



June 2026

The deadline to submit newsletter articles for the next newsletter is June 15, 2026

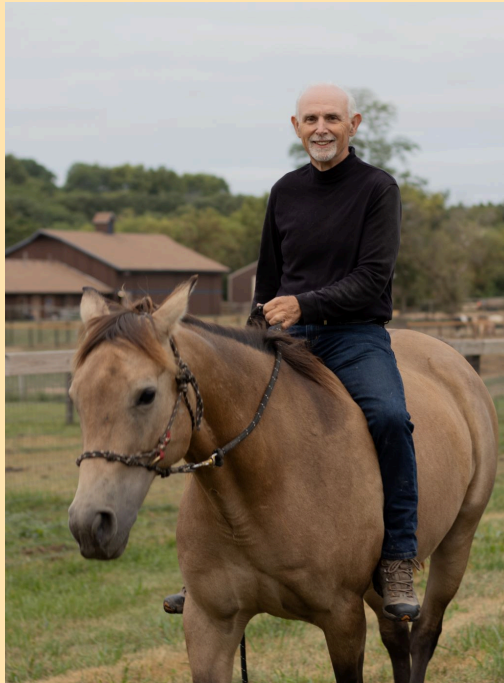
Dear Greetings!

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

A June Message from Pastor Frank



Grace and Peace

"if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being!" Paul- 2 Corinthians 5:17 NRSVue

*“Let’s consider two nature metaphors for renewed and new life which have been used for generations. The snake sheds its skin as it grows and leaves behind what no longer fits. The caterpillar enters the cocoon and through metamorphosis emerges a butterfly. Emmanuel has shed skin many times through the years. **Today the caterpillar/butterfly metaphor serves best. Now we are in a cocoon of a process to see what will emerge.** We continue to walk this new path with the same conviction of our ancestors; God is with us.”*

I wrote this in my annual report at the beginning of January. We are continuing on this journey of becoming new. We have been focused on moving towards sustainability through the sale of our building. We continue to have conversations with Carpenter’s Place about a sale and sharing of the building. However, there is more to this emerging reality the status of our building. We are also called to consider who we are becoming, and how we show up in the wider community.

A church consultant in the 1980s wrote a book called 12 Keys to an Effective Church. **The first key was a compelling mission.** He also pointed out that 6 of the 12 keys removed difficulties but did not provide positive energy. Letting go of our building removes a difficulty but it does not move us toward this compelling mission.

The Making Emmanuel Known team has developed tools to help us engage in a process that clarifies our compelling mission, and makes this known in the community. **The first step in this process is a survey** developed by the team. This survey along with a cover letter will be available on-line, and in a printed copy Sunday June 21.

The second step in this process of emerging is gathering to do work together on clarifying our compelling mission on the weekend of **August 8 and 9.** This is an emergent process that arises from within our community. We will be led by Rosie Santos (they, them), who is the co-founder of Perspective Guides, and my friend who is training with me in rites of passage work. They will lead a community gathering on Saturday August 8. What we discern together on Saturday will be woven into our worship services on Sunday August 9. The Council will meet on Sunday with Rosie to sift what we have learned about ourselves. Look for more information toward the end of June.

We are participating in Rockford's Pride Parade on Saturday June 6. We will be walking in the parade. There will be a vehicle available for 4-5 people who need mobility support. Please contact the church office this coming week if you want to participate and especially if you need to ride instead of walk. Kelli Luebke is our lead person for the parade. **We will be celebrating Pride during the ReFresh Service.** The sermon time will be the sharing by various LGBTQIA people sharing about their joy and wholeness.

I am going to be on a vision fast June 1-9. I will be leaving on Friday May 29, and I will return on Saturday June 13. This is part of my training in guiding people and organizations in nature-based rites of passage work. I will be doing a four-day solo fast June 3 through June 6. Please hold space for me, and hold me in your intentions and prayers during these times. I am going out on the land with an intention that includes Emmanuel.

Summer Blessings,

Pastor Frank



2026 Post Office Food Drive

The 2026 post office food drive was held Saturday, May 9th and was a great success! Emmanuel's crew of Fran and Denny Hamm, Nancy Scheel, Barb Horn, and Randy Calvert, and Kathlyn Wright worked at the Loves Park Post office 12:30 to 3:30. Greg Dutchoff, Kathlyn's brother, drove the truck for the Kilburn post office food and delivered 3 gaylords to two different pantries. The weather was perfect and we enjoyed visiting with each other and the post office staff were working their Saturday chores and seemed to be having fun with the food coming in by the carriers and drop offs at the post office.

On Wednesday, May 20th Emmanuel picked up her share of the food. All three post offices had collected 31 ½ "gaylords" of food. Each gaylord holds approximately 924 pounds of food with a total of 29,106 pounds over all divided amount the 8 participating pantries in the Greater Rockford Pantry Coalition. Emmanuel received 4 gaylords, 3,696 pounds. Kris Harding, Sue Scott, L.S. Harding, Rich Lundin, Pat Becker, Barb Horn, Bobbie Walter, Randy Calvert, Kathlyn Wright, and again Greg Dutchoff drove the U-Haul to pick up the food from The Salvation Army warehouse, helped empty the gaylords in the truck, and returned the truck to U-Haul.

We spend two days getting the food sorted, checking expiration dates, and shelving the food. We still have two full shopping carts full of fruit and vegetable cans that we don't have room for on the pantry shelves and unfortunately, we had to discard almost two shopping-carts full of expired or destroyed food. Thank you for everyone who helped in any way. If I forgot anyone, I can't buy you a car but I can give you a ride in my car. With so much gratitude, Kathlyn Wright and the pantry staff.

Please collect:

Make sure the plastic film is clean and dry. Remove paper labels or tape by cutting them off.



Don't Include:

Frozen Food bags

Net or mesh produce bags

Hot dog or meat wrap packaging

Pre-washed salad mix bags

PPE- Gloves, masks, or protective wear

Bedding or linen packaging

Candy bar wrapper

Six-pack rings

Pool covers

Lamination film

Backyard ice rinks

Shiny, crinkly films like floral wrap

Chip bags

Pet food bags

Degradable/compostable bags or film packaging

Silage and hay bags

Vinyl shower curtains or tablecloths

Many thanks to all who are collecting *PLASTIC FILM* for the Trex challenge and to keep it out of our landfill, even if we don't need another challenge.

I have an easy request for donors. If you could please put your offerings into a bag of some sort, that would be a huge help to me. When I have to dive into the box to retrieve little pieces of plastic, it is challenging and time consuming. If you don't have a plastic bag because you're using your own bags for groceries, just take one that is in the box and put your plastic film inside it. The Trex challenge box is located in the entrance as you come in the north door.

I so appreciate your help. And please know that we are making a difference, for sure.

Catherine Rennert



In Our Prayers

Jonathan, Julaine, Ray, Ellie, Wanie,
Bob, Barb, Kathy, David, Steve, Jim,
Gary, Randy, Karen

Norm, Jennie, Judy, Shannon,
Miguel, Mike, Matthew, Tom, Sophie,
Vince, Todd, Bina, Deborah, Jeff,
Peg, Karen & Jerry, Nathaniel &
Hannah, Tim Geoppo, Mary Jo, Dr.



June Birthdays

6/2 Susan Lippert
6/3 Tyler Johnson
6/5 Phil Potaczek
6/8 Jonathan Chell
6/10 Jay Potaczek

Abu, Emi, Isaiah, Manny, Leeza,
Louis, Barbie, Janine, Wade, Cindy,
Billy, Raechel

We pray for the family and friends of
Ann Downie whose daughter Allison
passed away on Thursday, May 21st.
More info. re: funeral soon.

Donna Anderson passed away
March 12. A time to gather and
celebrate Donna's life will take
place on Friday, May 29, 2026,
from 11:00 a.m. until 1:00 p.m. at
Prairie Street Brewery, 200 Prairie
Street, Rockford, Illinois.



***Silent meditation practice
in the Benson Room at
Emmanuel.***

***Thursdays from 5:30 – 6:15pm
All are welcome.***

***Enter by parking lot entrance.
Questions? Call or text Sara
815-742-0581***

We invite you to worship with us on
**Sundays at our 8:30 am Emmanuel
(Note new time.) Traditional
Worship Service in the chapel or
our ReFresh 10:30 am Service
either in person or on ZOOM, and
Facebook Live.**

The Recorded Service is available
on Facebook after the service.

To gather online by computer, tablet,
or smartphone, use the following link.

[https://us02web.zoom.us/j/82726742888?
pwd=WFEwOVBXZGd3OHFzSXQ1WX
lVTHppZz09](https://us02web.zoom.us/j/82726742888?pwd=WFEwOVBXZGd3OHFzSXQ1WXlVTHppZz09)

6/11 Kathy Langholf
6/12 Lucio Aldana
6/16 Tammy Schulz
6/19 Stewart Rhodes
6/21 Pastor Frank
6/24 Jack Ream
6/25 Gary Peterson
6/27 Holly Cascio Blair
Carrie Sanden
6/27 Laura Seeber

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, June 29, 2026**, at Zion
Lutheran Church, 925 - 5th Ave.,
Rockford. (NOTE: enter at rear door,
next to the fire escape; If no one is at
the door, push the button marked
Kitchen and someone will open it.) The
program will be "In Our Own Voice",
through Northern Illinois NAMI, with an
inspiring panel of women discussing
their personal experiences with mental
illness.

- **Monday, July 27, 2026**, at Muslim
Association of Greater Rockford, 5921
Darlene Dr., Rockford.

- **Monday, August 31, 2026**: location
TBD.

- **Monday, September, 2026**: location
TBD.

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

- **Monday, November 30, 2026**,
location TBD.

*** NO POTLUCK IN DECEMBER
2026.***

If you need to join by telephone, you can use one of the following phone numbers.

1 309 205 3325 US or +1 312 626 6799 US (Chicago)

Then enter the Meeting ID: 827 2674 2888 and the Passcode: 830753

All are welcome @ Emmanuel!!

Happenings at Emmanuel

**Yoga With Claudette Pirrello,
Mondays at 5:00 pm**

**Cardio Drumming With Beth Campisi
Mondays at Emmanuel, 4:00 – 5:00pm
To sign up, contact Holly 815-543-1191**

**Spiritual Journeys on Tuesdays,
9:30-11:30 am on Zoom**

**Wednesday Noon Bible Study on ZOOM
No Bible study June 3 & 10th as Pastor
will be on a rites of passage training
retreat.**

**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.**



FREE FIX-IT FAIR WE REPAIR, REUSE, RENEW

**Saturday, June 27th - 9:00am – 1:00pm
at Emmanuel Lutheran Church
Community is invited.**

We are collaborating with Sustain Rockford on June 27th. Bring your damaged items to be repaired by professionals at no cost!

What we fix: Small electronics and appliances
clothing repairs and mending
lamps and basic wiring, toys and more!

Please wash any clothing you would like us to mend. No computer or phone repairs available.

If you are handy and would like to help, call Paula at 815-871-0120.

**Synod Assembly is coming soon
on June 12th and 13th, 2026 at
Augustana College in Rock Island.
Lay and rostered members
attending this year are...**

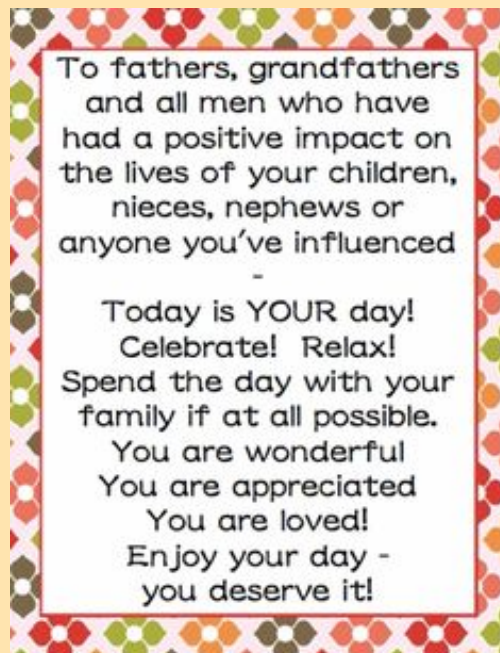
Rostered Minister:

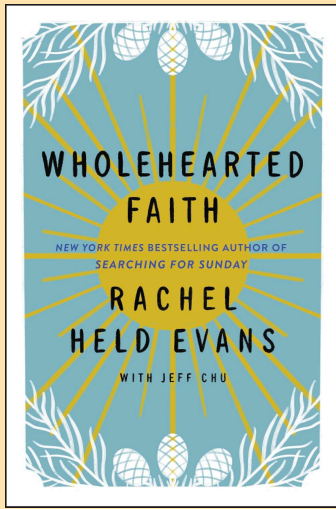
Pastor Frank Langhof

Lay members: Holly Blair-Cascio
Kelli Luebke
Logan McMullen

Youth: Alex Johnson

HAPPY FATHER'S DAY





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

Check out our Facebook page:

<https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

Opportunities in Midtown Lutheran
Parish—ALL ARE WELCOME!
2026 MLP Summer Newsletter

Katie's Cup is open Tuesday thru
Friday 8 am - 2 pm

Katie's Walking Club—Thursdays
at 9:15 a.m., weather permitting

Katie's Choice Book Club—
Second Thursday of the month, 10
am.—11:15 am. Check with Katie's
Cup for book selection

Katie's Cup Conversations— noon
(11:30 room open) Noon-1:15 p.m.:
June 9, 2026—Crusader Clinic—
Erik Wilson

Starting June 4—Midtown Market
on Thursdays from 9 a.m. to 1 p.m.
Indoors, with live music:
June 4— Denver Bitner
June 11—Hayley Hoff

Saturday, July 11, 2026, at 8 a.m.
(gather at 7:30 a.m.) Bike Midtown
with Gary Anderson

Cars and Coffee—the first
Saturday of the month 9 a.m. til
noon

RVC Lecture Series—Please
Register early through RVC's CLR
(Center for Learning in
Retirement) If places available,
may pay \$5 at the door.

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

Spiritual Journeys: We are reading
"Whole Hearted Faith," by Rachel
Held Evans and Jeff Chu. Join us at
9:30 a.m. until 11:00 am by Zoom.

<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1>

No need to read in advance. We take
turns reading in our group and pause
for discussion. You can find more
information about the book on
Amazon.

Contact Karen Van Howe at
karenvanhowe@gmail.com for
question or if you want to join the
group.



Faith Community Nurse Notes

"June is National Men's Health Month

— a time to spotlight men's unique health challenges and encourage proactive steps toward better health.

Heart disease and stroke are the leading causes of death among men in the United States, but they are also largely preventable. Men are significantly less likely than women to visit a doctor or report symptoms to a healthcare provider. This month serves as a reminder for men to prioritize their well-being, seek regular checkups, and talk openly about their health concerns.

- Cardiovascular disease is the #1 cause of death for men in the U.S.¹
- About 1 in 13 white men, 1 in 14 Black men, and 1 in 17 Hispanic men age 20 and older have coronary heart disease.²
- Men are more likely than women to have heart attacks earlier in life.³ Learn more about the signs of a heart attack in men.
- Stroke is the 5th leading cause of death among men and a major cause of long-term disability.⁴
- Nearly 1 in 2 U.S. men has high blood pressure.⁵
- About 50% of men who die suddenly of coronary heart disease had no previous symptoms.⁶
- Black men are at greater risk for high blood pressure, stroke, and cardiovascular disease — and often experience worse outcomes due to inequities in care access.⁷

Despite these sobering facts, many heart disease and stroke risks, like high blood pressure, high cholesterol, and smoking, can be managed with healthy lifestyle changes, preventive care, and early detection."

*Source: www.nationalforum.org

Also: did you know? Nationwide, someone needs a unit of blood every 2 to 3 seconds. While 62% of the U.S. population is eligible to give, only about 3% does.

The Impact: A single pint of blood can save up to three lives.

What type are you? Please donate if you can!!

Call Tammy Lewis at 815-921-3933 or email T.Lewis@rockvalleycollege.edu

July 9, 2026—"Declaration of Interdependence" by Mike Thomas, 1-3 p.m.

First Lutheran Naomi Circle meets the 1st Wednesday of the month at Katie's Cup lower level, 11:30 am-2:00 pm, using "Gather" Magazine devotion. Buy a beverage or lunch, if you wish.

Special Events at Emmanuel Lutheran Church:

For the following Emmanuel events, contact Holly Blair-Cascio 815-543-1191

***Special Art Exhibit: "Nurture" Through July**

Featuring mixed media art reflecting artists' concept of Nurture

Open when church is open. T,W,Th 8 a.m.—2 p.m. Sundays 9 a.m. til noon.

***Cardio-Drumming (Mondays— 4:00-5:00 p.m. To sign up, contact Holly 815-543-1191**

Emmanuel Lutheran Church Pantry— Fridays 9:30-11:30 am (closed the Fridays after Thanksgiving and Christmas)

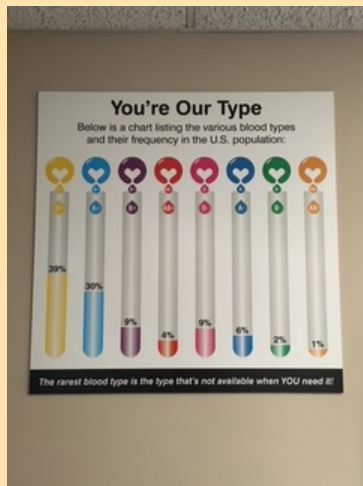
Emmanuel Lutheran Spiritual Journeys Book Study, Tuesdays, 9:30-11 am. by Zoom. We read together and discuss, so no need to read ahead. New book started May 3, 2026: Wholehearted Faith, by Rachel Held Evans.

Join Zoom Meeting.

<https://us02web.zoom.us/j/89838350099?>

[pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1](https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1)

Bible Studies:



Salem Lutheran: Tuesdays at 9:30 am in the Founders' Room
 Emmanuel: Wednesdays at noon
 by Zoom link:
[https://us02web.zoom.us/j/89356888344?](https://us02web.zoom.us/j/89356888344?pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09)
 pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09

2026 Church Council Members

President: Karen Van Howe: Worship and Music
 Vice-President: Kelli Luebke
 Secretary: Kathlyn Wright: Outreach, Food Pantry
 Treasurer: Rich Lundin, Finance
 Susan Hurley-Whitacre, Arts @ Emmanuel
 Marcia Terrill, at Large
 Taj Guzzardo, Membership, Caring Connections
 Sally Susan, at Large
 Dan Goldberg, at Large
 Kristie Heath-White, at Large
 Dena Rasmussen



Women of the Evangelical Lutheran Church in America

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 9:30 am at Emmanuel.

Our salad/dessert luncheon will be

June 11, 2026, at 11:30am.
(That is the 2nd Thursday, but a necessary change.) Please bring a salad or dessert to share.

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



Silent Meditation Practice

in the Benson Room at Emmanuel
 Thursdays from 5:30 to 6:30 pm

All are Welcome

Enter by the parking-lot entrance

Questions: Call or text Sara at
815-742-0581

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



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

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