

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
March 8, 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 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

Lector: Cathy Ritts

Cantor: Catherine Rennert

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Altar Guild: Marcia Terrill

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm & Thursdays at 1:00 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. **No Bible Study during Lent**

Belly Dancing will resume in the spring.

**March 8, 2026
Third Sunday in Lent
Intentions**

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation : At its simplest, intent is saying YES to what life is asking and offering us. by Joseph (Angelo) Lazenka

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

May all beings be happy and filled with loving kindness.

May all beings be peaceful and at ease.

May all beings be healthy in body, mind and spirit.

May all beings be free from suffering and fear.

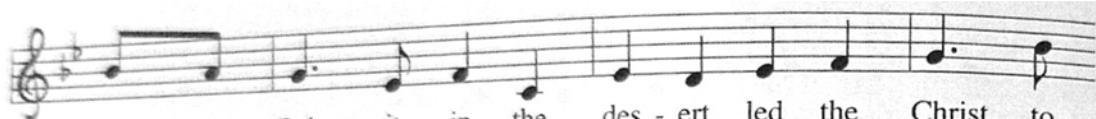
May all beings live in safety protected from all harm.

**May all beings realize the Beauty of their own True Nature,
awaken to the Light within and live in freedom and joy.**

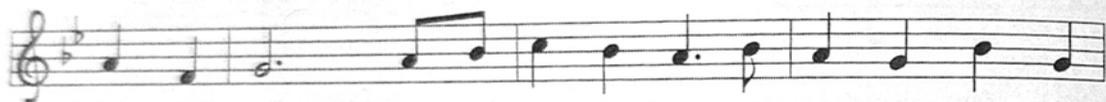
Proclamation of Grace:

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.

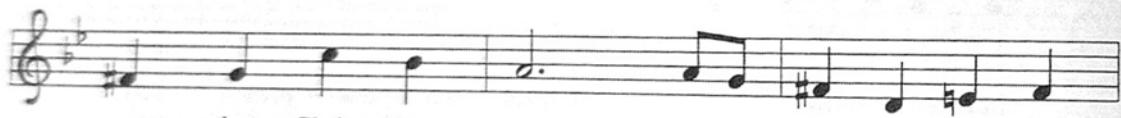
Gathering Song: As Your Spirit in the Desert (ACS 923)



1 As your Spir - it in the des - ert led the Christ to
2 As your fire and cloud - y pil - lar Is - rael's tribes to
3 Though wild beasts may lurk in shad - ow, and dire thirst may
4 Through the nar - row gate now draw us, past all em - pire's
5 God of des - ert, God of prom - ise, you have bid us



dust and stone, so in - still our hearts with cour - age now to
Ca - naan led, may your pres - ence be our com - fort, may your
sear and sting, you have prom - ised liv - ing wa - ters wait - ing
pull and strife, where be - yond our fear and cling - ing stands the
jour - ney on through the days of dust and dark - ness to the



cross where Christ has gone. Let us cross in - to the
man - na be our bread. Let us cross in - to the
for us at the spring. Let us cross out of the
thresh - old of new life. Let us cross out of the
ris - ing of the dawn. Let us cross out of the



wil - der - ness so to walk where Christ has gone.
wil - der - ness with God's man - na as our bread.
wil - der - ness to the wa - ters of the spring.
wil - der - ness to the thresh - old of new life.
wil - der - ness to the ris - ing of the dawn.

First Reading: When Death Comes by Mary Oliver

“When it’s over, I want to say: all my life I was a bride married to amazement. I was the bridegroom, taking the world into my arms. When it is over, I don’t want to wonder if I have made of my life something particular, and real. I don’t want to find myself sighing and frightened, or full of argument. I don’t want to end up simply having visited this world.”

Second Reading: The Still Point (author unknown)

I pause.

I breathe.

I listen to the rhythm of my own blood.

I am here, and I am ready.

I choose to walk with purpose,

To act with kindness,

And to see my own becoming.

Let this intention be the fire

That warms my days.

Scripture/Meditation Song: Open Your Hearts, verse 1 (Covenant 336)

Open your hearts, all you who hear this,

Open to know God’s love.

Open your hearts to hear his message,

Jesus makes us one.

Scripture: from Psalm 139, from Nan Merrill's Psalms for Praying

O my Beloved, You have searched me and known me!

You know when I sit down and when I rise up;

You discern my innermost thoughts.

You find me on the journey and guide my steps;

You know my strengths and my weaknesses.

Even before words rise up in prayer,

Lo, You have already heard my heart call.

You encompass me with love where'er I go,

and your strength is my shield.

Such sensitivity is too wonderful for me;

It is high; boundless gratitude is my soul's response...

O that You would vanquish my fears, Beloved;

O that ignorance and suffering would depart from me—

My ego separates me from true abandonment,

to surrendering myself into your Hands!

Yet are these not the very thorns

that focus my thoughts upon You?

Will I always need reminders to turn my face to You?

I yearn to come to You in love,

to learn of your mercy and wisdom!

Search me, O my Beloved, and know my heart!

Try me and discern my thoughts!

Help me to face the darkness within me;

Enlighten me, that I might radiate your Love and Light!

Presider: These are the words of an early Jewish 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: Clea Arbogast

Time for Gratitude

Prayer Song and Response: Sacred Fire

**Sacred fire, burning before me,
Burning within me, deep in my soul.
Sacred fire, transforming fire,
Recreate me, make me whole.**

Prayers of the People

Allison, Julaine, Ray, Donna, Jim, Wanie, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David, Steve,
Netha, Andrea, Ruth Ann.

The Lord's Prayer interpreted by Rev. Bret S. Myers

O God, our Divine Parent, may your presence be ever revered. May your peace and justice dwell among us. May your love and compassion live within and between us. Nourish us daily with the necessities of life; sustenance for our bodies, and inspiration for our spirits. And may the forgiveness we give be that which we receive; the kindness we show be that which we perceive. Lead us on virtuous paths, and distance us from evil. For your world is our world, and your reign our reign; then, now, and always. May it be so."

Announcements

Sending Song:**Be Thou My Vision. (ELW 793)**

1 Be thou my vi - sion, O Lord of my heart;
2 Be thou my wis - dom, and thou my true word;
3 Rich - es I heed not, nor vain, emp - ty praise,
4 Light of my soul, af - ter vic - to - ry won,

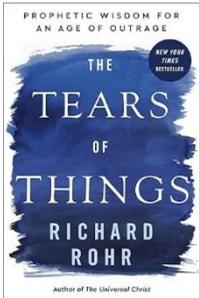
naught be all else to me, save that thou art:
I ev - er with thee and thou with me, Lord.
thou mine in - her - i - tance, now and al - ways:
may I reach heav - en's joys, O heav - en's Sun!

thou my best thought . . . by day and by night,
Thou my soul's shel - ter, thou my high tower,
thou, and thou on - ly, first in my heart,
Heart of my own heart, what - ev - er be - fall,

wak - ing or sleep - ing, thy pres - ence my light.
raise thou me heav'n - ward, O Pow'r of my pow'r.
great God of heav - en, my trea - sure thou art.
still be my vi - sion, O Rul - er of all.

Benediction

Sharing of the Peace



Spiritual Journeys

Spiritual Journeys is now reading and discussing “The Tears of Things; Prophetic Wisdom for an Age of Outrage” by Richard Rohr. All are invited, you may join at any time. You do not have to read the book on your own. We read when we get together and discuss as we go along.

We meet Tuesdays, 9:30 am until 11:00 am on zoom. Any questions or you would like to join, contact Karen Van Howe at kvanhowe@comcast.net.

Soul Garden Hikes

Monday, March 9th 10:00am

Hononegah F. P.

#80 Hononegah Road, Rockton, IL 61072

Saturday, March 28th, 10:00am

Colored Sands F. P.

10602 Haas Road, Rockton, IL 61024



Please call or text Holly, 815-543-1191, if you are planning on coming to hike, so the group will know you are coming.



Join Beth Campisi for Cardio Drumming in 2026 at Emmanuel

Every Monday 4:00 to 5:00 pm

Only \$10 dollars per session

Contact Beth if you would like to join us! (815) 742-0548

Cardio drumming combines cardio exercise and drumming to music to provide an easy but effective workout. Using an exercise ball, a bucket and drumsticks, cardio drumming is a fun, fast paced way to increase your heart rate, burn calories and improve your coordination. It even helps to improve brain function and you don't need to be a drummer to do it! Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome!

Your Help Is Needed!

The Funding Team is planning a rummage sale for this summer. It is necessary to clean some of our 31 rooms to unearth “treasure” and to prepare for any future sale of Emmanuel’s building. Please help us with this task. (We are only two people, Taj Guzzardo at 779-770-3520 or Andrea Noble-Wallace at 815-519-4664)

Please give one of us a call. We would like to get started as soon as possible and will set a date after we talk to some volunteers.

2026 Midtown Midweek Lenten Services at Noon

Conversations with Jesus

March 11th at Zion Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in the Fellowship Hall
Service to follow at Noon in Zion's Sanctuary
Pastor Frank Langholf preaching

March 18th at Emmanuel Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Sanctuary
Pastor Leslie Aska preaching

March 25th at First Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Friendship Hall
Service to follow at Noon in First Lutheran's Sanctuary
Pastor Bill Dahlberg preaching



Our next Breathe Meditation gathering is Saturday, March 14th at 5:00pm. At Breathe, we gather for one hour to enter a sacred time -- the "thin place" between the worlds -- and Breathe. We listen to sacred readings and poetry from many traditions, we chant, and we sit in silence as we open ourselves to the Great Mystery.

Drumming with Helen Bond

Helen will be at Emmanuel twice in March,
on Sunday 3/15 and 3/29
From 1:00 to 3:00pm
Come join the Drumming Circle

Blossom Equinox

Spring is coming, never fear, our 6 weeks are almost up.
We will be celebrating the Blossom (or Spring) Equinox
Friday, March 20th, 6:00 pm to 9:00pm, at Emmanuel

Fix It Fair!

Saturday, March 21st, from 9:00 am to 1:00 pm

Bring your broken or torn items and meet our community of fixers! We will do our best to repair your beloved possessions and keep them out of the landfill.

Items such as,

- small electronics and appliances (no computer or phones)
- Clothing repairs and mending (please wash any clothing)
- Lamps and basic wiring
- Bicycles, toys and more!

This event is sponsored by Sustain Rockford and made possible by a grant from the Community Foundation of Northern Illinois

Coming in April

Arts @ Emmanuel Workshop
Ancient Egyptian Coptic Journal



Join us to learn how to make your own journal using the ancient technique of bookbinding, the Coptic Stitch, employed by early Christians in Egypt 2nd Century A.D.

2-Session Workshop

Saturday, April 11 9:00 - Noon
Collage covers & create signatures (book block)

Wednesday, April 15 6:00 - 8:30
Create sewing holes & Coptic stitch journal together

\$45 includes both sessions and all supplies needed
held at Emmanuel Lutheran Church
920 3rd Ave. Rockford, IL 61104

Register by contacting Holly Blair-Cascio
at (815) 543-1191 or Hollyblair@mac.com

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Pastor Frank Langholf, phone 309-509-5241, email:
fslangholf@gmail.com