



**Welcome to ReFresh at Emmanuel**

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

**March 23, 2025**

## **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=WFEwOVBXZGd3OHFzSXQ1WlXIVTHppZz09>

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

Altar Guild: Susan & Dave Whitacre

Special Musicians: Josh & Kelli Luebke

Consultant: Bill Houtkamp

Coordinator of Music Ministry: Tim Fenelon

Sound: Andrew Ehrhardt

Lector: Josh Luebke

Greeting Cards: Taj Guzzardo

Accompanist: Clea Arbogast

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

**Cardio Drumming With Beth Campisi Mondays at Emmanuel**

**Cardio Drumming—4:00 to 5:00 pm**

**Spiritual Journey's on Tuesdays, 9:30-11:30 am on Zoom**

**Young Adult Book Study: Tuesdays, 4:50 to 7:50**

**Emmanuel's library, January 7<sup>th</sup> to March 4<sup>th</sup>.**

**Bible Study on Wednesdays at Noon on zoom.**

**Dial 312-626-6799 Meeting ID: 893 5688 8344**

**Bible Study is not being held in Lent**

**Belly Dancing, Wednesday evenings at 6:30 pm**

**\$10.00 each session, Contact Emily 773-456-1245**

**March 23, 2025**  
**Fear and Faith**

**Prelude:** Clea Arbogast

**Welcome,** Pastor Frank Langholf

**Meditation:** Fear and faith both demand you believe in something you cannot see.  
You choose! Bob Proctor

**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**

God's mercy is deeper than the depths of the sea, and God's grace is wider than the whole of the earth. Trusting in that mercy and that grace, let us make our confession, before God and each other, first in silent prayer.

**Holy God, we open our hearts to you this day, and offer the truth of our lives:**

**The fear that stifles us,  
The prejudice that blinds us,  
The ignorance that hobbles us,  
The doubt that plagues us.  
Help us, we pray that we will  
Find courage in unlikely places,  
See the world with new and gracious eyes,  
Move to those places where love is needed,  
Have faith that you are with us.  
This we pray in Jesus 'name. Amen.**

**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: Gather Us In (ELW 532)



1 Here in this place the new light is stream-ing, now is the dark - ness  
2 We are the young, our lives are a mys - t'ry, we are the old who  
3 Here we will take the wine and the wa - ter, here we will take the  
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings  
yearn for your face; we have been sung through - out all of his - t'ry,  
bread of new birth, here you shall call your sons and your daugh - ters,  
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.  
called to be light to the whole hu - man race.  
call us a - new to be salt for the earth.  
now is the king - dom, and now is the day.



Gath - er us in, the lost and for - sak - en, gath - er us in, the  
Gath - er us in, the rich and the haugh - ty, gath - er us in, the  
Give us to drink the wine of com - pas - sion, give us to eat the  
Gath - er us in and hold us for - ev - er, gath - er us in and



blind and the lame; call to us now, and we shall a - wak - en,  
proud and the strong; give us a heart, so meek and so low - ly,  
bread that is you; nour - ish us well, and teach us to fash - ion  
make us your own; gath - er us in, all peo - ples to - geth - er,



we shall a - rise at the sound of our name.  
give us the cour - age to en - ter the song.  
lives that are ho - ly and hearts that are true.  
fire . . of love in our flesh and our bone.

**Reading:** Start Close In, by David Whyte

Start close in, don't take the second step or the third,  
start with the first thing close in,  
the step you don't want to take.

Start with the ground you know, the pale ground beneath your feet,  
your own way of starting the conversation.

Start with your own question, give up on other people's questions,  
don't let them smother something simple.

To find another's voice, follow your own voice,  
wait until that voice becomes a private ear listening to another.

Start right now take a small step you can call your own  
don't follow someone else's heroics,  
be humble and focused,  
start close in,  
don't mistake that other for your own.

Start close in, don't take the second step or the third,  
start with the first thing close in,  
the step you don't want to take.

**Scripture/Meditation Song:** Open Your Hearts (Covenant 336) verse 1, no refrain

1 O - pen your hearts, all you who hear this, o - pen your  
2 We have come to greet the Sav - ior, we have  
3 Je - sus is here, we bow be - fore him, Je - sus is

hearts to know God's love, o - pen your hearts to  
come to wor - ship him, we have come to  
here with - in this place. Je - sus is here a -

hear his mes - sage: Je - sus makes us one.  
sing God's prais - es; wor - thy is his name.  
mong his peo - ple, chil - dren of his grace.

F E

Dm E

#8

**Scripture:** Genesis 32: 9-12, 22-31

<sup>9</sup> And Jacob said, "O God of my father Abraham and God of my father Isaac, O Lord who said to me, 'Return to your country and to your kindred, and I will do you good,'<sup>10</sup> I am not worthy of the least of all the steadfast love and all the faithfulness that you have shown to your servant, for with only my staff I crossed this Jordan, and now I have become two companies.<sup>11</sup> Deliver me, please, from the hand of my brother, from the hand of Esau, for I am afraid of him; he may come and kill us all, the mothers with the children.<sup>12</sup> Yet you have said, 'I will surely do you good and make your offspring as the sand of the sea, which cannot be counted because of their number.'" ' <sup>22</sup> The same night he got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. <sup>23</sup> He took them and sent them across the stream, and likewise everything that he had. <sup>24</sup> Jacob was left alone, and a man wrestled with him until daybreak. <sup>25</sup> When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. <sup>26</sup> Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." <sup>27</sup> So he said to him, "What is your name?" And he said, "Jacob." <sup>28</sup> Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed." <sup>29</sup> Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. <sup>30</sup> So Jacob called the place Peniel, saying, "For I have seen God face to face, yet my life is preserved." <sup>31</sup> The sun rose upon him as he passed Penuel, limping because of his hip.

Presider: These are the words of an early Jewish community.

**All: May we find wisdom for our living.**

**Sermon** Pastor Frank Langholf

**Offering**

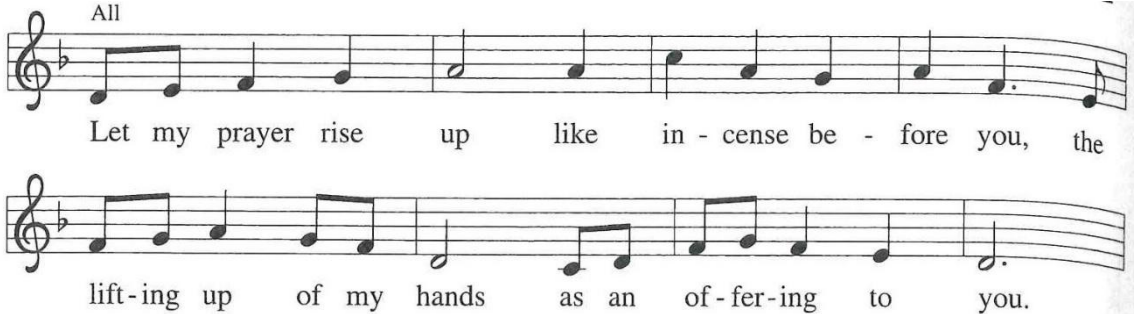
Presider: We take this time now to offer our gifts and intentions.

**Special Music:** Josh and Kelli Luebke

**Time for Gratitude**

**Prayer Song and Response:** Let My Prayer Rise Up (ELW 232). Refrain

All



Let my prayer rise up like incense before you, the  
lift-ing up of my hands as an of-fer-ing to you.

The image shows two staves of musical notation in G major (one flat) and 4/4 time. The melody is simple and melodic, with lyrics written below the notes. The first staff ends with a fermata over the final note, and the second staff continues the melody.

**Prayers of the People**

Allison, Jonathan, Sally, Peg, Karen & Jerry, Merry, Roycealee, Lorraine, Roberta, Jerry, Don, Madeleine, Tim, Andrea, Walt, Pope Francis, Ray, Donna, Fran

Jennie, Char, Linda, Judy, Shannon, Ian, Miguel, Mike, "CeCe", Beverly, Brooke, Mary Lee, Tammi, Matthew, Margie, Tom, Sophie, Vince, Todd, Bina, Deborah, Jeff

**The Lord's Prayer:** by Monica Furlong of the St. Hilda Community

**God, who cares for us,**

**The wonder of whose presence fills us with awe.**

**Let kindness, justice and love shine in our world.**

**Let your secrets be known here as they are in heaven.**

**Give us the food and the hope we need for today.**

**Forgive us our wrongdoing**

**as we forgive the wrongs done to us.**

**Protect us from pride and from despair**

**and from the fear and hate which can swallow us up.**

**In you is truth, meaning, glory and power,**

**while worlds come and go. Amen.**

**Announcements**



**Sending Song: Day By Day from Godspell**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day**

**Oh**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day**

**Day by day, Day by day  
Oh, Dear Lord  
Three things I pray, To see thee more clearly,  
Love thee more dearly, Follow thee more nearly  
Day by day  
Day by day by day by day**

**Source: LyricFind**

**Songwriters: John Michael Tebelak / Stephen Lawrence Schwartz**

**Benediction:**

**Sharing of the Peace**

**Soul Garden Hikes**

Please let Holly, 815-543-1191, know if you are coming, so she can watch for you.  
Note times of Hikes.

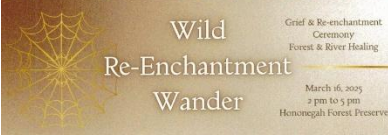
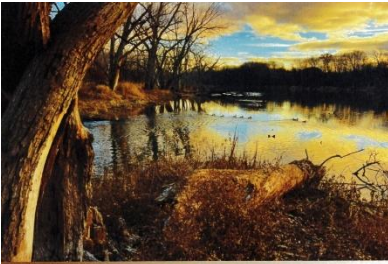
Thursday, April 3, **10:00am**  
J. Norman Jensen Forest  
Preserve10  
14400 S. Bluff, Rockton, IL 61072

Saturday, April 26th **1:00pm**  
Deer Run Forest Preserve  
5691 River Road, Cherry Valley, IL  
61016

**Interfaith Women's Potluck Dates**

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.

**-Monday, March 31, 2025**, at Emmanuel Lutheran Church. Christyn Rittenhouse will speak about fulfillment, purpose, and meaning.



## Wild Re-Enchantment Wander

Grief and Re-Enchantment  
Ceremony  
Forest and River Healing

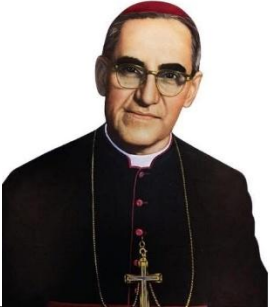
**Rescheduled for Sunday, April 13, 2025**

Hononegah Forest Preserve  
#80 Hononegah Road,  
Rockton, IL 61072

Call/text/email Pastor Frank for more information.

A TRIBUTE TO  
**ARCHBISHOP  
OSCAR ROMERO**  
A CALL TO ACTION FOR OUR TIMES  
WITH FATHER BEAUVAIS  
AND COMMUNITY ADVOCATES

**March 24th at 6pm**  
**Emmanuel Lutheran Church**  
**920 3rd Ave, Rockford**



“ When we struggle for human rights, for freedom, for dignity, when we feel that it is a ministry of the church to concern itself for those who are hungry, for those who have no schools, for those who are deprived, we are not departing from God's promise. He comes to free us from sin, and the church knows that sin's consequences are all such injustices and abuses. The church knows it is saving the world when it undertakes to speak also of such things. ”

## **Emotional Liberation Workshops**

**Thursdays,**

**March 20th - April 10th, 6-8 pm**

**\$115 [Sliding scale available]**

In this four-week workshop (three weeks left) we will dive into each of the concepts below, learn actionable tools to navigate difficult situations, increase inner peace, and strengthen relationships with yourself and others.

**Week #2\*\*\*March 27th: From  
resentment to resilience**

**Week #3 \*\*\*April 3rd: Managing  
assumptions, expectations,  
and predictions to work in your  
favor**

**Week #4\*\*\*April 10th: Creating the  
intention of doing your best**

Registration and Questions,  
contact Christyn--815-289-7110

**Coming Friday, April 4<sup>th</sup>**

The opening of the new Art Show

“Keepers of the Light”

A three-Women Show

6:00 pm to 8:30 pm

Watch for more details...

**20025 Midtown Midweek Lenten Noon Services**

“Turning Toward God’s Abundance”

There will be an exercise class at 11:00 prior to each of the services, except no exercise class April 9 at Emmanuel, led by the Faith Community Nurses and A light Luncheon after each service.

March 26 at Noon at Calvary Lutheran (Emmanuel’s Chapel)

920 3rd Avenue

Preacher: Pastor Frank Langholf

April 2 at Noon at First Lutheran Church

225 S. 3rd Avenue

Preacher: Student Pastor Rachel

April 9 at Noon at Emmanuel Lutheran Church

920 3rd Avenue

Preacher: Pastor Bill Dahlberg

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104

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