

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
May 24, 2026 - Theme: Ascension**

Welcome to ReFresh at Emmanuel

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshipping 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

Cantor: Catherine Rennert

Lector: Bobbie Walter

Special Music: Clea Arbogast and Jenny Olson

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 24, 2026

Theme: Pentecost

Prelude: Selection by Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Without the Spirit of God...we are as ships without wind.—Author unknown

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 —based on Acts 2

When the day of Pentecost had come, they were all together in one place.

We gather this day as we have gathered before with anticipation and hope.

And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

We gather this day with an openness to how the Spirit might stir among us and within us. We yearn for the stirring of the wind and fire of the Spirit

Now there were devout Jews from every people under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? ...in our own languages we hear them speaking about God's deeds of power."

As we gather there are those within our midst, on the edges of our gathering, and beyond our doors who experience and express life differently from us. We surrender to the Spirit's empowerment to speak in unfamiliar ways that touch their hearts.

All were amazed and perplexed, saying to one another, "What does this mean?"

As we gather, a new day is stirring when Love is poured out upon all God's beloved ones.

your sons and your daughters shall prophesy, your young men shall see visions, and your old men shall dream dreams.

As we gather, all are awakened, all are sharing wisdom. We see with fresh vision and renewed hearts as Spirit stirs up love and freedom

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: Where the Spirit is There's Freedom (Together in Song 421)

Refrain

Where the Spir - it is there's free-dom.

Where the Spir - it is, there is life!

Verse

Not by the world can our free-dom be nour-ished, not by our things,

on - ly by Spir - it. Prac - tice my chil-dren to live by the Spir - it,

drop all your masks, take free-dom's cloth - ing!

2. Kingdom of God, present among us,
 Give to us all, strength for the journey
 Practice my children, to live by the Spirit
 Tasting today, hope of God's future!

3. Wounds will be healed, eyes will be opened
 Imaging God, reflecting Jesus,
 Practice my children, to live by the Spirit
 Heaven is here, time made eternal!

Reading —by Caryl Barnes

Perhaps the Holy Spirit is God's way of animating the Universe, of connecting the infinite billions of molecules, of creating the One from the Many.

Hildegard of Bingen speaks of the movement of the Holy Spirit this way:
“Awakening, and re-awakening – that is all that is.”

The Holy Spirit is holy energy, the energy of love. It is always there, always in motion, unfolding, emerging, becoming. As it courses along the synapses of the Universe, it creates relationships, personal and transpersonal. It is the great connector, the great communicator.

The Holy Spirit sustains, nourishes, and enhances Creation.

Through this church I have come to know I am a part of Creation, and so are you. We are connected with each other and all the other parts of Creation, animal, vegetable, mineral, Higgs bosons, and anything else inside or outside matter. The Holy Spirit brings us together through the vastness of space and time and through whatever other dimensions we don't yet know.

The Holy Spirit moves. It flows, it blows; it blazes and whispers; it creates and destroys; it comforts; it laughs; it dances. It makes patterns. It creates.

At Pentecost we are amazed by the boldness of the Holy Spirit, its rushing wind and tongues of fire.

And we are grateful for the new relationships it created that day as the diverse people began, maybe for the first time, to hear and understand each other despite their different languages.

Pentecost gave the people assembled and us gathered here today a new way to know God.

William Blake's thrilling poem, "Pentecost," puts it this way.

Unless the eye catch fire,
The God will not be seen.
Unless the ear catch fire
The God will not be heard.
Unless the tongue catch fire
The God will not be named.
Unless the heart catch fire,
The God will not be loved.
Unless the mind catch fire,
The God will not be known.

Scripture/Meditation Song: Spirit of the Living God (New Century 283)

**Spirit of the living God, fall a-fresh on me;
Spirit of the living God, fall a-fresh on me.
Melt me, mold me, fill me, use me.
Spirit of the living God, fall a-fresh on me.**

Scripture: John 14: 25-27, 16: 12-15

"I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

"I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, they will guide you into all the truth, for they will not speak on his own but will speak whatever they hears, and they will declare to you the things that are to come. They will glorify me because they will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.

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

All: May we find wisdom for our living.

Sermon: Pastor Frank Langhof

Offering

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

Special Music: Clea Arbogast and Jenny Olson

Time for Gratitude

Prayers of the People

Allison, Gary, Randy, Julaine, Ray, Wanie, Norm, Jennie,
Deborah, Jerry, Miguel, Steve, Jim, Andrea, Ruth Ann.

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**

The Lord's Prayer Interpreted by Bob Hetherington

We open to the sacredness at the heart of all, called by many names. We open to deep mystery we trust to be love. May we be faithful to the vision of building heaven on earth: that there be daily bread to nourish all hunger, that we experience forgiveness for the harm we have done just as we forgive those who hurt us. May we not feel abandoned in hard times, but find the strength to meet each moment and the wisdom to walk in the light of deep gratitude. For the light of love is with us, now and forever, Amen.

Announcements

Sending Song: Spirit of Gentleness (ELW 396)

Refrain



Spir - it, Spir - it of gen - tle - ness, blow through the wil - der - ness



call - ing and free; Spir - it, Spir - it of rest - less - ness,



stir me from plac - id - ness, wind, wind on the sea.



- 1 You moved on the wa - ters, you called to the deep,
- 2 You swept through the des - ert, you stung with the sand,
- 3 You sang in a sta - ble, you cried from a hill,
- 4 You call from to - mor - row, you break an - cient schemes.



then you coaxed up the moun - tains from the val - leys of sleep;
and you goad - ed your peo - ple with a law and a land;
then you whis - pered in si - lence when the whole world was still;
From the bond - age of sor - row all the cap - tives dream dreams;



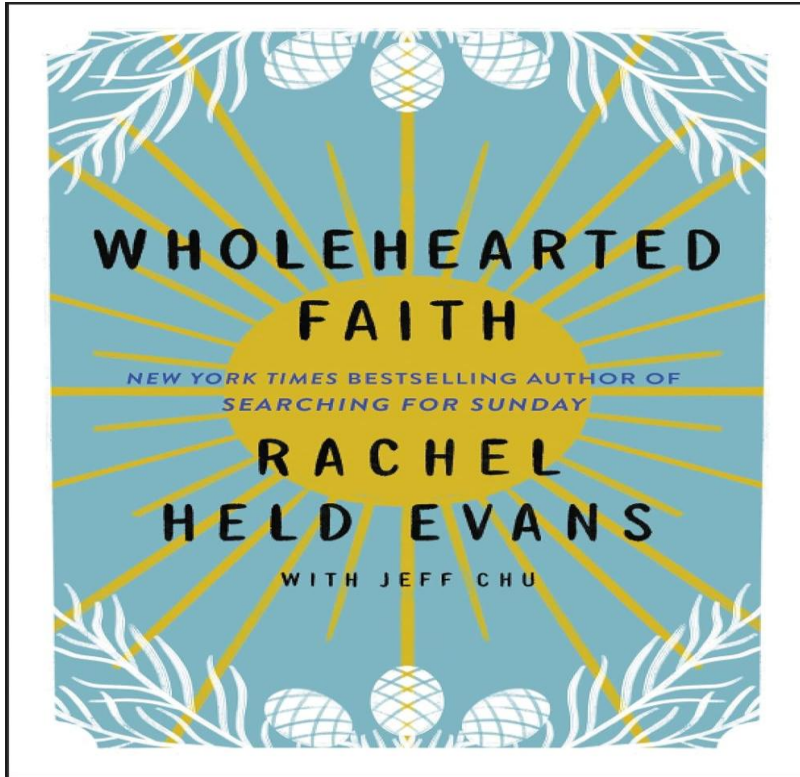
and o - ver the e - ons you called to each thing:
and when they were blind - ed with i - dols and lies,
and down in the cit - y you called once a - gain,
our wom - en see vi - sions, our men clear their eyes.



Refrain

“A - wake from your slum - bers and rise on your wings.”
then you spoke through your proph - ets to o - pen their eyes.
when you blew through your peo - ple on the rush of the wind.
With . . . bold new de - ci - sions your peo - ple a - rise.

Benediction/Sharing of Peace



Spiritual Journeys

Spiritual Journeys is reading “Whole Hearted Faith,” by Rachel Held Evans and Jeff Chu. Join us on Tuesdays, 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 may join us anytime, we read and discuss the book together. Contact Karen Van Howe at karenvanhowe@gmail.com for question or if you want to join the group.



**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.

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.



Donna Royce Anderson, passed away on March 12, 2026.

Donna was a devoted Lutheran whose strong faith was a central part of her life. She was a proud life-long member of Emmanuel Lutheran Church and always gave her time and energy to her Emmanuel community, making lifelong friends who became family. She volunteered for countless causes within Emmanuel including the main office, the Mutual Ministry Committee, Sunday School and Confirmation Teacher, Food Pantry, Soup Kitchen, Stephan Ministry Coordinator, Minister of Communion, and Ministry Team Member.

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.

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