Stillness



Welcome to ReFresh at Emmanuel

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

November 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 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=WFEwOVBXZGd3OHFzSXQ1WXlVTHppZz09

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: Alvin Enrique
Guest Musicians: Tim and Emily Austin, Tom Wilson
Accompanist: Clea Arbogast

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 8, 2026
Theme: Stillness

Prelude: Draw Me—by Selah

Welcome Pastor Frank Langholf

Meditation: from "When I am Among the Trees"—by Mary Oliver

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

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.

Welcome of Norman Rotblat as new member

Opening of the Heart —Find a Stillness

Find a stillness, hold a stillness, let the stillness carry me.
Find the silence, hold the silence, let the silence carry me.
In the spirit, by the spirit, with the spirit giving power,
I will find true harmony.
Seek the essence, hold the essence, let the essence carry me.
Let me flower, help me flower, watch me flower, carry me.
In the spirit, by the spirit, with the spirit giving power,
I will find true harmony.

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: Rest—by Steve Green

First Reading Song For Autumn—by Mary Oliver

Don't you imagine the leaves dream now
how comfortable it will be to touch
the earth instead of the
nothingness of the air and the endless
freshets of wind? And don't you think
the trees, especially those with
mossy hollows, are beginning to look for

the fires that will come—six, a dozen—to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
stiffens and the white field over which
the fox runs so quickly brings out
its long blue shadows. The wind wags
its many tails. And in the evening
the piled firewood shifts a little,
longing to be on its way.

Second Reading. A Poem for Autumn: Grace—by Wendell Berry

The woods is shining this morning.
Red, gold and green, the leaves
lie on the ground, or fall,
or hang full of light in the air still.
Perfect in its rise and in its fall, it takes
the place it has been coming to forever.
It has not hastened here, or lagged.
See how surely it has sought itself,
its roots passing lordly through the earth.
See how without confusion it is
all that it is, and how flawless
its grace is. Running or walking, the way
is the same. Be still. Be still.
"He moves your bones, and the way is clear."

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

Open your hearts, all you who hear this,
Open your hearts to know God's love.
Open your hearts to hear His message,
Jesus makes us one.

Scripture: **Psalm 46—**From Nan Merrill's Psalms for Praying
The Beloved is our refuge and our strength,
a Loving Presence in time of trouble.
Therefore we need not fear though the earth should change,
though the mountains shake in the heart of the sea;
Though its waters roar and foam,
though the mountains tremble with its tumult.

There is driver whose streams make glad the Holy City,
the holy habitation of the Most High.
The Beloved is in the midst of it,
it shall not be moved;
Our loving Creator is an ever-present help.
The nations may be at war,
countries left in ruins,
yet is the Voice of the Almighty heard,
slowly breaking through hearts of stone.
The Beloved is ever with us,
the infinite Heart of Love.

Come behold the works of the Beloved,
how love does reign even in humanity's desolation.
For the Beloved yearns for wars to cease,
shining light into fearful hearts; loving
even those who oppress the weak,
refining hearts of steel!

"Be still and know that I am Love.
Awaken! Befriend justice and mercy;
Do you not know you bear my Love?
Who among you will respond?"
O Blessed One, You know all hearts,
You are ever with us;
May Love ever guide our lives!

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: Peace in the Valley—by Chuck Girard

Time for Gratitude

Prayer Song and Response: Be Still

Be still, be still, and know I am God

Prayers of the People
Lorraine, Deborah, Lenny, Caryl, Jerry, Vince, Miguel, Jim, Andrea,
Ruth Ann, Char, Coulter, Judy, Julaine, Jeff

The Lord's Prayer—interpreted by Rev. Dr. Nancy L. Steeves

Ground of all being,
we honor the many names for our experience of the sacred. May we build a community
faithful to the dream of heaven on earth.
May there be food for all who hunger this day.
May we be forgiven for the falseness of what we have done as we forgive those who have been untrue to us.
May we not feel abandoned in hard times
but find strength to meet each moment.
For the light of life, the vitality of being
is within us and beyond us, now and forever, AMEN.

Announcements

Sending Song: **Spend My Life With You—**by Phil Keaggy
Chorus:

Cause there's a home in my heart
And I believe the day is coming
When we'll never be apart
Just to be where you are
And to spend my life with you
Would be a perfect start

Benediction/Sharing of Peace

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.

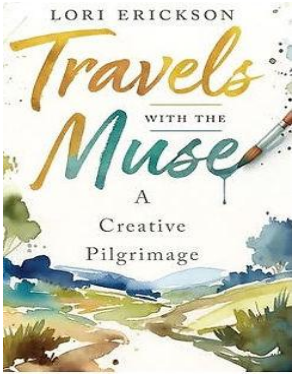
Soul Garden Forest Preserve Walks:
Come hike for an hour in Winnebago Counties Forest preserves. Text Holly if you want to join the hikes: 815-543-1191. Meet at the Forest preserve entrances unless otherwise instructed. All hikes begin at 10:00am

Wednesday, November 11, 10:00am
J. Norman Jensen,14400 S. Bluff, Rockton

Saturday, November 21, 10:00am
Severson Dells, 8786 Montague Rd.,

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 Pantry.



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



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.

The next Breathe Meditation Service will be Saturday, November 21st, 5:00 to 6:00 pm at Emmanuel.

Women's Interfaith Potluck

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, November 30, 2026, location TBD.

*** NO POTLUCK IN DECEMBER 2026.****

WELCA – Women of the ELCA

Future meetings will be from 9:30 a.m. until 11 a.m. on the third Thursday of the month in the Celebration room. Feel free to bring a guest. Our next meeting is **November 19th.**

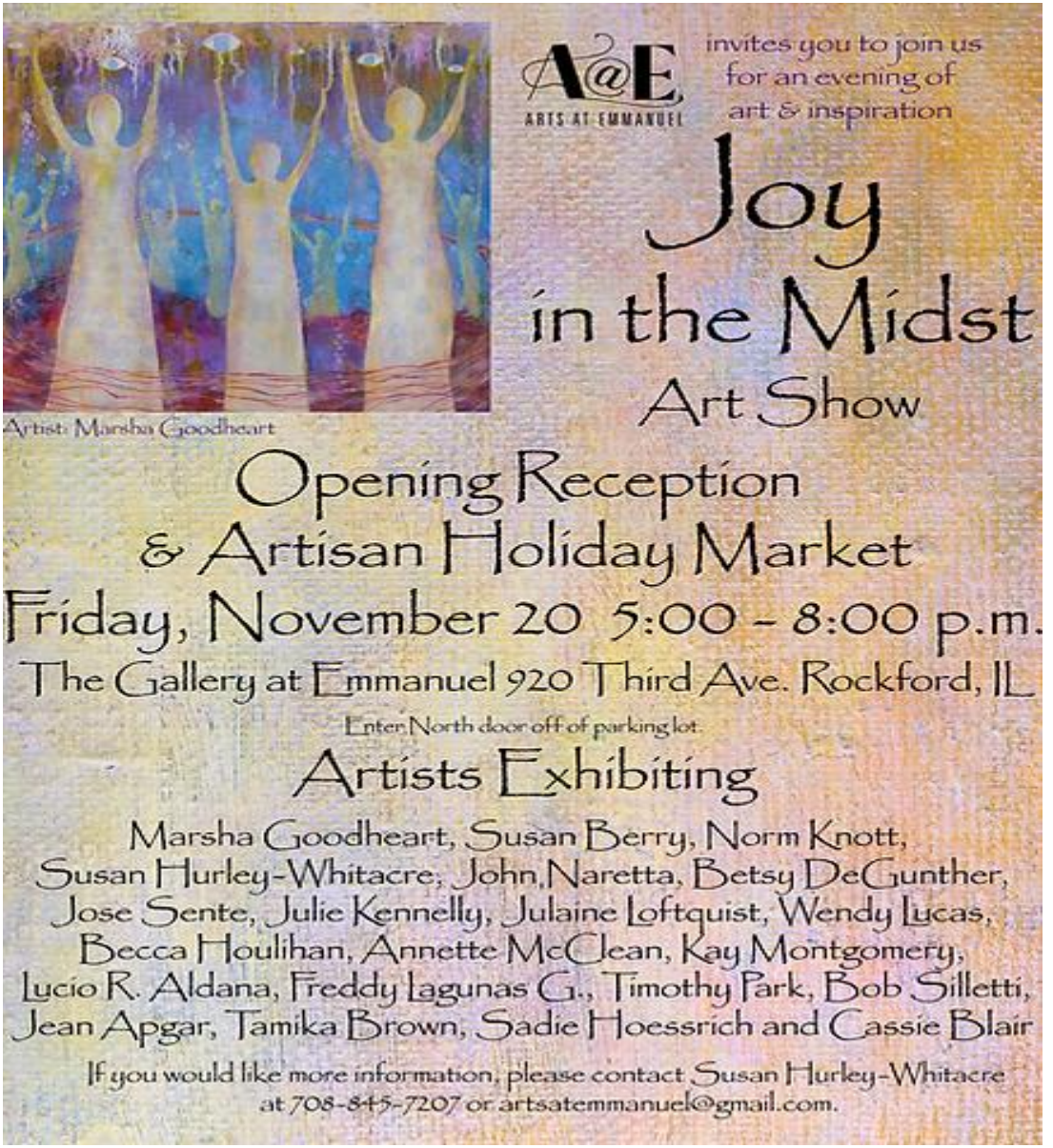
People have signed up to bring treats for some the future meetings. I'll send out a reminder before the meeting.

For the **treat sign-up sheet** (just bring something to share such as coffee cake or a favorite snack or dessert, fruit, cheese—your choice. Keep it simple)
November 19—Karen Van Howe
December 17—?
January 21—?
February 18—?

March 18—Kathy Langholf
April 15—Ann Downie
May 20—?

For the **Facilitator sign up—**Facilitators would simply be sure to read the Bible passages ahead of time about the selected women of the Bible, and at the least, read the 4 areas of questions (click on attached document) for the group to discuss. If you choose to do more research or have other resources, that is fine. If you would like to co-facilitate a session, that is find also. If you have special books or resources for any of the women, please bring them to the discussions. The only one missing a facilitator is December (Mary the Mother of Jesus). Maybe we can all share this one.

November 19— Mary Magdalene—Josie Peebles
December 17—Mary, the Mother of Jesus—all of us?
January 21—The Syrophoenecian Woman—Karen Van Howe
February 18—Ruth—Ann Downie
March 18—The Woman at the Well—Terri Eckberg
April 15—Miriam—Jan Peterson



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