



Photograph by Keegan Houser, Featured in [Photos, Health & Wellness](#)

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
March 15, 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 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>

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	Altar Guild: Marcia Terrill &
Lector: Jenny Olson	Taj Guzzardo
Special Music: Emmanuel's Choir	Consultant: Bill Houtkamp
Coordinator of Adult Music Ministry: Tim Fenelon	Sound: Andrew Ehrhardt
Accompanist: Clea Arbogast	Greeting Cards: Taj Guzzardo
Communion Assistant: Holly Hansen	

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm & Thursdays at 1:00 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. **No Bible Study during Lent**

Belly Dancing will resume in the spring.

March 15, 2026
Fourth Sunday in Lent
Listening

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: "Listening is an act of love." by David Augsburger

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: Silence Speaks, by Justin Farley

Silence comes swiftly
with the sudden breeze
quietly untangling the mind
and piercing the restless heart.

**The rustles of the leaves in the trees
let light fall like raindrops
each time nature's canopy is shaken.**

There's a presence here unnamable,
indescribable, ancient and older
than the tallest oak.

**Found in the remote places
away from the clangs, bangs, rattlin' brain of the city,
lost but not forgotten.**

(Continued next page)

Hidden like shoots of green
beneath the decaying debris
of crumbling leaves, fallen twigs, and toppled trees
crushed beneath the weight of a summer storm.

**There's treasure buried here,
secrets desperately awaiting your discovery.**

Your heart knows it.

Feels it.

Your mind contains the map

if it is hushed.

If it is clear.

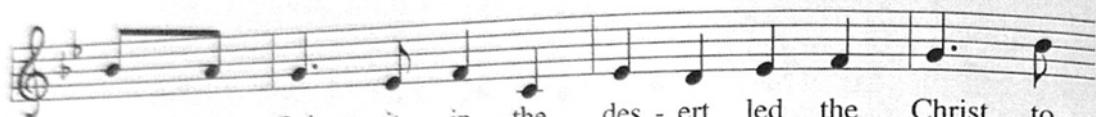
Silence speaks.

But do you hear?

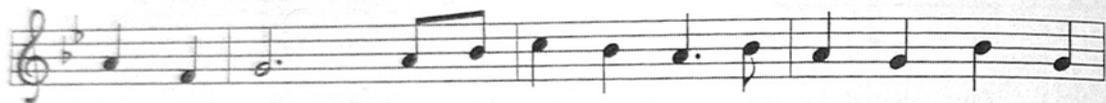
Proclamation of Grace:

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.

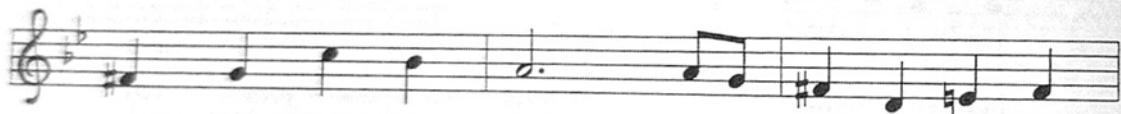
Gathering Song: As Your Spirit in the Desert (ACS 923)



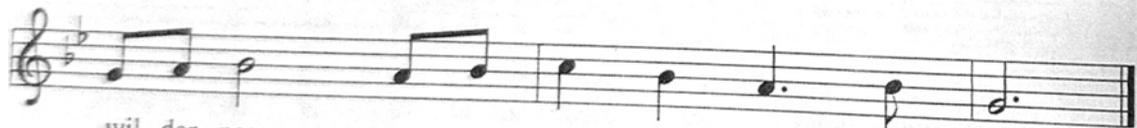
1 As your Spir - it in the des - ert led the Christ to
 2 As your fire and cloud - y pil - lar Is - rael's tribes to
 3 Though wild beasts may lurk in shad - ow, and dire thirst may
 4 Through the nar - row gate now draw us, past all em - pire's
 5 God of des - ert, God of prom - ise, you have bid us



dust and stone, so in - still our hearts with cour - age now to
 Ca - naan led, may your pres - ence be our com - fort, may your
 sear and sting, you have prom - ised liv - ing wa - ters wait - ing
 pull and strife, where be - yond our fear and cling - ing stands the
 jour - ney on through the days of dust and dark - ness to the



cross where Christ has gone. Let us cross in - to the
 man - na be our bread. Let us cross in - to the
 for us at the spring. Let us cross out of the
 thresh - old of new life. Let us cross out of the
 ris - ing of the dawn. Let us cross out of the



wil - der - ness so to walk where Christ has gone.
 wil - der - ness with God's man - na as our bread.
 wil - der - ness to the wa - ters of the spring.
 wil - der - ness to the thresh - old of new life.
 wil - der - ness to the ris - ing of the dawn.

First Reading: How to Listen, by James Crews

Listening is a form of worship,
but you don't have to kneel
on the floor with folded hands
or mouth the perfect prayer.
Just open the door of yourself
to another, become the space
they step through to show you
who they are. This is holiness:
two people seated together
on the pew of a park bench,
at the altar of a kitchen table.
Even if no one says a word
for a while, receive the silence
until it's like a new language
only the two of you can speak.

Second Reading: By Madeleine L'Engle

Those who believe they believe in God but without passion in the heart, without anguish of mind, without uncertainty, without doubt, and even at times without despair, believe only in the idea of God, and not in God himself.

I will have nothing to do with a God who cares only occasionally. I need a God who is with us always, everywhere, in the deepest depths as well as the highest heights. It is when things go wrong, when good things do not happen, when our prayers seem to have been lost, that God is most present. We do not need the sheltering wings when things go smoothly. We are closest to God in the darkness, stumbling along blindly.

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

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

Scripture: 1 Kings 19: 9-13

⁹At that place he came to a cave and spent the night there. Then the word of the Lord came to him, saying, “What are you doing here, Elijah?” ¹⁰ He answered, “I have been very zealous for the Lord, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.”

¹¹ He said, “Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind, and after the wind an earthquake, but the Lord was not in the earthquake, ¹² and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?”

Presider: These are the words of an early Jewish 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: The Voice by Brendan Graham, Roger Emerson
Emmanuel Choir

Time of Gratitude We Are an Offering (ELW 692)

The image shows a musical score for the hymn 'We Are an Offering' (ELW 692). It consists of six staves of music in treble clef, 7/8 time. The lyrics are written below the notes. The score includes various musical notations such as eighth notes, quarter notes, and triplet markings (indicated by a '3' above the notes). The lyrics are: 'We lift our voices, we lift our hands, we lift our lives up to you: we are an offering. Lord, use our voices, Lord, use our hands, Lord, use our lives, they are yours: we are an offering. 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 offering, we are an offering.'

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: Traditional

Communion Music: Ave Verum Corpus —Mozart
Emmanuel Choir

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

Allison, Julaine, Ray, Donna, Jim, Wanie, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David, Steve,
Netha, Andrea, Ruth Ann.

Announcements

The Sending Song “Listen, God is Calling” is Tanzanian traditional text and music (text translated by Howard S. Olson and Music arranged by Austin C Lovelace in 1968). It is sung as a “Call/Response” between Tim, as the leader, and the Congregation as the “All”.

Benediction

Sharing of the Peace

Soul Garden Hikes

Saturday, March 28th, 10:00am

Colored Sands F. P.

10602 Haas Road, Rockton, IL 61024

Wednesday, April 8th 10:00am

Cedar Cliff

7901 Kishwaukee Road, Stillman Valley, IL 61084

Please call or text Holly, 815-543-1191, if you are planning on coming to hike, so the group will know you are coming.



Women's Interfaith Potluck

Monday, March 30, 2026

The Unitarian Universalist Church,
4848 Turner St., Rockford.

Regina Cook-Glanton and Deb Whinnery will discuss the mission and work of the "All Faiths Group" of "Eliminate Racism 815".

All women are invited to attend the interfaith potlucks, 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.

Please join us

2026 Midtown Midweek Lenten Services at Noon

Conversations with Jesus

March 18th at Emmanuel Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Sanctuary
Pastor Leslie Aska preaching

March 25th at First Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Friendship Hall
Service to follow at Noon in First Lutheran's Sanctuary
Pastor Bill Dahlberg preaching

Drumming with Helen Bond

Helen will be at Emmanuel twice in March,
today 3/15 and Sunday, 3/29
From 1:00 to 3:00pm
Come join the Drumming Circle

Blossom Equinox

Spring is coming, never fear, our 6 weeks are almost up.
We will be celebrating the Blossom (or Spring) Equinox
Friday, March 20th, 6:00 pm to 9:00pm, at Emmanuel

Fix It Fair!

Saturday, March 21st, from 9:00 am to 1:00 pm

Bring your broken or torn items and meet our community of fixers! We will do our best to repair your beloved possessions and keep them out of the landfill.

- Items such as, small electronics and appliances (no computer or phones)
- Clothing repairs and mending (please wash any clothing)
- Lamps and basic wiring
- Bicycles, toys and more!

This event is sponsored by Sustain Rockford and made possible by a grant from the Community Foundation of Northern Illinois

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

Coming in April

Arts @ Emmanuel Workshop
Ancient Egyptian Coptic Journal



Join us to learn how to make your own journal using the ancient technique of bookbinding, the Coptic Stitch, employed by early Christians in Egypt 2nd Century A.D.

2-Session Workshop

Saturday, April 11 9:00 - Noon
Collage covers & create signatures (book block)

Wednesday, April 15 6:00 - 8:30
Create sewing holes & Coptic stitch journal together

\$45 includes both sessions and all supplies needed
held at Emmanuel Lutheran Church
920 3rd Ave. Rockford, IL 61104

Register by contacting Holly Blair-Cascio
at (815) 543-1191 or Hollyblair@mac.com

Calling All Artists for the Upcoming Art Show



Artist: Marsha Goodheart

Arts at Emmanuel A@E
invites you to participate in the art exhibit

Nurture

May 2026—July 2026

Opening Reception

In the Gallery at Emmanuel
Friday, May 1, 5:00-8:30 pm
920 Third Ave. Rockford

Calling all Artists

Arts at Emmanuel invites artists to express the concept *Nurture* through art. Artists are encouraged to pull from collective wisdom & personal experience creating what this concept inspires.

- To have your name included on promotional materials, your commitment is needed by March 27, 2026.

Art due: Wednesday, April 29 drop off 10:00am-12:00pm

Emmanuel Lutheran Church, 920 Third Ave. Rockford

Enter at church office north door (off alley, near parking lot.)

If you need to drop off work earlier in the week, please contact the office to make appt 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre
at 708-845-7207 or susanhurley2010@gmail.com.



*David & Susan Whitacre
invite you to enjoy*

*Birthday Cake
& Music
Sunday, March 29
11:30-12:30
in the
Community Room
to celebrate
Susan's Birthday*



BUILDING BRIDGES
TO UNDERSTANDING



A community event to promote
mental health

“How Are You, Really?”

NORA MCINERNY

Join us for the 4th annual Building Bridges event with Nora McInerny, a beloved podcast host and bestselling author. Known for her honest style, Nora dives into tough topics like death, loss, illness, trauma, and mental health, all with a touch of humor and warmth. We invite you to a place where you're always enough and all your feelings are welcome. Connect with a community that values real talk. Food & refreshments offered during the resource fair. Sign up now with the QR code or link!



bit.ly/m/bb2026

THURS, MAY 14

FREE ENTRY | DOORS OPEN 4PM

RESOURCE FAIR 4-6PM

LOCAL PANEL 6PM

KEYNOTE: NORA MCINERNY 7PM

EMBASSY SUITES, ROCKFORD, IL

Questions or accommodation requests: 815-963-2470



nami Northern
Illinois
National Alliance on Mental Illness



WCCMHB

Winnebago County
Community Mental
Health Board

Funded by WCCMHB with the 1/2 Cent Sales Tax