



WELCOME to ReFresh at EMMANUEL
(Restoring Energy, Faith and Relevance to Every Soul's Heart)
December 4, 2022

WELCOME to ReFresh at EMMANUEL

Welcome to worship at Emmanuel Lutheran Church! The grace of God has brought us together to be Light and Leaven in and for the World. As a congregation, Emmanuel is committed to following the path of Jesus' spirituality, serving as an oasis of healing, and promoting unity and understanding among religious traditions. Our Food Pantry and Mission House reach out to the needs of our brothers and sisters in the Rockford community. "There is a place...Emmanuel."

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshipping with us. Emmanuel strives to live as a Safe and Healing Spiritual Community for all who come, regardless of economic conditions, race, sexual orientation, gender identity, or spiritual path. All are welcome in this holy space.

We invite you to worship with us on Sundays at our 9:00am Traditional Worship Service in the chapel or our ReFresh 10:30am Service either in person or on ZOOM. The zoom link is available on constant contact weekly or in the weekly mailing. If you are not receiving the constant contact weekly, contact the church office at 815-963-4815.

The Recorded Service will be available on Facebook after the completion of the 10:30am Service.

ASSISTING IN WORSHIP TODAY

Presider: Pastor Frank Langhof

Advent Candle Lighters and Lector: Bobbie and Lenny Walter

Coordinator of Adult Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Usher: Erick Knause

Consultant: Bill Houtkamp

Altar Guild: David & Susan Whitacre

Sound: Andrew Ehrhardt

IN OUR PRAYERS

Julaine Lofquist-Birch	Lucille Dunphey	Lois Ference	Lucio Aldana	Elliott Layman
Deborah Lucas	Todd Anderson	Tom Balhatchet	Elaine Reed	
Jerry Johnson	Karen Johnson	Roycealee Wood	Cathy Schocker	
Meghan Baylor	Larry J. & 3 Sons	Jeff Birch	Cherie Fleur	Joan Schuetz
Emi, Isaiah-Sky and Emmanuel Grottke		Sally Susan		

Date: December 4, 2022

Theme: Second Sunday in Advent—Weeping in the Night

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Weeping is the sacred washing of the soul in the depths of spirit.

— Lailah Gifty Akita

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.**

Advent Song: Emmanuel, Emmanuel— by Jonathan Chell

**Emmanuel, Emmanuel,
His name is called Emmanuel.
God with us, revealed in us,
His name is called Emmanuel.**

Opening of the Heart: Lighting of the Advent Candle. From Henri Nouwen

“Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.”

(The first and second Advent candles are lighted)

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.

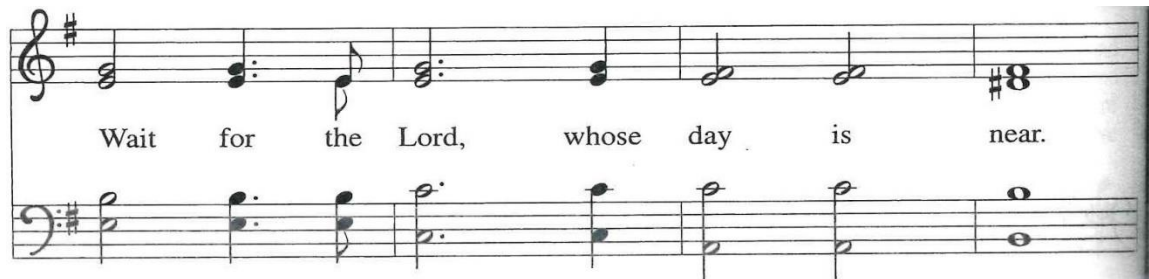
Gathering Song: O Come, O Come, Emmanuel (ELW 257) verse 2

**O Come, O Wisdom from on high, embracing all things far and nigh:
In strength and beauty come and stay; teach us your will and guide our way.
Rejoice! Rejoice! Emmanuel shall come to you O Israel.**

Reading: from Washington Irving

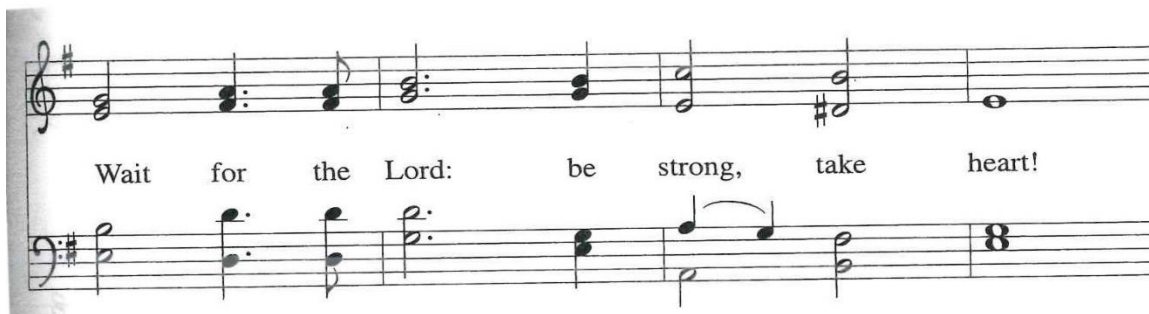
There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Scripture/Meditation Song: Wait for the Lord (ELW 262) sing 3 times



Wait for the Lord, whose day is near.

The image shows the first line of musical notation for the song 'Wait for the Lord'. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics 'Wait for the Lord, whose day is near.' are written below the treble staff. The music ends with a double bar line and a sharp sign.



Wait for the Lord: be strong, take heart!

The image shows the second line of musical notation for the song 'Wait for the Lord'. It consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#). The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics 'Wait for the Lord: be strong, take heart!' are written below the treble staff. The music ends with a double bar line and a sharp sign.

Scripture: Psalm 42

As a deer longs for flowing streams,
So longs my soul for You, O Beloved.
My soul thirsts for the Beloved, for the Living Water.

When may I come and behold your face?
Tears have been my only nourishment day and night,
While friends ask continually,
“Why do you seem so lost and forlorn?”

All this I remembered, as I poured out my soul:
How I knew your Presence within me
as I went out among the throng,
proceeding to the House of Prayer;
With loud voice we gave You praise and acclamation,
a multitude proclaiming gratitude and joy.
Why are you cast down, O my soul,
And why are you disquieted within me?
My hope is in the Beloved, my strength and my joy,
O my soul, open the door to Love!

My soul is cast down within me, yet I remember You
From my mother’s womb to maturity,
through all the days of my life.
Deep calls to deep
at the thunder of your waterfalls;
All your waves and your billows
have washed over me.
By day You lead me in steadfast love;
at night your song is within me,
prayer from the Heart of my heart.

I say to the Beloved, the Blessed One,
“Why have You forgotten me?
Why go I mourning because of
the oppressions of fear?”
As with a deadly wound in my body,
I feel the pain of war and injustice;
while the powerful seem to destroy,
the innocent seem of no account.

O my soul, let not the quagmire of war
keep me from radiating your peace,
your love and light to the world.
My hope is in You, O Spirit of Truth;
be my strength and my guide.
O my soul, let us celebrate the Oneness
Of all Creation!

Presider: These are the words of an early Jewish 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:

As the Deer

Words and Music by Martin Nystrom

Choral Setting by Buryl Red

Emmanuel Choir

Time of Gratitude: Give Thanks (the Covenant Hymnal74)

**Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son**

**And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"**

**Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son**

Give thanks!

Advent Table Celebration

One: May Love be with you.

All: **And also with you!**

One: May our hearts be opened.

All: **We open ourselves to life.**

One: Creator of light, Bearer of life, Source of love, your ancient love stirs within us. The sacred emerges for us everywhere: in the rhythm of the oceans, in the magnificence of the stars, in the beauty of all beings.

All: **We are grateful for the gifts of our story. In this season, we listen for the voices crying in the wilderness. We sing the song of angels who quiet our fears. We find ourselves in the company of shepherds and magi who search for what is coming to birth in unlikely places among unlikely people. In the company of courageous parents, we dare to birth the holy among us.**

One: In the divine, we live and move and have our being. For all that is born of a sacred love, we give our thanks and praise. The advent of the holy is among us in every moment.

All: In Jesus of Nazareth, we see new possibilities, new ways of being in the world. He was moved by the plight of the poor. He made his home with the homeless and shared his table with those who could not command a seat at any table. He dreamed of a world where enemies learned to love one another, where the abundance of creation was shared fairly, and where love was the law of every land.

One: Near the end of his life, Jesus shared a sacred tradition of his people and shaped it into something new. Around a simple table, he celebrated the liberating story of Passover. He dreamed of another revolution: a world without a Pharaoh or a Caesar; a world governed by the love which brought it into being. Together with his friends, Jesus broke the bread of freedom and shared the cup of compassion.

Breaking the Bread of Freedom
Pouring the Cup of Compassion

Praying in the Pattern of the Prayer of Jesus (together)

**Holy Being, whom we call by so many different names,
Blessed are you. Blessed are we in you.**

May we create with you a realm of mercy, peace and justice.

May love be done in the here and now as it is in the infinite.

May we share life in bread and hope.

For our failures to love, we need forgiveness.

May we find the paths of reconciliation.

In the midst of evil's every incarnation,

From the powers that possess our spirits and our structures,

May we find liberation.

In the power that is love, we seek to live and move and have our being.

May it be so, now and forever, AMEN.

Receiving the Invitation to the Table

One: Come from loneliness into the welcome of this table.

All: Come from anxiety into the peace of this table.

One: Come from tensions into the joy of this table.

All: Come from conflict into the love of this table.

One: Come and share the bread which leavens our hope.

All: Come and share the cup which strengthens our compassion.

One: Come to enliven our capacity to work for transformation.

All: Come, let us lay aside those things that shield our hearts.

One: Let us open to the holy we meet in the manger and in the mirror.

Sharing the Bread and the Cup

Communion Music: Let Your Hearts Make Him Room

—Charlotte Lee and Douglas Wagner

Emmanuel Choir

Prayer (together):

**Spirit of life, though we live in a world of need, here we have tasted hope and hunger for a world more just. Here we have glimpsed the dream of creation renewed. May we have the courage to be bread and wine for one another, in the name of love we pray,
AMEN**

Prayer Song and Response: Bless the Lord, My Soul (sing twice)

Musical score for the first line of the prayer song. The tempo is marked as quarter note = 76. The music is in 4/4 time and begins with a piano (*p*) dynamic. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. The lyrics are: "Bless the Lord, my soul, and bless God's ho - ly name." The chords are: Dm, G, Dm, Bb, C, F, A.

Musical score for the second line of the prayer song. The music continues with a piano (*p*) dynamic. The melody is written on a treble clef staff, and the bass line is on a bass clef staff. The lyrics are: "Bless the Lord, my soul, who leads me in - to life." The chords are: Dm, G, Dm, Bb, C, Dm.

Prayers of the People

Announcements

Sending Song: The Lord Now Sends Us Forth (ELW 538)

The image shows a musical score for a song. It consists of seven staves of music, each with a treble clef and a key signature of one sharp (F#). The lyrics are written below the notes. The first staff begins with a treble clef and a key signature of one sharp. The lyrics are: "En - via - do soy de Dios, mi ma - no lis - ta es - tá". The second staff continues: "The Lord now sends us forth with hands to serve and give, pa - ra cons - truir con él un mun - do fra - ter - nal." The third staff continues: "to make of all the earth a bet - ter place to live. Los án - ge - les no son en - via - dos a cam - biar". The fourth staff continues: "The an - gels are not sent in - to our world of pain un mun - do de do - lor por un mun - do me - jor;". The fifth staff continues: "to do what we were meant to do in Je - sus' name; me ha to - ca - do a mí ha - cer - lo rea - li - dad." The sixth staff continues: "that falls to you and me and all who are made free. A - yú - da - me, Se - ñor, a ha - cer tu vo - lun - tad." The seventh staff continues: "Help us, O Lord, we pray, to do your will to - day." The music ends with a double bar line and repeat dots.

En - via - do soy de Dios, mi ma - no lis - ta es - tá
The Lord now sends us forth with hands to serve and give,
pa - ra cons - truir con él un mun - do fra - ter - nal.
to make of all the earth a bet - ter place to live.
Los án - ge - les no son en - via - dos a cam - biar
The an - gels are not sent in - to our world of pain
un mun - do de do - lor por un mun - do me - jor;
to do what we were meant to do in Je - sus' name;
me ha to - ca - do a mí ha - cer - lo rea - li - dad.
that falls to you and me and all who are made free.
A - yú - da - me, Se - ñor, a ha - cer tu vo - lun - tad.
Help us, O Lord, we pray, to do your will to - day.

Benediction

Sharing of the Peace



Pictured: 2019 St. Nicholas Gathering

Dawson says *"Get me out of here fast!"*

St Nicholas Potluck

Sunday, December 11, 2022 - 11:30 a.m. in the Celebration Room

Everyone is welcome to join us for the St. Nicholas Potluck. Santa, our special guest, will be here with surprises for the children and fun Christmas crafts. Sign up at the table near the Celebration room as to how many are attending and what you would like to bring, or call the church office at 815-963-4815.

Families with children are encouraged to sign up by December 4th.

Winnebago County Forest Preserves December Hikes

Come join us for our next two December hikes. I will meet hikers at the forest preserve entrances. On the selected week you would like to hike, please text me your name and say "hiking this week" so I know who is coming! If weather is bad, the hike will be cancelled on that date.

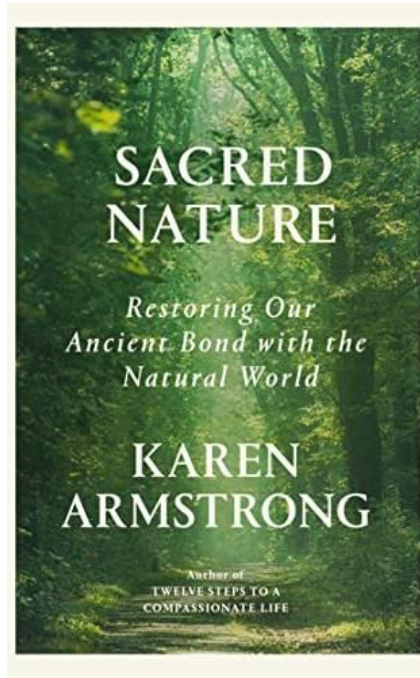
Saturday, December 10th 9:00am

Cedar Cliff Forest Preserve - 7901 Kishwaukee Road, Stillman Valley, IL 61084

Tuesday, December 27 9:00am

J. Norman Jensen Forest Preserve - 14400 S. Bluff, Rockton, IL 61072

I am looking forward to more adventures in the forest preserves with you!
Holly Blair-Cascio 815-543-1191



Dear Spiritual Journeymen,

We have chosen our next book, *Sacred Nature: Restoring our Ancient Bond with the Natural World*, by Karen Armstrong and plan to start reading it on December 13. Any problem or needs getting the next book, please let me know. It is available on Amazon.com in a variety of formats, or from other vendors you might use. Everyone is welcome to join the Spiritual Journeys group. Questions - contact Karen at karenavanhowe@gmail.com

While we finished Jane Goodall's "Book of Joy," there were only 4 people present last week, Nov. 22, so we thought we would read over the part that was read at that session, since it is of a deeper spiritual nature. We will re-read pages 201–223.

Karen



Poinsettia Garden: If you would like a poinsettia in the Poinsettia Garden, please complete the Poinsettia form and mail it to Emmanuel Lutheran Church, P. O. Box 4362, Rockford, IL 61110_or bring it to the church office, or place in the offering plate. **Plants are \$11.00.**

Poinsettia order forms are on the table outside of the Celebration room or in the church office. DEADLINE FOR POINSETTIA ORDERS IS DECEMBER 5TH. Please make checks payable to Emmanuel Lutheran Church.

Rumi's Wedding Night

Saturday Dec.17, at 7:00pm in the Sanctuary at Emmanuel

Rumi, the greatest spiritual poet, died Dec.17, 1273. He called it the "night of union...his wedding night". We will celebrate his life with his poetry, zikr (verse with rocking rhythm), chant, and candlelight procession.

Memorize a Rumi poem, and share it, bring a percussion instrument (if you wish), and festive wear. Bring a friend for a rare experience on the 26th year of our celebration at Emmanuel.

No cost, just a loss of numbness. For more, contact Jim at 779-537-0328.

"Jars of spring water are not enough anymore, take us down to the River!"

"Like the child that dies at their mother's breast, I will die at the breast
of the mercy and bounty
of the Beloved" Rumi

Winter Solstice

The Winter Solstice is recognized on the longest night of the year in the Northern Hemisphere. Emmanuel Lutheran will celebrate this event on Tuesday, December 20th. We will gather at 7PM to share stories of this sacred and mysterious dark night and what it means to enter this darkness with love and awareness. At 7:30 we will begin a ceremony to bring us into harmony with the quiet embrace of this time. If you would like to join us be aware the doors will be locked at 7:15. If you have questions please call Sally Roberts at 815-566-2776.

Arts@Emmanuel has reconvened!

We are excited to be welcoming friends back to Emmanuel for art shows, art workshops and other Interests celebrating the Divine Creative Spirit which enlivens and enriches our lives. There is nothing like art to inspire, heal and bring people together. ***Arts@Emmanuel*** is looking for more committee members. If you are interested, we would love to hear from you. Meetings will be bi-monthly and our next meeting at Emmanuel will be ***Sunday, January 8th at 11:30.***

Please contact me if you are interested in the ***Arts@Emmanuel*** committee.
Thanks! Holly Blair-Cascio 815-543-1191 hollyblair@mac.com



Breathe at Emmanuel
Come into the Silence at Emmanuel

After two long years we are finally ready to breathe together again!

Please mark your calendars for 5:00pm on January 21st

We will be offering our gathering on a quarterly basis, so you won't want to miss January. And we don't want to miss you!

Give Online

Support Emmanuel
and its ministry by
giving electronically



Scan this code using the
QR reader app on your
phone to make a secure
electronic donation

Follow the instructions
to setup a one-time or
reoccurring payment

Thank you for giving.

Emmanuel Lutheran Church
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Pastor Frank Langholf, 309-509-5241