



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
May 31, 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 ReRefresh 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>

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: Catherine Rennert

Preacher: Susan Goldberg

Lector: Cathy Ritts

Special Music: Emily and Tim Austin
Tom and Fran Wilson

Altar Guild: Marcia Terrill, Taj Guzzardo

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Yoga With Claudette Pirrello, Mondays at 5:00 pm

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: May 31, 2026

Theme: Healing

**Prelude: There is a Balm in Gilead -Harry Thacker Burleigh
 Austins and Wilsons**

Welcome: Catherine Rennert

Meditation: "The wound is the place where the Light enters you." — Rumi

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

Gracious God, source of all life, Lord of mercy and grace, hear our prayer.

We come before you in need of healing:

The healing of our bodies and souls,

The healing of our relationships,

The healing of our pride and fear and apathy.

We know that with you, nothing is impossible, not even our healing,

Not even the restoration of the whole world.

We pray that you will heal us, that you will heal our world,

So that we will be freed to serve and love and dream and be,

As Christ calls us. 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: Get Together—by Chet Powers (aka Dino Valenti)

Chorus:

**Come on people now, smile on your brother
Everybody get together,
And try to love one another right now.**

First Reading— by Jack Kornfield

"Our sorrows and wounds are healed only when we touch them with compassion."

"If your compassion does not include yourself, it is incomplete."

Second Reading—by Henri Nouwen

"Nobody escapes being wounded. We all are wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not *"How can we hide our wounds?"* so we don't have to be embarrassed, but *"How can we put our woundedness in the service of others?"* When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers. Jesus is God's wounded healer: through his wounds we are healed. Jesus' suffering and death brought joy and life. His humiliation brought glory; his rejection brought a community of love. As followers of Jesus we can also allow our wounds to bring healing to others."

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

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.

Refrain (faster)

Praise the Lord for he has loved us, al - le - lu

Continued...

ia, and his love is come to free us.

Al - le - lu - ia! ia!

1, 2 Am 3 Am

Scripture: Mark 5: 24b-34

And a large crowd followed Jesus and pressed in on him. Now there was a woman who had been suffering from a flow of blood for twelve years. She had endured much under many physicians and had spent all that she had, and she was no better but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his cloak, I will be made well." Immediately her flow of blood stopped, and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my cloak?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?' " He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

Presider: This is the witness of an early Christian community.

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

Message: **Susan Goldberg**

Offering

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

Special Music: Tell Me What You See—by John Lennon and Paul McCartney
Austins and Wilsons

Time for Gratitude

Prayer Song and Response: Sacred Fire

**Sacred fire, burning before me,
Burning within me, deep in my soul.
Sacred fire, transforming fire,
Recreate me, make me whole**

Prayers of the People Gary, Randy, Julaine, Ray, Wanie, Norm, Jennie,
Deborah, Jerry, Miguel, Steve, Jim, Andrea, Ruth Ann.

The Lord's Prayer

**Eternal Spirit, Earth-maker, Pain-Bearer, Life-giver,
Source of all that is and that shall be.
Father and Mother of us all, Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on
earth. With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever. Amen**

Announcements

Sending Song: Teach Your Children—by Graham Nash

**... You, who are on the road must have a code that you can live by
And so become yourself because the past is just a good-bye**

**... Teach your children well, their father's hell did slowly go by
And feed them on your dreams, the one they pick, the one you'll know by**

**... Don't you ever ask them why. If they told you, you would cry
So just look at them and sigh, and know they love you**

**... And you, of tender years can't know the fears that your elders grew by
And so please help them with your youth. They seek the truth before they can
die**

**... Teach your parents well. Their children's hell will slowly go by
And feed them on your dreams, the one they pick, the one you'll know by**

**... Don't you ever ask them why. If they told you, you would cry
So just look at them and sigh, and know they love you**

Benediction/Sharing of Peace



Our salad/dessert luncheon will be June 11, 2026, at 11:30am.

**(Please note...This is the 2nd Thursday, but a necessary change from our normal
third Thursdays.) Please bring a salad or dessert to share.**

After the June salad luncheon, we will break until September.

***“Nurture”* Art Exhibit**

“Nurture” is a mixed media art exhibit that focuses on artists’ perspective of the concept of Nurture. The Gallery will be open for your viewing pleasure T/W/Th 8:00 – 1:30 and on Sunday mornings.