



Welcome to ReFresh at Emmanuel

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

October 4, 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: Jennie Olson

Coordinator of Adult Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Communion Assistant: Susan Hurley Whitacre

Sacristans: Frank Hamm, Barb Horn

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 4, 2026 - Theme: Creatures—St. Francis of Assisi

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation:

"The animals of God's creation inhabit the skies, the earth and the sea, and have a part in human life. We, therefore, invoke God's blessing on these animals, over all the creatures of earth." - St. Francis of Assisi

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: The Prayer of St. Francis

"Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
when there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
Grant that I may not so much seek
to be consoled as to console;
to be understood, as to understand,
to be loved as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life."

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.

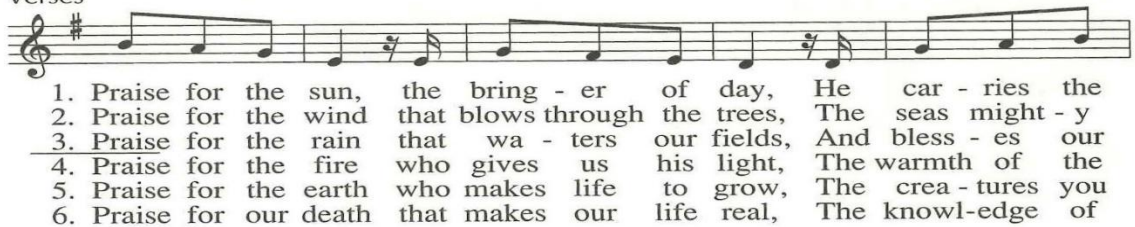
Gathering Song: Canticle of the Sun (Marty Haugen)

Refrain

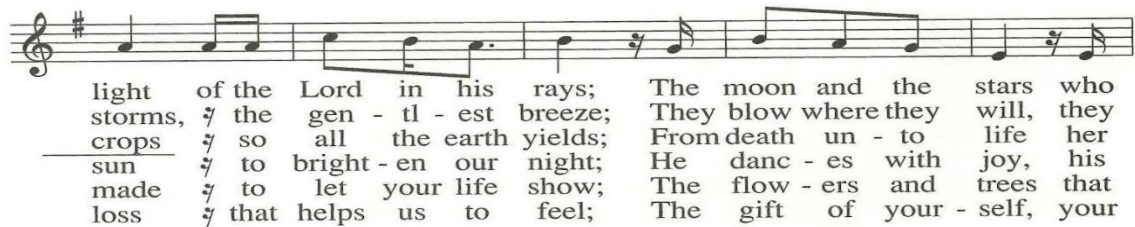


The heav - ens are tell - ing the glo - ry of God,
and all cre - a - tion is shout - ing for joy. Come,
dance in the for - est, come, play in the field, and
sing, sing to the glo - ry of the Lord.

Verses



1. Praise for the sun, the bring - er of day, He car - ries the
2. Praise for the wind that blows through the trees, The seas might - y
3. Praise for the rain that wa - ters our fields, And bless - es our
4. Praise for the fire who gives us his light, The warmth of the
5. Praise for the earth who makes life to grow, The crea - tures you
6. Praise for our death that makes our life real, The knowl - edge of



light of the Lord in his rays; The moon and the stars who
storms, / the gen - tl - est breeze; They blow where they will, they
crops / so all the earth yields; From death un - to life her
sun / to bright - en our night; He danc - es with joy, his
made / to let your life show; The flow - ers and trees that
loss / that helps us to feel; The gift of your - self, your



light up the way Un - to your throne.
blow where they please To please the Lord.
mys - t'ry re - vealed Springs forth in joy.
spir - it so bright, He sings of you.
help us to know The heart of love.
pres - ence re - vealed To lead us home.

Altar Creation: Bring an item representing a treasured animal forward and place on the altar in front.

Reading: Blessing the Animals—by Jan Richardson

You who created them
and called them good:
bless again these creatures
who come to us
as a blessing
fashioned of fur
or feather
or fin,
formed of flesh
that breathes with
your own breath,
that you have made
from sheer delight,
that you have given
in dazzling variety.

Bless them
who curl themselves
around our hearts,
who twine themselves
through our days,
who companion us
in our labor,
who call us
to come and play.

Bless them
who will never be
entirely tamed
and so remind us
that you love
what is wild,
that you rejoice
in what lives close
to the earth,
that your heart beats
in the heart of these creatures
you have entrusted
to our care.

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 this message:
Jesus makes us one.
Praise the Lord for he has loved us. Alleluia**

Scripture: Psalm 147: 7-11

Sing to the Beloved with thanksgiving;
Mingle with the melodies of the spheres!
Awaken to your inheritance in all the universe!
For you belong to heaven, to the stars and galaxies.
You come also from the earth, from mineral and plant,
Pure water courses through your veins.
Every creature—those that swim and fly and walk on land—
Knows you as of old;
And each human—in body or in spirit—
welcomes you in the heart-song of Love,
Where we know we are all One Being.

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— Colors of the Wind—A. Menken and S. Schwartz
Emmanuel Choir**

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

The musical score is written on six staves of music. Each staff begins with a treble clef and a 7/8 time signature. The melody is composed of eighth and quarter notes, with some triplets indicated by a '3' over a group of notes. The lyrics are printed below the staves, aligned with the corresponding notes. The lyrics are: 'We lift our voic-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing. Lord, use our voic-es, 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 voic-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing, we are an of-fer-ing.' The score ends with a double bar line.

We lift our voic-es, we lift our hands, we lift our lives up to you: we are an
of-fer-ing. Lord, use our voic-es, 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 voic-es, 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—New Zealand paraphrase

O Most Compassionate Life-giver,
May we offer you thanks and praise;
May we work with you to establish your new order of justice, peace and love.
Give us what we need for growth,
And help us, through forgiving others,

To accept forgiveness.

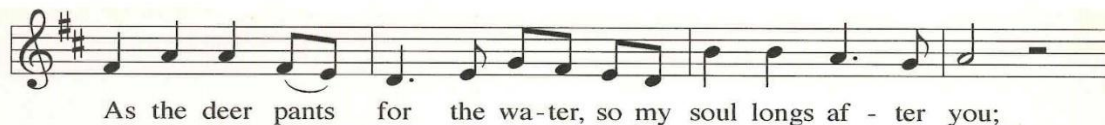
Strengthen us in the time of testing,

That we may resist all evil,

For all the tenderness, strength and love are yours, Now and forever. Amen.

Communion Music— As We Break the Bread—Jay Althouse Emmanuel Choir

Prayer Song and Response: As The Deer Pants for the Water



Prayers of the People: Lorraine, Deborah, Jerry, Vince, Miguel, Jim, Andrea,
Ruth Ann, Char, Coulter, Judy, Julaine, Jeff

Announcements

Sending Song: All Things Bright and Beautiful (WOV #767)

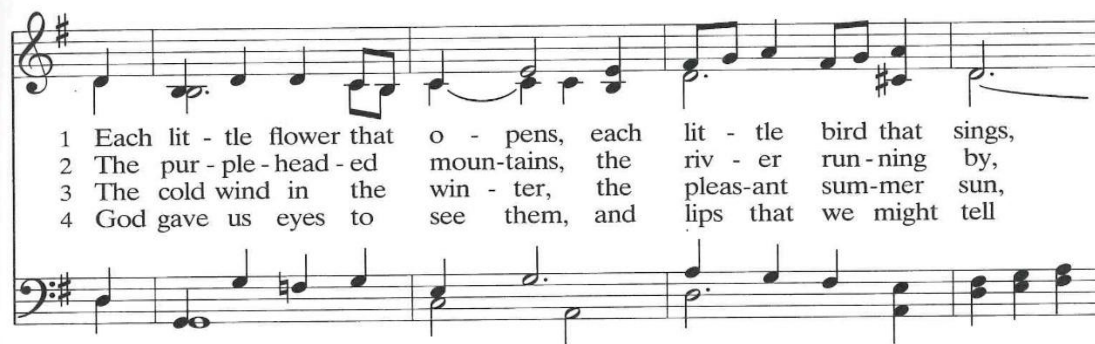
Refrain



All things bright and beau-ti - ful, all crea-tures great and small,

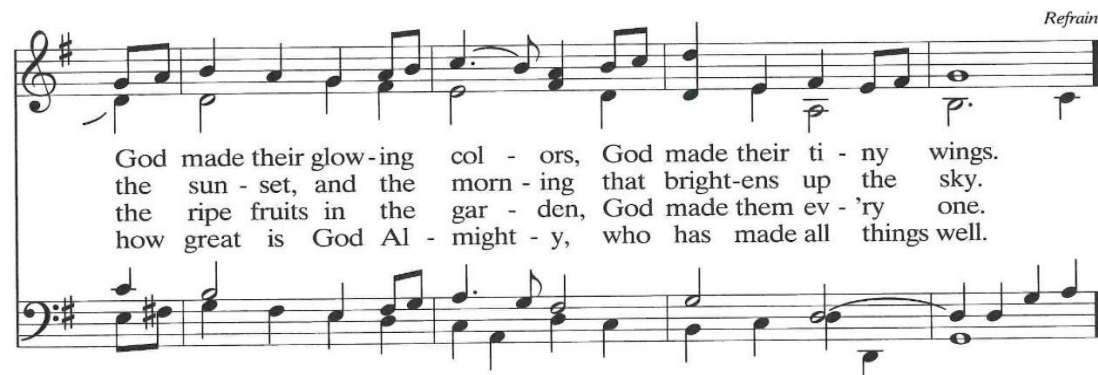


all things wise and won - der - ful, the Lord God made them all.



1 Each lit - tle flower that o - pens, each lit - tle bird that sings,
2 The pur - ple - head - ed moun-tains, the riv - er run-ning by,
3 The cold wind in the win - ter, the pleas-ant sum-mer sun,
4 God gave us eyes to see them, and lips that we might tell

Refrain



God made their glow-ing col - ors, God made their ti - ny wings.
the sun - set, and the morn - ing that bright-ens up the sky.
the ripe fruits in the gar - den, God made them ev - 'ry one.
how great is God Al - might - y, who has made all things well.

Benediction/Sharing of the Peace

**A congregational meeting will be held today
at 11:45 in the Sanctuary.**

**The purpose of this meeting
is to approve contracts for sale of church property.**

We need a quorum for this meeting. Please plan to attend.



*In-
Between*

**Breathe In-Between meets on Saturday, October 10th
5:00 to 6:00 pm.**

Breathe In-Between is a "thread" to hold us all together in the months between meditation gatherings. Led by Christyn Rittenhouse, it is an opportunity for open-hearted soul talk. While many members know each other from other sources, Christyn is creating a time for us to get to know those we are not familiar with or get to know those we do know even better. We will gather in the Benson Room! Questions? Text Catherine, [815-621-5329](tel:815-621-5329)

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.

Monday, October 19 10:00am
Deer Run - 5691 River Road,
Cherry Valley, IL 61016

Halloween Hike! Ghosts and Goblin's!
Saturday, October 31, 10:00am
Seward Bluffs - 16999 Comly Road,
Seward, IL

Emmanuel Lutheran Church Pantry

Fridays 9:30-11:30 am (closed the Fridays after Thanksgiving and Christmas)

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

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.



FIX -IT-FAIR – Mark your calendar.

We are collaborating with Sustain Rockford
October 17th – 9:00am – 12:00pm.

Bring your damaged items to be repaired
by professionals at no cost!

Love your Mother [Earth] Repair, don't replace.

Held at Emmanuel Lutheran Church

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104
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emmanuelchurch07@ gmail.com elcrockford.org
Pastor Frank Langholf, phone 309-509-5241, email: fslangholf@gmail.com