



October 2024

The deadline to submit newsletter articles for the next newsletter is October 15, 2024

Dear Catherine,

Emmanuel's message comes from a passion for searching and studying sacred scriptures. Wisdom and inspiration is also drawn from a variety of other traditions, prophets, and all women and men who have a deeply personal and intimate relationship with God.

Everyone is welcome at Emmanuel.

[CLICK HERE TO DONATE TO EMMANUEL](#)

An October Message from Pastor Frank

Greetings Beloved Ones

October 10 by Wendell Berry

*Now constantly there is the sound,
quieter than rain,
of the leaves falling.*

*Under their loosening bright
gold, the sycamore limbs
bleach whiter.*

*Now the only flowers
are beeweed and aster, spray
of their white and lavender
over the brown leaves.*

*The calling of a crow sounds
loud—a landmark—now
that the life of summer falls
silent, and the nights grow.*

What image come to your mind when you think of "October"? I think of yellow and

orange leaves cascading from the trees carpeting the ground, foliage ever thinning, and the trees become skeletons. Darkness will be closing in on both ends of the day. Temperatures will be cool even cold at night and warming somewhat during the day. I think of the various festivals during October celebrated by communities and congregations.

The festivals of October include festivals for various faith communities. This year the Jewish holy days of Yom Kippur, Sukkot and Simchat Torah are in October. Christian festivals include the Feast of Francis of Assisi October 4, and Reformation Day on October 31, The Celtic festival of Samhain also comes on October 31. In addition, there will be celebrations of Indigenous People's Day on October 14, and Halloween on the 31st. We will be celebrating Francis of Assisi with a service focused on blessing animals on Sunday October 6. We will celebrate Indigenous People's Day on Sunday October 13 in the Labyrinth.

Lutherans have traditionally celebrated Reformation Day on the last Sunday of October. The day has begun to wane in importance and in practice. On one hand it is based on a single historical event which is the Martin Luther posting the 95 theses. One could focus on the past including the changes that were happening in Christianity in the 1500s. On the other hand, it is about a process that is ongoing. One can focus on the process of reform. I would like to briefly reflect on the process of reformation. This process touches both individuals and institutions. Reformation is a process that has two movements. I think these movements is more of a dance than a two-step process. One movement is rediscovering the heart of the faith. The heart of the faith is the unconditional inclusive love of God. There are times that both individuals and institutions can lose touch with the heart. Reformation gets in touch with this love. The second movement engages a changing world out of the heart of Divine Love. We are living in changing times. This is a time to open up to the dance of reformation by letting the love of God shape all that we do. We can ask a single question: How will I or we express this love of God in what we do in this time and place?

"For in Christ Jesus ...; the only thing that counts is faith working through love". - Paul Galatians 5:6*

I hope you have blessed October, finding joy in the changing autumn season, rejoicing in the harvest in the present, and discovering hope for the future

Wild Blessings

Pastor Frank



**Arts@Emmanuel invites you to participate in an Art show called "LIFE",
November 8th through January 25th, 2025.**

"LIFE" , is a hangable art show featuring images that illustrate life.

This is open to the artist's interpretation.

· **Painting, Photography, Mosaic, Collage, your choice!**

- There is no fee to enter!
- **Artwork is due by Wed. Nov. 6th @ 12 noon.**
- Drop off at **Emmanuel Lutheran Church, 920 Third Ave. Rockford.**
- **Church office hours are: Tues-Thurs, 9-2pm. Call first. (815)963-4815.**
- Enter church office through north door, near parking lot.
- **Contact Susan Hurley-Whitacre** if you would like to exhibit in this show.

Guidelines:

- **Work must be ready to hang with appropriate materials, securely attached. No saw-toothed hangers.**
- **With each piece attach this form with the following information: (please print) title, medium, price or NFS, artist's name, also include: your address, phone number and email address.**
- We will provide the labels for each piece in the show.**
- **Any insurance on artwork is up to the individual artist.**
- **Checks for any sales will be made out to the artist.**
- **Emmanuel would appreciate a 25% tax deductible donation on any sales.**
- **Artist information: Please attach this to the back of all artwork.**

ARTIST name: _____
 Address _____
 Phone number _____
 Email _____
 Art Piece Title _____
 Medium _____
 Price or NFS _____

Susanhurley2010@gmail.com If you have questions call Susan at 708-845-7207.

Opening Reception is in the Gallery at Emmanuel, Friday, November 8th, from 6:00-8:30pm.

Guidelines:

- **Work must be ready to hang with appropriate materials,**



**Rockford Area
 CROP HUNGER WALK
 Sunday, October 20, 2024
 711 N. Main St. (Discovery Center)
 Registration: 1:00pm
 Step-Off: 2:00pm**

Emmanuel's goal for 2024 is \$1500. Checks should be made out to Emmanuel Lutheran Church with "Crop Walk" on the memo line and may be given to Lorraine Harding, Ann Downie, Kathlyn Wright, or Hannah Wearsch.

To give online, enter "CROP Hunger Walk 2024," type "Emmanuel Lutheran Rockford, IL" in the upper right corner in "search"

***Taming the inner critic
while fanning the flames of your inner wisdom.
October 10th, 6:00-8:00pm at Emmanuel***

Just as there are three primary colors, there are 10 saboteurs. Saboteurs are the parts that create that inner dialog that is harsh, critical, and judgmental. It's that voice that wakes you at 3am to worry and adds stress to your life but no value. It is the subconscious part that demotivates you and keeps you from the things you most want in your life - like dreams, goals, and happiness. It damages relationships with others and with ourselves. Because it is subconscious, the rational mind cannot combat it. But it CAN be managed. The first step is to become familiar with them, how they show up, and what impact they have in your life.

Dragon Training is an introduction to learning how to manage these saboteurs and 'turn down their volume' while 'turning up the volume' of your inner wisdom (your 5 Sage powers), and thirdly how to strengthen your self command muscle (your PQ brain – how often you are operating from your wise/sage self vs. your saboteur) so that you are in charge of your thoughts, not the other way around. Start by taking the saboteur assessment test at www.positiveintelligence.com and get ready to start learning how to transformation your life!

Emmanuel Lutheran Church
920 Third Avenue, Rockford, IL 61104
Park in the North lot and enter by the ramp

*Register with Christyn, 815-289-7110. Class fee is \$45.
Feel free to ask about scholarships or sliding scale.*



***Living into The Four Agreements
Thursday evenings, 6:00-8:00pm
Oct 17 & 24, Nov 7 & 14
at Emmanuel***

The ***The Four Agreements***, written by Don Miguel Ruiz in 1997, spoke to many with its four principles that reveal our self limiting beliefs that rob us of joy and keep us in misery.

These four pillars are:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best.

To this day this book speaks to the hearts of many with its ancient wisdom and code of conduct. However, awareness is just the first step. In order to capture the benefits of this wisdom and make it real in our lives the next step is to consciously practice each one. In this four week workshop we will dive deeper into each agreement, flesh out where it becomes difficult or slippery to honor these agreements, and find ways to change our habits by practicing each one intentionally.

***Register with Christyn, 815-289-7110.
Class fee is \$130.***

Feel free to ask about scholarships or sliding scale.

Emmanuel Lutheran Church
920 3rd Avenue, Rockford, IL 61104
Park in North lot and enter by ramp doors.

Something for Everyone at Emmanuel

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=WFewOVbXZGd3OHFzSXQ1WXIVTHppZz09>

Bible Study on Wednesdays
at Noon on zoom.
Dial 312-626-6799
Meeting ID: 893 5688 8344
Everyone welcome to join
the Bible Study

Spiritual Journeys Book Study
"Wild Mercy"
Tuesday group 9:30 - 11:00am

Join Beth Campisi
Cardio Drumming Mondays,
Adaptive 4:00 - 5:00 pm
Regular 6:00 - 7:00pm

Belly Dancing
Wednesday Nights, 6:00 - 7:00pm

Emmanuel Food Pantry
Fridays, 9:30 - 11:30am

Drum Class with Helen Bond
October 17, 12:00 - 3:00pm

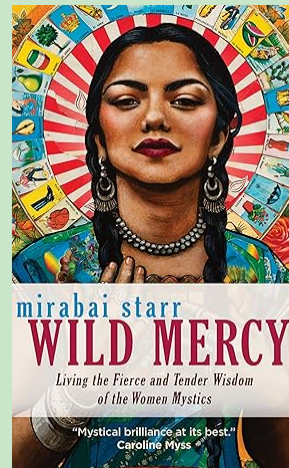
WELCA - October 17, 9:30am

Art Show "LIFE"

November 8th - January 25th, 2025



All female members of the ELCA are considered a part of WELCA and are invited to join us on the third Thursday of each month, except July and August at 9:30am at Emmanuel. **Our next meeting will be October 17th at 9:30am in the Celebration Room.** Hope to see you there.



Spiritual Journeys Tuesday Book Study Group - 9:30 - 11:00am

We are reading Wild Mercy, by Mirabai Star. Join us as we read along together and discuss. (no need to read before the session). Any questions, Contact Karen at karenvanhowe@gmail.com The NEW zoom link is <https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZV>

[SG9ITfpNT3ZtZz](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZV)

[IJUT09](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZV)

Winnebago County Forest Preserves

Interest Hikes
See Article Below

Women's Interfaith Potluck
See Article Below

All are welcome @ Emmanuel!!



We Pray for Healing

Allison, Jonathan Chell,
Denny, Kristi Heath White,
Sally, Susan, Jeff Birch Peg Burns,
Linda, Judy, Shannon,
Ian, Joel, and Rick, Miguel
Mike, Gina Holland,
Heather, Josie Peebles,
Madeleine, Todd Anderson
Norine Mackey, "CeCe"
Beverly, Brooke, Mary Lee,
Tammi, Karen & Jerry Johnson,
Lucinda & Mark, Matthew,
Margie, Soren Koch, Tom
Sophie, Tim, Vince, Ray,
Merry

September 5, 2024 by Allison Downie

I want to say thank you to everybody for your love and support. Last week I packed up my apartment and this week is chemo week, so I'm beat as you can imagine. My mom, son, and I really appreciate the meals and funds. I'm doing ok. I'm in good spirits, although I do have my moments of despair. I've been wanting to go to church, just haven't felt up to it, but I'll try to go this Sunday. I miss everyone.
Thank you again

This is the MealTrain link for Allison Downie:

Belly Dancing Wednesday nights Beginning Oct. 16th

6:00 – 7:00pm Cost: \$10/class

Belly dancing is incredibly empowering. People of every size and ability level will have fun while building confidence, strength & grace. In the classes you will learn the Egyptian roots of Belly dance and the modern tribal & fusion styles. Short combinations will be incorporated into drills that focus on muscle group isolations, core stabilization, strengthening and lengthening of muscles, sharp & fluid motions, musicality & dance etiquette. No previous dance experience required and great for all fitness levels.

All classes are held at Emmanuel Lutheran Church, 920 3rd Avenue in Rockford.

Register with Holly Blair-Cascio,
815-543-1191 or hollyblair@mac.com

Women's Interfaith Potluck

All women are invited to the Women's Interfaith Potlucks

- Monday, October 28, 2024, at the Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.

- Monday, November 25, 2024, at Unitarian Universalist Church, 4848 Turner St., Rockford.

Hope to see you soon!
Susan Goldberg

What is Meal Train? There are times in our lives when friends and family ask, "What can I do to help out?" The answer is usually to help them with a meal. When many friends provide support through a meal, Meal Train keeps everyone organized.

[MealTrain.com](https://mealtrain.com) is a free meal calendar tool that makes planning meals among a wide group easy and less stressful.



October Birthdays

- 10/2 Nate Campbell
- 10/8 Malinda Helge
Dave Johnson
- 10/9 James Stout
- 10/11 Lucio Aldana
- 10/14 Lauren Andree
- 10/21 Lou Ann Johnson
- 10/24 Brody Streed
- 10/27 Regina Moseley
- 10/29 Kim Peterson
- 10/31 Ray Hodowanic

Drum Class with Helen Bond Coming October 27th

Drum Workshop 12:00-3:00pm

Helen Bond is a dynamic percussionist, educator, and storyteller who captivates audiences of all ages with the joy, energy, and healing power of traditional West African hand drumming and songs. Learn the rhythms and techniques of traditional West African drumming. This class covers fundamental drumming skills, including hand techniques and rhythms on the djembe and dunun drums. Participants of all skill levels

It's that time of year again!! Time to Schedule your Influenza (Flu) Vaccination!

Why should people get vaccinated against flu? Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. Flu can mean a few days of feeling bad and missing work, school, or family events, or it can result in more serious illness. [Complications of flu](#) can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. An annual seasonal flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications. Vaccination has been shown to have many [benefits](#) including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. While some people who get a flu vaccine may still get sick with influenza, flu vaccination has been shown in several studies to reduce severity of illness.

Please consider getting the vaccine from a local pharmacy or your primary provider's office. It is too costly to have a clinic at church and unfortunately, we can't guarantee participation. Remember, it takes two weeks for the vaccine to be effective and protective after receiving it. Questions? Call your

learn to play together. Drums provided if you let us know you need one.

Join us for a joyful drumming experience where you can add your unique voice to the ensemble and feel the power of making music in community.

Join Helen Sunday, Oct. 27th from 12:00 pm to 3:00 pm. A session is \$75. Register through Venmo@Helen-Bond-8 contact her helen@medusadrums.com or 847-306-8688 medusadrums.com



Winnebago County Forest Preserves Interest Hikes

Come hike with us.

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Text Holly if you want to join the hikes. All hikes start at 9:00am. 815-543-1191 hollyblair@mac.com

**Wednesday, October 9th
Kilbuck Bluffs Forest Preserve
3061 & 3020 South Bend Road, Rkfd, IL 61109**

**Saturday, October 26th
Blackhawk Springs Forest Preserve
5360 Mulford Road & 5801 Perryville Rd, Cherry Valley, IL 61016 Mulford Rd Entrance**

Faith Community Nurse!!



**Breathe - November 9th
5:00pm at Emmanuel**

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. Enter by the North, parking lot entrance. Breathe is held the second Saturday at 5:00pm, every other month, at Emmanuel, September thru May. All are welcome.



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

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.***

Katie's Cup is open Tuesday thru Friday
8:00 am - 2:00 pm
Katie's Walking Club—Thursdays at
9:15 a.m
Cars and Coffee—Saturday, Oct. 5 from

Link to Descriptions of all 44 Forest Preserves
<https://www.winnebagoforest.org/items>



Join Beth Campisi for Cardio Drumming

Adaptive Cardio Drumming Every Monday 4:00-5:00pm

This class provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous cardio, however it provides a multitude of benefits for the participant! No drumming experience needed. All levels welcome!

Regular Cardio Drumming Every Monday 6:00-7:00pm

Cardio drumming combines cardio exercise and drumming to music to provide an easy but effective workout. Using an exercise ball, a bucket and drumsticks, cardio drumming is a fun, fast paced way to increase your heart rate, burn calories and improve your coordination. It even helps to improve brain function and you don't need to be a drummer to do it! Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome!

Contact Holly Blair-Cascio if you would like to Cardio drum with us!
815-543-1191 hollyblair@mac.com

Emmanuel needs your financial support.

Just like you need an income to pay your

9-noon; Mike Lynch, musician.

Midtown Community Market on Thursdays through October from 9 a.m. to 1 p.m.

Indoor Markets on the first Saturday of November, December, January, February, and March from 9 am. to 1 p.m.

Lutheran World Relief Truck on Oct. 5-6. Need volunteers for loading donations onto semi trailer. Oct. 5 collecting donations 9a.m.-1 p.m.; Oct. 6. Noon to 3 p.m.

Oct. 24, 6-8 p.m. is Police trunk or treat in the parking lot at 501 Seventh street

Patriots' Gateway Trunk or Treat from 5-7 on Oct. 31.

Lutheran Outdoor Ministries

Center Celebrates 50 Years!

Starting with Camp Augustana and Camp Alpine, people of all ages have connected to God through nature in these wonderful environments. We invite you to celebrate 50 years of outdoor ministry in Oregon, IL at Lutheran Outdoor Ministries Center. Please save the date, October 12, 2024, for a 50th Anniversary edition of Autumn Fest! There will be activities for all ages! Please visit the Special Events tab under [Events/Register on the LOMC website to register for lunch!](#)
<https://lomc.org/>

Our 2024 Council Officers and Congregational Council Members

Karen Van Howe, President
Holly Blair Cascio, Vice President
Jack Ream, Treasurer
Kathlyn Wright, Secretary
Dan Goldberg
Taj Guzzardo
Susan Hurley-Whitacre
Rich Lundin
Sally Susan
Marcia Terrill

electric, water and gas bills, the church also has to pay its bills. You may place your donation in the offering plate on Sundays or mail your offering to

Emmanuel Lutheran Church
P.O. Box 4362
Rockford, IL 61110

If you prefer to donate online, go to our website at www.elcrockford.org and click on the Donate button in the upper right-hand corner of the page.

Thank you for supporting your church!

Northern Illinois Synod Voting Members from Emmanuel:

Lay Voting Members:

Linda Aldana, Rocio Aldana

Rostered Voting Member: Pastor Frank Langholf

EMMANUEL LUTHERAN CHURCH

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Rockford, Illinois 61104

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www.elcrockford.org

Emmanuel Lutheran Church, P. O. Box 4362, Rockford, IL 61110

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emmanuelchurch07@gmail.com elcrockford.org

Pastor Frank Langholf 309-509-5241 fslangholf@gmail.com



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