



Welcome to ReFresh at Emmanuel

(Restoring Energy, Faith, and Relevance to Every Soul's Heart)

November 1, 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: Linda Aldana
Communion Assistant: Bobbie Walter
Crucifer: Erick Knaus
Star Carrier: Taj Guzzardo
Accompanist: Clea Arbogast
Acolyte: Susan Hurley Whitacre

Coordinator of Music Ministry: Tim Fenelon
Special Music: Emmanuel Choir
Altar Guild: Brenden Noble
Consultant: Bill Houtkamp
Sound: Andrew Ehrhardt
Greeting Cards: Taj Guzzardo

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: November 1, 2026, Theme: All Saints Sunday

All at home and in the sanctuary are invited to set up pictures and light votives in memory of loved ones who have passed.

Prelude: Selection by Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Whenever you pass by the field where you have laid your ancestors look well thereupon, and you shall see yourselves and your children dancing hand in hand.—Kahlil Gibran

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.**

Gathering Song —Procession

Standing on the Shoulders —Joyce Johnson Rouse

**I am standing on the shoulders of the ones who came before me,
I am stronger for their courage, I am wiser for their words.
I am lifted by their longing for a fair and brighter future,
I am grateful for their vision, for their toiling on this Earth.**

**We are standing on the shoulders of the ones who came before us
They are saints and they are humans, they are angels, they are friends.
We can see beyond the struggles and the troubles and the challenge
When we know that by our efforts things will be better in the end.**

Continued...

They lift me higher than I could ever fly,
Carrying my burdens away.
I imagine our world if they hadn't tried.
We wouldn't be here celebrating today.

**I am standing on the shoulders of the ones who came before me
I am honored by their passion for our liberty.
I will stand a little taller, I will work a little longer
And my shoulders will be there to hold the ones who follow me.**

Honoring of friends and loved ones who have passed

The names of those who have passed in the last year will be read by Pastor Frank and then a taper lighted and placed in the candle holder on the table at the front of the church. A bell or tin-shay will be rung after each name is read.

Donna Anderson
Allison Downie
Ron Harris
Elizabeth "Betty" Ralston

**I call out to my Ancestors,
Those who came before me,
Those of my blood and those of my heart.
Those whose names I know and those whose
names I do not know.
I ask you to guide me, protect me, help me to be
the best that I can be,
I praise you and honor you.
I remember you.**

Reading: Sherri Mitchell "Weh'na Ha'mu Kwasset

"When we connect with our ancestors and put their wisdom into action, we are evolving our collective consciousness. We are transporting the ancient truths of our collective past and birthing them into our future. What we create out of those truths extends the wisdom of all those who have gone before us, and it provides a guide for all those who will follow."

Scripture/Meditation Song: Celtic Alleluia (ELW 174)



Scripture: 1 John 3: 1-2 First Nations Version

1 Behold the greatness of the love shown to us by our Father the Great Spirit that he would call us his children! And so we are! The ones who belong to *the ways of* this world do not know the Giver of Life, so they do not see us in this way.

2 Much-loved friends, we are now Creator's children. It is not yet clear what we will be. But we know that when the Chosen One appears, we will be like him, for we will see him as he truly is.

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

All: May we find wisdom for our living.

Sermon—Pastor Frank Langholf

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

Special Music — **Angels Carry Me Home**—Arr. John Purifoy
Emmanuel Choir

Time of Gratitude—Give Thanks (the Covenant Hymnal 74)

Thanksgiving at the Table

The Lord's Prayer—traditional

Communion Music—**Together at the Table of the Lord**—Purifoy and McGuire

Emmanuel Choir

Prayer Song: O, Lord, Hear My Prayer (ELW 751)

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) in G major (one sharp) and 4/4 time. It consists of two systems. The first system contains the first two verses of the song. The second system contains the next two verses. The lyrics are written below the vocal staves, with the Soprano and Alto parts having the lyrics, and the Tenor and Bass parts having the lyrics. The music is a simple, hymn-like melody with a steady rhythm.

O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.
OR *The Lord is my song, the Lord is my praise: all my hope comes from God.*

O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.
The Lord is my song, the Lord is my praise: God, the well-spring of life.

Prayers of the People

Lorraine, Deborah, Jerry, Vince, Miguel, Jim, Andrea,
Ruth Ann, Char, Coulter, Judy, Julaine, Jeff

Sending Song: For All The Saints (ELW 422) verses 1, 2, 6, 7



- 1 For all the saints who from their la - bors rest, who
2 Thou wast their rock, their for - tress, and their might; thou,
Stanzas 3-5 on facing page.
6 But then there breaks a yet more glo - rious day: the
7 From earth's wide bounds, from o - cean's far - thest coast, through



thee by faith be - fore the world con - fessed, thy
Lord, their cap - tain in the well - fought fight; . . .

saints tri - um - phant rise in bright ar - ray; the
gates of pearl streams in the count - less host, . . .



name, O Je - sus, be for - ev - er blest.
thou, in the dark - ness drear, their one true light.

King of glo - ry pass - es on his way.
sing - ing to Fa - ther, Son, and Ho - ly Ghost:

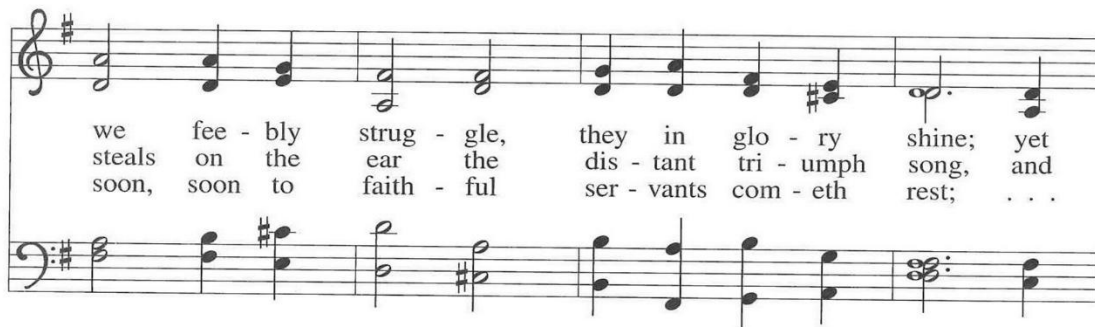


Al - le - lu - ia! Al - le - lu - ia!

Continued...



3 Oh, blest com - mu - nion, fel - low - ship di - vine,
 4 And when the strife is fierce, the war - fare long,
 5 The gold - en eve - ning bright - ens in the west;



we fee - bly strug - gle, they in glo - ry shine; yet
 steals on the ear the dis - distant tri - umph song, and
 soon, soon to faith - ful ser - vants com - eth rest; . . .



all are one in thee, for all are thine.
 hearts are is the brave a - gain and arms are strong.
 sweet is the calm of par - a - dise the blest.



Al - le - lu - ia! Al - le - lu - ia!

Benediction: We Remember Them, by Rabbis Sylvan Kamens and Jack Riemer

In the rising of the sun and in its going down,

We remember them.

In the opening of the buds and in the rebirth of spring,

We remember them.

In the blueness of the sky and in the warmth of summer,

We remember them.

In the rustling of the leaves and in the beauty of autumn,

We remember them.

In the beginning of the year and when it ends,

We remember them.

When we are weary and in need of strength,

We remember them.

When we are lost and sick at heart,

We remember them.

When we have joys we yearn to share,

We remember them.

So long as we live, they too shall live,

For they are now a part of us,

As we remember them.

Sharing of the Peace

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.

Wednesday, November 11, 10:00am

J. Norman Jensen - 14400 S. Bluff, Rockton, IL



Breathe Service

Note change of date:

Saturday, November 21st, 5:00 – 6:00pm

At Emmanuel's Breathe Meditation Service we gather for one hour to enter a sacred time - the "thin place" between the worlds - and Breathe. We listen to sacred scriptures and poetry from many traditions, we chant, and we sit in silence as we open ourselves to the Great Mystery.

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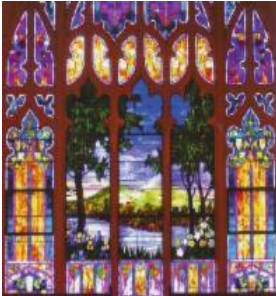
Hello from Emmanuel's Pantry,

Believe it or not, the Holidays are almost upon us and the pantry is gearing up to give out Holiday Food to our neighbors. If you can help us out, we are asking for stuffing, turkey gravy, dry mashed potatoes, hot cocoa mix, Jello, and instant pudding. If there is anything else you want to bring, we will be grateful. There will be a cart outside of the celebration room on Sundays and through the week for you to put your offering into. We will be collecting food through October, November, and December. Also, we can use plastic bags. If you shop at Woodman's, their plastic bags are the best for carrying a paper bag full of food, but any plastic grocery bags are welcome. Thank you for supporting the Food Pantry



Thursday, November 5th 9:00 – Noon

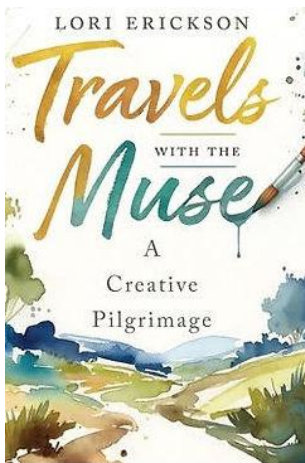
Plan to join us as we get the church grounds looking good.
Coffee and donuts after.



Mark your calendar for Cleaning of the Sanctuary

November 19th – 9:00 – Noon.

The Messiah will be at Emmanuel again this year and
we would like our sanctuary looking beautiful.



Spiritual Journeys

Tuesday mornings 9:30 - 11:00am

Spiritual Journeys will be starting a new book on
November 10th that will appeal especially to the artists in
the group. Travels with the Muse by Lori Erickson.

Join us at 9:30 a.m. until 11:00 am. by zoom. Tell any
friends 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. You can find more
information about the book on Amazon. Contact Karen Van Howe at
karenvanhowe@gmail.com for question or if you want to join the group.

Join Zoom Meeting.

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



Artist: Marsha Goodheart

A@E
ARTS AT EMMANUEL

invites you to join us
for an evening of
art & inspiration

Joy in the Midst Art Show

Opening Reception
& Artisan Holiday Market
Friday, November 20 5:00 - 8:00 p.m.
The Gallery at Emmanuel 920 Third Ave. Rockford, IL

Enter North door off of parking lot.

Artists Exhibiting

Marsha Goodheart, Susan Berry, Betsy DeGunter,
Norm Knott, Susan Hurley-Whitacre, John Naretta,
Jose Sente, Julie Kennelly, Julaine Loftquist, Wendy Lucas,
Becca Houlihan, Annette McClean, Kay Montgomery,
Lucio R. Aldana, Freddy Lagunas G., Timothy Park,
Sadie Hoessrich, Bob Silletti, and Cassie Blair

If you would like more information, please contact Susan Hurley-Whitacre
at 708-845-7207 or artsatemmanuel@gmail.com.

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