



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith,
and Relevance to Every Soul's Heart)
March 3, 2024**

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 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 9:00 am Calvary/Emmanuel Traditional Worship Service in the chapel or our ReRefresh 10:30 am Service either in person or on ZOOM. The Recorded Service will be 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: Kathlyn Wright

Accompanist: Clea Arbogast

Special Music: Emmanuel Choir

Coordinator of Adult Music Ministries:

Tim Fenelon

Usher: Dan Vorsanger

Altar Guild: Susan & Davd

Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Spiritual Journeys - Tuesday group - 9:30 - 11:00am

Questions, Contact Karen VanHowe at karenavanhowe@gmail.com

Cardio Drumming With Beth Campisi Mondays at Emmanuel

Adaptive Cardio Drumming--Mondays 4:00-5:00

Regular Cardio Drumming--Mondays 6:00-7:00

Belly Dance Choreography

Every Wednesday at 6:00 pm

March 3, 2024
Practicing the Spirituality of Jesus:
Owning Our Darkness

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: This thing of darkness I acknowledge mine.

William Shakespeare

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: Prayer of Confession

**O God, our God, Creator of the stars of night,
Forgive us when we forget that darkness and light go hand-in-hand.
That the suffering of another is our suffering,
That the joy we know is not to be hoarded but shared.
That just as light warms and energizes us,
So, darkness calms us and gives us rest.
That there are those who still live in shadows of fear and grief
That we are called to be with them in the dark, and to bring light.
We thank you for day and night, for darkness and light, for the strife and
the joy, and for making us whole. 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.

Time with Children: David Stocker

Gathering Song: God of Day and God of Darkness (Gather: M. Haugen v. 1,2)

God of day and God of darkness,
Now we stand before the night.
As the shadows stretch and deepen,
Come and make our darkness bright.
All creation still is groaning
For the dawning of your might.
When the Sun of peace and justice
Fills the earth with radiant light.

Still the nations curse the darkness,
Still the rich oppress the poor.
Still the earth is bruised and broken
By the ones who still want more.
Come and wake us from our sleeping,
So our hearts cannot ignore
All your people lost and broken,
All your children at our door.

First Reading: Rumi

No matter how fast you run,
your shadow more than keeps up.
Sometimes it's in front.
Only full, overhead sun
diminishes your shadow.
But that shadow has been serving you!
What hurts you, blesses you.
Darkness is your candle.
Your boundaries are your quest.
You must have shadow and light source both.
Listen, and lay your head under the tree of awe.
—Rumi

Second Reading: Richard Rohr

Our shadow self makes us all into hypocrites on some level. Hypocrite is a Greek word that simply means “actor,” someone playing a role rather than being “real.” We are all in one kind of closet or another and are even encouraged by society to play such roles. Usually everybody else can see our shadow, so it is crucial that we learn what everybody else knows about us—except us!

Scripture/Meditation Song: We Are Opening
We are opening (*Repeat 4 times*)

We are opening up in sweet surrender
To the numinous love light of the One. (*Repeat*)

We are opening (*Repeat 4 times*)

Scripture: Luke 18: 10-14

¹⁰“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹The Pharisee, standing by himself, was praying thus, ‘God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. ¹²I fast twice a week; I give a tenth of all my income.’ ¹³But the tax collector, standing far off, would not even lift up his eyes to heaven but was beating his breast and saying, ‘God, be merciful to me, a sinner!’ ¹⁴I tell you, this man went down to his home justified rather than the other, for all who exalt themselves will be humbled, but all who humble themselves will be exalted.”

Presider: These are the words 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: My Hiding Place—Tom Fettke
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!

Thanksgiving at the Table

The Lord's Prayer:

Our Father, who art in heaven,

Hallowed by thy name,

Thy kingdom come,

Thy will be done,

On earth as it is in heaven.

Give us this day our daily bread;

And forgive us our trespasses,

As we forgive those

Who trespass against us;

And lead us not into temptation,

But deliver us from evil.

For thine is the kingdom,

And the power, and the glory,

Forever and ever. Amen.

Communion Music: Gaelic Blessing/Deep Peace by John Rutter
Emmanuel Choir

Prayer Song: Lord, Listen to Your Children Praying. (ELW 752)

The image shows a musical score for a prayer song. It consists of two systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are written below the vocal line.

Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;

Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace.

Prayers of the People

Jonathan Chell	Shannon	Jeff Birch
Ian, Joel, and Rick	Jim Petzold	Tim Austin
Peg Burns	Karen Johnson	Bina & Vince Holland
Miguel	Kim and brother, Gary	

Please pray for Lou Ann Johnson and Jenny Olson and family on the death of Harlan Johnson on Sunday, 2/25. Visitation will be Tuesday, 3/5 at Olson's Funeral Home, 4:00 to 6:00 pm. Funeral will be at Emmanuel, Wednesday, 3/6, at 11:00.

Announcements

Sending Song: God of Day and God of Darkness (Gather: M. Haugen v. 3,4)

Show us Christ in one another.

Make us servants strong and true.

Give us all your love of justice,

So we do what you would do.

Let us call all people holy.

Let us pledge our lives anew.

Make us one with all the lowly.

Let us all be one in you.

You shall be the path that guides us;

You the light that in us burns.

Shining deep within all people,

Yours the love that we must learn.

For our hearts shall wander restless

'Til they safe to you return.

Finding you in one another,

We shall all your face discern

Benediction:

We are opening *(Repeat 4 times)*

We are rising up like a phoenix from the fire,

Brothers and sisters, spread your wings, fly higher *(Repeat)*

We are opening *(Repeat 4 times)*

Sharing of the Peace

Emmanuel Council Members for 2024

Officers: President - Karen Van Howe, Worship and Music

Vice-President – Holly Blair Cascio, Soul Garden

Treasurer – Jack Ream, Finance

Secretary – Kathlyn Wright, Social Justice, Outreach, Pantry

Care for Creation, Taj Guzzardo

Finance, Rich Lundin

Arts@ Emmanuel, Susan Hurley-Whitacre

At Large, Marcia Terrill

At Large, Sally Susan,

At Large, Dan Goldberg

Care for Creation Committee

The Care for Creation Committee (Taj Guzzardo, Sally Roberts, Lou Ann Johnson) will begin planting Emmanuel's Pollinator Prairie this Spring. We will also plant flowers in the raised beds - annuals and perennials.

We would be grateful to receive donations for the plants. Our goal is \$450 to complete the Pollinator Prairie. There will be a donation jar in the Celebration Room. You can also donate directly to Taj, Sally or Lou Ann. Thank you for your consideration.

From the Food Pantry: In March we are looking forward to Easter. We would like to give our customers Scalloped or Au gratin boxed potatoes, egg-coloring kits, cake mixes and prepared frostings.

2024 Midtown Lenten Services

The Midtown Lenten Services are all at Noon, preceded by exercise class with the Faith Community Nurses. There will be a simple lunch after the services.

March 6 at Salem Lutheran Church at Noon
Preacher: Pastor Chuck Olson

March 13 at Calvary Lutheran Church at Noon
(The Chapel at Emmanuel Lutheran)
Preacher: Pastor Bill Dahlberg

March 20 at First Lutheran Church at Noon
Preacher: Intern Rachel Perkins

Lenten Exercise Class to start again!

Join Sue & Mary, Faith Community Nurses
for 40 min. of gentle exercises designed to
improve balance, coordination, and strength.

Wed. March 6 Salem Lutheran Church Fireside Room
Wed. March 13 Calvary hosting at Emmanuel Lutheran Library
Wed. March 20 First Lutheran Church Friendship Hall

Wear comfortable clothes & supportive shoes.
Exercises are done seated or standing near a chair for stability.
We'll make sure you have adequate time to get to service!

Ostara: Spring Awakening

7:00 pm, Friday March 15th through Noon on Saturday, March 16 is
Emmanuel's Spring Retreat. There will be more information coming as the
dates get closer. If you are planning on going to the Synod CRE, you may
come to the Friday evening session and attend the CRE on Saturday.



David Stocker is working with the Children today

He will also be here Sunday, March 17th and April 7. So, bring the children with you to church on those Sundays and for music and drumming.

Drumming with Helen Bond

HELEN BOND is a dynamic percussionist, teacher & storyteller who has found music to be an inspiration and source of strength and resiliency since her childhood. Since 2000, Helen has traveled regularly to Guinea, West Africa to study the intricate musical traditions and culture of the Malinke people, whose ancestors created the djembe and dunun drums centuries ago. She also teaches at retreats, local schools, colleges and universities. She is adjunct faculty at Lake Forest College where she teaches the "West African Drumming Ensemble" class. Helen offers classes in Guinean percussion music, drum facilitation, and gives storytelling performances.

[Medusa's Musical Mysteriesmedusadrums.com](http://www.MedusaDrums.com)

MedusaDrums.com

"Like" us at <https://www.facebook.com/MedusaDrums>

MotherlandRhythm.org

"Like" our Benkadi Project on Facebook

<http://www.facebook.com/MRCBenkadiProject?ref=hl>

Join Helen in the Benson Room on Sunday, March 24th from 12:00 pm to 3:00pm. A Sessions is \$75.00, Register through Venmo @Helen-Bond-8

The next WELCA Get-together will be on Thursday, March 21, starting at 9:30 am in the Celebration Room

All women of the ELCA are members and are welcome to attend.

Soul Garden Hiking in March

Winnebago County Forest Preserves Interest Hikes

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Dress for the weather! Contact Holly if you want to join the hikes. 815-543-1191. **All hikes start at 9:00 am.**

Wednesday, March 6th

J. Norman Jensen Forest Preserve

14400 S. Bluff,
Rockton, IL 61072

Saturday, March 30th

Rockford Rotary Forest Preserve

5390 Rotary Road,
Cherry Valley, IL 61063

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

Mailing address, P. O. Box 4362, Rockford, IL 61110

815-963-4815 Fax: 815-963-4808 emmanuelchurch07@ gmail.com elcrockford.org

Pastor Frank Langholf, phone 309-509-5241, email: fslangholf@gmail.com