisi  
Mondays at Emmanuel, 4:00 – 5:00pm  
To sign up, contact Holly 815-543-1191**

**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**

- **Monday, May 18, 2026**, at Christ  
Lutheran Church, 425 Riverside Rd.,  
Belvidere. Karen Glavin will talk about  
walking meditation and the history of  
labyrinths. People will also have an  
opportunity to walk the labyrinth at  
Christ Lutheran Church.

- **Monday, June 29, 2026**, at Zion  
Lutheran Church, 925 - 5th Ave.,  
Rockford. (NOTE: enter at rear door,  
next to the fire escape; If no one is at  
the door, push the button marked  
Kitchen and someone will open it.) The  
program will be "In Our Own Voice",  
through Northern Illinois NAMI, with an  
inspiring panel of women discussing  
their personal experiences with mental  
illness.

- **Monday, July 27, 2026**, at Muslim  
Association of Greater Rockford, 5921  
Darlene Dr., Rockford.

- **Monday, August 31, 2026:** location  
TBD.

- **Monday, September, 2026:** location  
TBD.

- **Monday, October 26, 2026**, at  
Muslim Association of Greater  
Rockford, 5921 Darlene Dr., Rockford.

- **Monday, November 30, 2026**,  
location TBD.

\*\*\* *NO POTLUCK IN DECEMBER  
2026.*\*\*\*\*

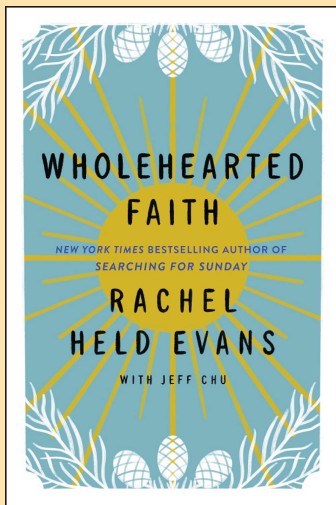


**Serving the people who live, work,  
worship, and play  
in the neighborhoods of Midtown**

**May 2026 MLP Newsletter**

Check out our Facebook page:  
[https://www.facebook.com/Midtown-  
Lutheran-Parish-101030175425386](https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386)

**Opportunities in Midtown Lutheran  
Parish—ALL ARE WELCOME!**



**Spiritual Journeys  
Tuesday Book Study  
Group 9:30 - 11:00am  
Meet on ZOOM**

**Spiritual Journeys:** Tuesday, May 5, 2026, Spiritual Journeys will begin a new book “Whole Hearted Faith,” by Rachel Held Evans and Jeff Chu. Join us at 9:30 a.m. until 11:00 am by Zoom.

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

No need to read in advance. We take turns reading in our group and pause for discussion. You can find more information about the book on Amazon.

Contact Karen Van Howe at **[karenvanhowe@gmail.com](mailto:karenvanhowe@gmail.com)** for question or if you want to join the group.



**Faith Community Nurse Notes**

Katie's Cup is open Tuesday thru Friday 8 am - 2 pm

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

Katie's Choice Book Club—Second Thursday of the month, 10 am.—11:15 am. Check with Katie's Cup for book selection

Katie's Cup Conversations— noon (11:30 room open) Noon-1:15 p.m.:

Tuesday, May 12, 2026—Marika Mertz and Evan Paul—Missions to Haiti

RVC Lecture Series—Please Register early through RVC's CLR (Center for Learning in Retirement) If places available, may pay \$5 at the door. Call Tammy Lewis at 815-921-3933 or email [T.Lewis@rockvalleycollege.edu](mailto:T.Lewis@rockvalleycollege.edu)

Thursday, May 7, 2026—10:00-11:30 a.m. Pr. Michael Thomas on White Body Supremacy

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.

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

Link to Descriptions of all 44 Forest Preserves

<https://www.winnebagoforest.org/items>

All hikes begin at 10:00 a.m. Dress for the weather.

See hiking schedule above

**Special Events at Emmanuel Lutheran Church:**

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

\*Special Art Exhibit: “Nurture”

## Happy Spring everyone!

I have so enjoyed the transition from winter and its cold and white or brown to all the warmth and color that spring affords us. What a gift, right? Help us not to want to hibernate anymore!

I'm sharing a post from *naturethecure* that I follow on Instagram:

### Daily Habits that will Change Your Life:

- 1 hour of exercise
- 2 liters (quarts) of water
- 3 cups of tea
- 4 colors on your plate
- 5 minutes of meditation
- 6 songs that motivate you
- 7 minutes of laughter
- 8 hours of sleep
- 9 pages of a book

Spring and all of its signs of new life can certainly be an example to us to also begin something new, to encourage new growth and beautiful "blossoms and fruit."

**I'm going to start this 5/4/26.  
Wanna join me?**

**Questions? Contact Sue,  
Faith Community Nurse**



### Women of the Evangelical Lutheran Church in America

All female members of the ELCA are considered a part of WELCA and are invited to join us on the third Thursday of each month, except July and August at 9:30 am at Emmanuel.

**The Next WELCA gathering is  
May 14th at 9:30 am**

Opening Reception & Market, May 1st,  
5:00 - 8:30pm

You are welcome to view the art exhibit when church is open. T,W,Th 8 a.m.—2 p.m. Sundays 9 a.m. til noon.

### \*Cardio-Drumming

(Mondays— 4:00-5:00 p.m. To sign up, contact Holly 815-543-1191

Emmanuel Lutheran Church Pantry—  
Fridays 9:30-11:30 am (closed the  
Fridays after Thanksgiving and  
Christmas)

Emmanuel Lutheran Spiritual Journeys  
Book Study, Tuesdays, 9:30-11 am. by  
Zoom. We read together and discuss.  
We are reading Wholehearted FAith.  
Join Zoom Meeting.

[https://us02web.zoom.us/j/89838350099?](https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1)  
[pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1](https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1)

### 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?](https://us02web.zoom.us/j/89356888344?pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09)  
[pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09](https://us02web.zoom.us/j/89356888344?pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09)

### 2026 Church Council Members

President: Karen Van Howe: Worship  
and Music

Vice-President: Kelli Luebke

Secretary: Kathlyn Wright: Outreach,  
Food Pantry

Treasurer: Rich Lundin, Finance  
Susan Hurley-Whitacre, Arts @  
Emmanuel

Marcia Terrill, at Large

Taj Guzzardo, Membership, Caring  
Connections

Sally Susan, at Large

Dan Goldberg, at Large

Kristie Heath-White, at Large

Dena Rasmussen



## **Silent Meditation Practice**

in the Benson Room at Emmanuel  
Thursdays from 5:30 to 6:30 pm

All are Welcome

Enter by the parking-lot entrance

Questions: Call or text Sara at  
815-742-0581

**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**



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