

## THE MESSENGER - August 2022

Grace and Peace, Love and Shalom

We have come the final month of summer. Well, climate wise we still have 21 days in September, so perhaps I am jumping the gun. However, if you are like me, summer is the time between the end of one school year, and the beginning of another. That magical season of summer is nearly over. The magical season of vacations, picnics, parades, and fairs. August holds county fairs and final opportunities for vacations before the beginning of school.

I recall attending several county fairs in northern Illinois, and in Southern Illinois the DuQuoin State Fair. What are these events about? I think they are opportunities to celebrate community. I do not know for certain but I would guess in generations past they were times when folks gathered to enjoy each other's company before the hard work of harvest and cold of winter.

I am wondering about spiritual community. We just celebrated ELC 140th anniversary. We had a total of 90 people attended; 84 in person and 6 on zoom. We had a full choir. We did not do any extraordinary publicity for this event, yet we had nearly as many as gathered for Easter or Christmas. I wonder what drew so many to gather on a Sunday in the middle of July. Was this a time to gather to experience and celebrate the community known as Emmanuel? I am thankful for we were able to celebrate the heritage of this spiritual community.

What opportunities will August hold for gathering as a community? We will have gatherings on Sunday including an outdoor gathering on the second Sunday. We will have weekday gatherings for study and reflection; Spiritual Journeys, and Bible Study. We also have gatherings for the Journey of the Soul book group on Tuesday August 9, and WELCA may be gathering as well. I'd like each of us to broaden our horizon on community. The Spirit gathers folks in many ways in order to experience Life and Love. What other opportunities will you have to gather to experience relationships? What opportunities might you create this month among your family, friends, and neighbors? Look for opportunities in the area. Perhaps there is an art show, or a nature-centered gathering. Perhaps you can gather with a new group of folks, and find new relationships being woven by Spirit. Community is just word for a web of relationships with the potential to enhance both love and life. I hope we all find community within our neighborhoods, our city, and Emmanuel. Blessings as you continue the Divine journey.

*Pastor Frank*

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## August Birthdays

August 2: Kathlyn Wright	August 18: Jeff Benson
August 5: Sierra Anderson Nolan Olson Jerry Johnson	August 19: Jan Peterson Dan Vorsanger
August 6: Cathy Schocker	August 21: Phil Seeber
August 10: Betty Jepsen	August 24: Sallyann Roberts Tim Park
August 14: Caryl Barnes Gary Gentzel	August 27: Peg Burns
August 15: Terry Hotek	August 31: Andrea Glynn Don Peterson
August 16: Danica Hoffman	

## In Our Prayers

Holly Blair Cascio	Roycealee Wood	Jeff Birch	Lucille Dunphey
Lucio Aldana	Deborah Lucas	Todd Anderson	Larry R. & Sons
Elaine Reed	Harlan Johnson	Jerry Johnson	Karen Johnson
Tom Balhatchet	Jonathan Chell & Surya		

Our thoughts and prayers are with the family and friends of Timothy Bachmann who died on Tuesday, July 26th. Funeral arrangements pending.

## Earthen Vessels Are Back

It has been a while since Earthen Vessels have performed at Emmanuel. We are excited to announce that they have gotten together and will be our special music on Sunday, July 31<sup>st</sup>. At the 10:30am service. Come worship with us and enjoy their musical offerings.

## Visitation and Holy Communion

How are you feeling? Would you like someone to talk to?

Our Ministry Team is here for you:

Pastor Frank Langholf, Sue Scott, Faith Community Nurse  
Fran Hamm, Donna Anderson

One of our ministry team will come over and visit with you, and administer communion if you like; pray for you and your family and friends, find information about Health questions you may have. Give Sue Scott a call at 815-222-1299 and she will schedule a visit.



## Soul Garden Walks

July 18 marked the first of Soul Garden walks in Winnebago County Forest Preserves with Holly Blair-Cascio. The first was in Fuller Forest Preserve. Join us for future walks: August 17 at Hononegah; August 31 at Indian Hill; September 15 at Kilbuck Bluffs; Sept. 24 at Seward Bluffs; October 3 at Sugar River; and October 27 at Pecatonica River. Contact Holly for further information and to let her know you are coming: 815-543-1191

## Would you like to join the Wednesday Noon Bible Study with Pastor Frank?

If you do not have internet or don't like to use your computer, all you would have to do is use your telephone. First, call the church office at 815-963-4815 on Tuesday morning. We will provide you with a telephone number to call, the meeting ID and passcode. Then dial that phone number provided, enter the meeting ID and the passcode when instructed. That's it. Simple, and you will be joining the Bible Study.

## Dial 2-1-1. Find Hope. Connect to help. United 211 is your community help line.

### United Way of Rock River Valley connects you to...

Emergency Shelter	Educational/Vocational
Food Pantries	Training
Day Care	Drug/Alcohol Rehab.
Rent or Utility Assistance	Disaster Recovery
Elder Care	Crisis/Suicide Calls
Domestic Abuse	Volunteer Opportunities

## Rockford Midtown Market

(A Partnership of Katie's Cup and  
Midtown District Association

Thursdays, 9:00am - 1:00pm June-October  
RPS 205 Headquarters Parking Lot. Across from Katie's Cup

rockfordmidtownmarket@gmail.com  
www.rockfordmidtownmarket.com



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

**August MLP Newsletter**

Check out our Facebook page: <https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

Opportunities in MLP—ALL ARE WELCOME!

*Katie's Cup follows CDC, State, and County Covid protocols.*

*For in-person activities, mask-wearing and safe practices are encouraged*

Katie's Cup is open Tuesday thru Friday 8 a.m. - 2 p.m.

Midtown Market on **Thursday mornings 9 a.m. - 1 p.m. through October.**

Cars and Coffee: Saturday, August 6, 2022 at RPS parking lot **9:00 a.m. - noon**

Walking Club—**Thursdays at 9:15 a.m. at Katie's Cup booth at Midtown Market**

Katie's Choice Book Club—August, 2022, 10 a.m. Call for information.

2nd Thursday Concerts, sponsored by Katie's Cup— donations welcome; no advance tickets. (open at 6 p.m., music at 7 p.m.)

August 11- Truman Ridge

September 8—The Magtones

October 13—Beatles sing along

**Bingo hosted by Oak Street Health 1st and 3rd Wednesdays of the month at 12:30-2:30 p.m. at Katie's Cup.**

Midtown Lutheran Parish Health Bucket Meeting—Thursday, August 4, 2022, 1:30 p.m.—2:30 Police Strong House 908 Eighth Ave. Late lunch to be ordered from Spot Cafe

Midtown Lutheran Parish Meeting—Thursday, August 4, 2022, 5:30 p.m., at Emmanuel Lutheran Church and via Zoom

<https://us02web.zoom.us/j/86915069091pwd=OGZaNWhPZmlaLzBUM3RHSWp3cWFYUT09>

Emmanuel Lutheran Pantry—Mondays and Fridays 9:30-11:30 a.m.

**Almost done!**

Posted Jul 24, 2022 by Nickee Aldana

Lucio is doing great considering what he's just been through. They are releasing him a bit early because he's doing so well. He gets to come home tomorrow! We are so excited to be able to have him home for good then!



He'll be off work for about a month to recover. We'll find out how well this treatment worked in 2 to 3 weeks when they do a CT scan. We have run out of chemo options. Please continue to pray that this time it worked and the tumor is completely gone and we can be done with the cancer chapter of our lives. Thank you to everyone that has continued to support us.



We can't seem to get away from news regarding Covid-19 and all its variants, Influenza, Monkeypox, etc. Being informed is helpful and allows conscious decisions to promote self-care and reduce disease transmission, illness and severity. I read a quote that helped refine my focus. Perhaps you'll find it helpful, too? (*Italics & bold mine.*)

**"When you have the same virus, within the same variant, causing a wide variety of:  
severity  
clinical manifestations  
complications  
It means the disease depends more on the host  
than on the virus itself..."**

***We need to pay more attention to the health of the host  
and how to help the host defend itself from the virus  
more than attacking the virus directly."***

Dr. Flavio Cadegiani

Do your research. Talk to your primary care team (and specialty providers) about keeping yourself as healthy as possible. It's our best defense. Questions? Sue Scott, 815-222-1299 Your Faith Community Nurse.



### “The Artist’s Way” Creativity Group Starting!

Have you felt timid or discouraged about pursuing writing, art, theater, or music? Is your creative spirit blocked? Are you are interested in discovering the artist within you? All are welcome to join a “creative cluster” to walk through the journey of self-discovery with the highly acclaimed book “The Artist’s Way: A Spiritual Path to Higher Creativity” by Julia Cameron.

We will meet for 12 weeks in a row, every Thursday, from 6:00 to 8:00 p.m., in the Celebration Room, starting on Thursday, September 8, 2022. Each week we will begin with a casual potluck meal, and then discuss our creative journey of the previous week.

We will have a short Zoom call together in the week of August 29 to discuss our plan for our first meeting.

The only requirement is to get a copy of the book, which can be purchased at a bookstore (or online for as little as \$5.00 for a used copy), or even borrowed from the public library), and work through a chapter each week in advance of our Thursday gathering.

Susan Goldberg will facilitate the weekly gatherings. If you are interested in participating, or have questions, you may contact Susan at [s.brazas@comcast.net](mailto:s.brazas@comcast.net).

### Mike O’Conner is the new Executive Director at Carpenter’s Place

I am incredibly humbled and honored to join Carpenter’s Place as the new Executive Director. As I step into this role, I am acutely aware of the vital importance of our work to the community and it’s a responsibility that I don’t’ take lightly. My goal is to preserve and build upon the incredible 22 year legacy that this organization has while also looking toward the future with growth in mind. Fortunately, we have the right people on our side. We have an enthusiastic committee Board of Directors, a knowledgeable staff, and a community full of volunteers and donors who never fail to say “yes.”

You are a crucial partner to Carpenter’s Place, and I want you to know that my door is always open. In the coming months, I plan to do a lot of listening to better understand where we are as an organization and where we need to be. Each of you has a unique perspective on the needs of our community and those we serve, and I’m eager to hear your thoughts. Please feel free to reach out to me at any time at [MikeO@carpentersplace.org](mailto:MikeO@carpentersplace.org) or call me at 815-96404105 x204.

From Outreach...On Friday, August 5th after pantry, the Outreach Committee will be purchasing supplies and making lunches for the Habitat for Humanity volunteers for the next day, Saturday, August 6th. We will find out closer to the August 5th date how many lunches we will need to make.

Contrarily to popular belief, the recipients of the Habitat homes do not receive their home for free. The recipient has to work a certain number of hours on their own and other homes to qualify, those hours are in place of a down payment. They also have to qualify for a bank loan for the amount of the value of the home, and be able to pay the loan back to keep the home. The new homeowner is able to pick out the fixtures they like for their new home and the home is designed for the number of people in the family. The volunteers Ann and I have met, when we deliver their lunches, are so dedicated and proud of the homes they are building and the recipients we have talked to are so excited to become a homeowner.

The lunches we make will contain either a ham luncheon meat and cheese sandwich or a peanut and jelly sandwich, chips, an apple, and a brownie. We also supply condiments. We may be asking people to make brownies for the lunches depending on how many lunches have to be made. **If anyone would like to volunteer to make brownies for the lunches or would like to contribute monetarily to purchase other supplies for the lunches, please contact Lorraine Harding, Ann Downie, or Kathlyn Wright.**

### Inscape Collective Store

Inscape is a collective in Midtown Rockford at 201 7th Street, the former home of the Just Goods Fair Trade Store. We are excited to carry on the legacy of community-oriented activities in this beautiful space. Inscape is a unique social enterprise. Our retail shop sells products from diverse female artists, artisans and entrepreneurs. Proceeds from our sales go towards subsidizing a wide-array of life-enhancing programming to ensure that it is accessible to women of all socio-economic backgrounds. We will offer programs in areas ranging from the creative arts, holistic health, exercise and entrepreneurial skills, to meditation and mindfulness. The ultimate aim of these programs is to help women make meaningful friendships while engaging in activities that promote self-development and creativity.