



Welcome to ReFresh at Emmanuel

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

October 25, 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=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: Cathy Ritts

Guest Musician: Catherine Rennert

Accompanist: Clea Arbogast

Communion Assistant: Taj Guzzardo

Altar Guild: Susan & Dave Whitacre

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: October 25, 2026

Theme: Grace

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Be watchful—The grace of God appears suddenly. It comes without warning to an open heart. —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: Celebrating Abundance

All that we are, together and individually, is part of the abundance of the universe.

We are made of stars. We are made of earth.

All that we have comes from earth, from the labor of those in our communities
...from the cities, farms, and oceans that enliven us. The world, and those who
live in it.

We are surrounded by blessing, by grace, and by possibilities.

We are reflected in every other human being.

We respect and honor one another's differences.

We celebrate our interbeing with abundance and the practice of generosity.

Come, let us worship together.

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: Grace Falling Like Rain



Grace, Falling like Rain, cleansing the plane of my soul
Breath, blowing on me, melting the fro - zen sea
Hope, entering in, waters the ten- dril vine
Grace, Falling like Rain, cleansing the pain from my soul



Strength, welling in me, pours from the tree of
Life, gift from a- bove link with the Lord of
Bread, food for the soul drink and the chal- ice
Love, warm now and free given to make me



life.
Love.
wine.
whole.

First Reading:

From Kathleen A. Brehony—When we open our hearts to each other we allow grace to enter. It is as simple as that. And suffering — events that break open the heart — can become the refiner's fire that leaves us fully open to the truth about love and compassion.

From Ann LaMott in *Traveling Mercies*—Grace is the light or electricity or juice or breeze that takes you from that isolated place and puts you with others who are as startled and embarrassed and eventually grateful as you are to be there.

From Joanna Macy—Grace happens when we act with others on behalf of our world.

From Matthew Fox—Community is another source of Grace. In community we are meant to grace one another; to be sources of grace; healers by way of grace.

From Mary Oliver—You can have other words—chance, luck coincidence, serendipity. I'll take grace. I don't know what it is exactly, but I'll take it.

Second Reading: The Peace of Wild Things —by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind star
waiting with their light. For a time
I rest in the grace of the world, and am free.

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: Ephesians 2: 8-10

8 For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— **9** not the result of works, so that no one may boast. **10** For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.

Presider: This is the witness 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. Selection by Catherine Rennert

Time of Gratitude—We Are an Offering (ELW 692)

We lift our voices, we lift our hands, we lift our lives up to you: we are an
of-fer-ing. Lord, use our voices, Lord, use our hands, Lord, use our
lives, they are yours: we are an of-fer-ing. All that we have, all that we are,
all that we hope to be, we give to you, we give to you.
We lift our voices, we lift our hands, we lift our lives up to you:
we are an of-fer-ing, we are an of-fer-ing.

Thanksgiving at the Table

The Lord's Prayer—from the Aramaic

O Divine Beloved, Your Radiant Presence shines in all the universe.

I will hold your Radiant Presence in my heart.

Create Your Reign of Shalom NOW...(Use these willing hands and this passionate heart.)

May Your Heart's desire become mine. May they be joined as ONE.

Grant what we need each day in Bread and Wisdom.

Release us from the burden of our failures as we release those who have failed us.

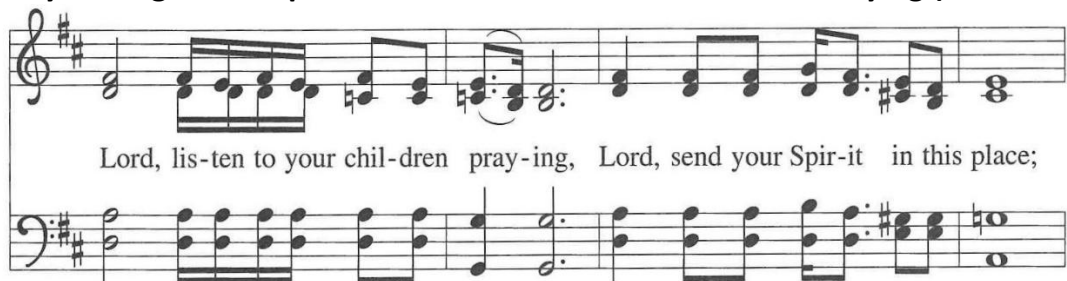
Break the hold of our distractions and free us from the fears that hold us back...and the evil so close.

For yours is the Reign of Shalom, the Power, and the Song, from age to age.

AMEN. It is sealed in trust.

Communion Music— Clea Arbogast

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



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

The first system of musical notation for the Prayer Song and Response. It consists of a treble and bass staff in D major (two sharps). The treble staff has a melody with eighth and sixteenth notes, and the bass staff has a harmonic accompaniment with eighth and sixteenth notes. The lyrics are written below the staves.



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

The second system of musical notation for the Prayer Song and Response. It continues the melody and accompaniment from the first system. The lyrics are written below the staves.

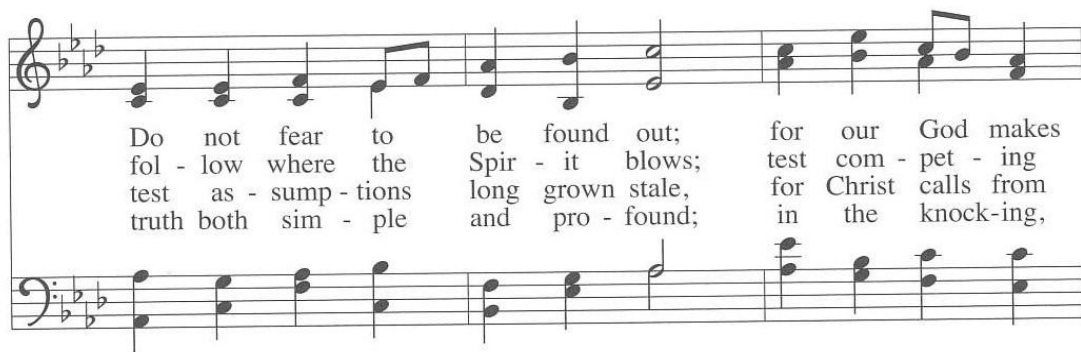
Prayers of the People

Announcements

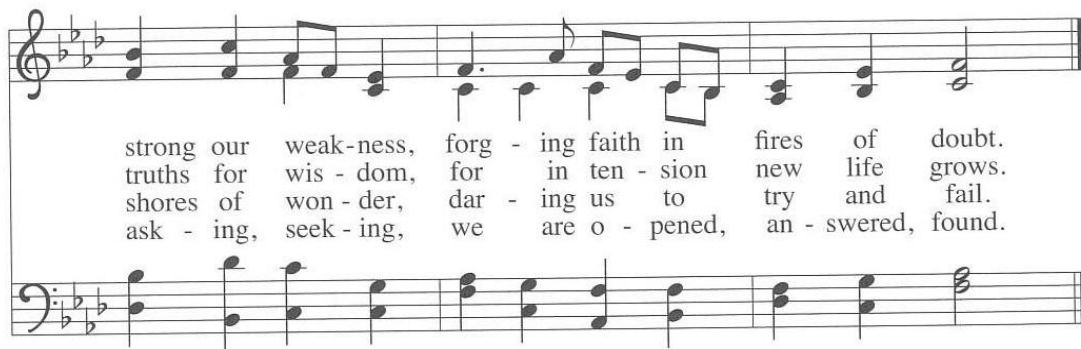
Sending Song: Ask the Complicated Questions (ACS 1005)



1 Ask the com - pli - cat - ed ques - tions.
2 Seek the dis - con - cert - ing an - swers,
3 Knock on doors of new i - de - as,
4 For in strug - gle we dis - cov - er



Do not fear to be found out; for our God makes
fol - low where the Spir - it blows; test com - pet - ing
test as - sump - tions long grown stale, for Christ calls from
truth both sim - ple and pro - found; in the knock - ing,



strong our weak-ness, forg - ing faith in fires of doubt.
truths for wis - dom, for in ten - sion new life grows.
shores of won - der, dar - ing us to try and fail.
ask - ing, seek - ing, we are o - pened, an - swered, found.

Benediction/Sharing of the Peace

Greater Rockford Pantry Coalition:

The 815 Hunger Luncheon was 9/30. There were about 220 people attending. Emmanuel had a table of 9, although I never got to join the others at the table. The lunch, prepared by Chef Leon, included a couple different soups, lettuce salad, rolls, and a cookie for dessert. It was a very nice event.

The CROP Hunger Walk was held Sunday, 10/18th. It was a beautiful day for a 4-mile walk. There were about 50 walkers. We will be collecting donations for the Walk into November. Thank you to everyone who donated. Church World Services celebrated 50 years of the CROP Walk in 2019. This year Rockford celebrated 40 years of participation. We also honored Rev. David Jones who retired from the CROP Walk Committee last year due to health. He was a very active supporter of the Walk.

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.

Halloween Hike! Ghosts and Goblins! - Saturday, October 31st, 10:00a
Seward Bluffs – 16999 Comly Road, Seward, IL

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



Breathe Service

Note change of date - Saturday, November 21st, 5:00 – 6:00pm

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.

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, October 26, 2026, at Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.

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Halloween Hike! Ghosts and Goblins!

Saturday, October 31, 10:00am

Seward Bluffs – 16999 Comly Road, Seward, IL

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 Food Pantry

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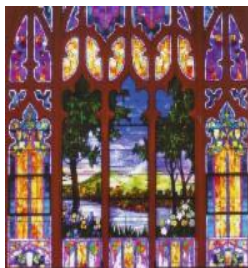
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Thursday, November 5th 9:00 – Noon

Plan to join us as we get the church grounds looking good.
Coffee and donuts after.



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.

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

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