



Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
August 23, 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: Kathryn Wright

Guest Musicians: Josh Luebke

Accompanist: Clea Arbogast

Altar Guild: Brenden Nobel

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.

August 23, 2026
Theme: Community

Prelude: Clea Arbogast

Welcome Pastor Frank Langholz

Meditation : Community is much more than belonging to something. It's about doing something together that makes belonging matter.—Brian Solis

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: Draw us closer by Richard Holdsworth

God in our distant places

Draw us closer

God in family, friends, strangers and outcasts

Draw us closer

God in comfort, challenge, certainty and surprise

Draw us closer

God in appetites and satisfaction, motivation and ambition

Draw us closer

God within us at our best

Draw us closer

God within us at our worst

Draw us closer

(Continued next page)

God of food and fellowship and fun

Draw us closer

Amen

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: Come, Come Whoever You Are

Come, Come, Whoever You Are, wanderer, worshiper, lover of leaving

Come, come, whoever you are, this isn't a caravan of despair.

It doesn't matter if you've broken your vows a thousand times before,

And yet again, come again, come, and come again, come.

Come again, come. Come again, come. Come again, come.

Come again, come.

Reading: from *Charge from the Earth*, By Irene Glasse and Rebekah Savage

There is a song beneath the soil. Ten million voices raise their call in no human language. Life flows through the tangle of roots, mycelium, microbiota, and crawling burrowing tunneling life.

The song flows upward through trunks and stems and blades of tender grasses and races out into the air. It is picked up and carried on no human tongues. It is in the footfall of paw and hoof, it hums in the buzz of wings and the fluttering of feathers, it shines on scales and fins and slithering skins.

And if we are quiet and pay attention, sometimes we remember that we are part of this song as well and we have notes to sing.

Today, we are charged to remember. To know that as we live together in community, we are also in community with the silently singing lives in the vast congregation of the earth as well. The interdependent web of existence is no allegory. It is as real as the heart beating within our chests. We are charged to do what we can to help those who cannot advocate with human language, who cannot

scream for help when they are suffering. We have a role to play in softening the blow of the Age of Humans. We have a voice that can help to shape the world to come. We are so charged in the name of the sacred song, the tapestry of life of which we are a part: let us remember, and then act.

Second Reading: Company on the Path to Inner Truth, by Parker J. Palmer
We all need other people to invite, amplify, and help us discern our inner teacher's voice for at least three reasons:

- The journey toward inner truth is too taxing to be made solo: lacking support, the solitary traveler soon becomes weary or fearful and is likely to quit the road.
- The path is too deeply hidden to be traveled without company: finding our way involves clues that are subtle and sometimes misleading, requiring the kind of discernment that can happen only in dialogue.
- The destination is too daunting to be achieved alone: we need community to find the courage to venture into the alien lands to which the inner teacher may call us.

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

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

Scripture: Romans 12: 3-5

³ For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴ For as in one body we have many members and not all the members have the same function, ⁵ so we, who are many, are one body in Christ, and individually we are members one of another.

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

All: May we find wisdom for our living.

Sermon Pastor Frank

Offering

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

Special Music: Josh Luebke

Time for Gratitude

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

The image displays a musical score for a prayer song and response. It is written in G major (one sharp) and 4/4 time. The score is divided into two systems, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The lyrics are written below the vocal line.

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

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

Prayers of the People

Linda, Lorraine, Deborah, Jerry, Vince,
Miguel, Steve, Jim, Ruth Ann, Andrea, Char, Coulter, Judy
Kathy, Kristie, Julaine

The Lord's Prayer

Abba of us all, you dwell in all places, yet make our hearts your home. Precious and sacred is your name. May your kinship more deeply bind us, as we follow your ways as faithfully as those who already dwell in Light. Provide us what we need for each day and forgive our failures as fully as we forgive others theirs. Walk with us when we tread the paths of trial and be our rescue from all that would lead us away from you; for you are our origin and destiny dwelling in everlasting wonder and might. Amen.

Announcements

Sending Song: Jesu, Jesu, Fill Us With Your Love (WOV 765)

Refrain F C'



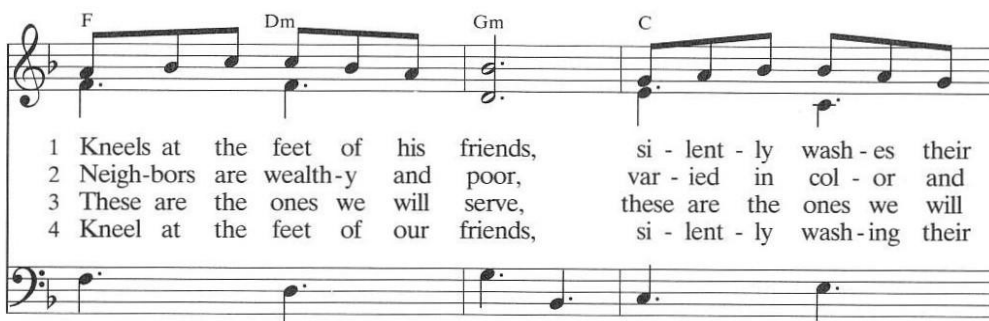
Je - su, Je - su, fill us with your love, show

F Gm C^7 F



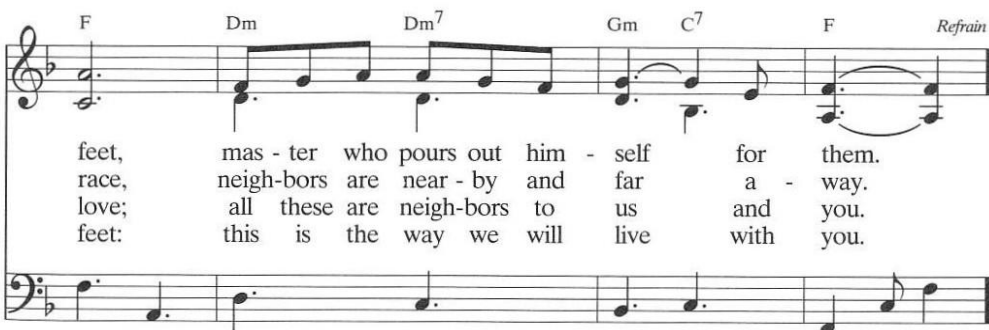
us how to serve the neigh-bors we have from you.

F Dm Gm C



1 Kneels at the feet of his friends, si - lent - ly wash - es their
2 Neigh-bors are wealth-y and poor, var - ied in col - or and
3 These are the ones we will serve, these are the ones we will
4 Kneel at the feet of our friends, si - lent - ly wash - ing their

F Dm Dm^7 Gm C^7 F *Refrain*



feet, mas - ter who pours out him - self for them.
race, neigh-bors are near - by and far a - way.
love; all these are neigh-bors to us and you.
feet: this is the way we will live with you.

Benediction

Sharing of Peace

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.

Saturday, August 29, 9:00am

Colored Sands -10602 Haas Road, Rockton, IL 61024

Wednesday, September 9, 10:00am

Cedar Cliff -7901 Kishwaukee Road, Stillman Valley, IL 61084

Spiritual Journeys

Please join us by Zoom at 9:30 a.m. until 11:00 a.m.

Spiritual Journeys is reading the book entitled, "Church & Hate," by John Fugelsang. No need to read in advance. We take turns reading in our group and pause for discussion. You can join us anytime, we read and discuss the book together.

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

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. *AND, see attached flyer for the Spiritual Unity of the Tribes gathering. I attended part of the event last year, and I found it to be moving and inspiring; you can attend for all or part of the time.*

(Continued next page)

- **Monday, August 31, 2026**, at the Lakewood Hills Shelter House, 4188 Lakeside Drive, Rockford. Rev. Joyce Palmer will speak about Nonviolent Communication, developed by Dr. Marshall Rosenberg. This is a practical communication tool designed to help us connect across differences.

2026 Flu & Covid Vaccine Clinics

Walgreens Pharmacy has graciously agreed to offer various adult vaccine clinics in the community this fall. Would you consider adding these dates in your calendar & taking advantage of this health promotion activity?

Influenza & Covid Vaccines for adults:

Fri. 9/18/26 9:00 am-12:00 pm Emmanuel Lutheran Church (920 3rd Ave Rkfd)

**Sat. 9/19/26 9:00 am-2:00 pm Lifescape Senior Expo at Rock Valley College
(3301 N Mulford Rd, Rkfd)**

**Sat. 9/19/26 12:00-6:00 pm Macedonia Baptist Church Jamboree (1720
Morgan St., Rkfd)**

NOTE: Bring your insurance card (Medicare B, Medicaid, or private insurance), cash or check. If your Medicaid insurance is not an approved payment source, ask re: available scholarships. No appointment necessary. Just come! Invite your friends and family! Spread the word.

Questions? Contact Sue Scott, Faith Community Nurse

WELCA Salad & Dessert Potluck

We are going to **start** our WELCA year with a salad/dessert potluck since bad weather caused us to miss it as our finale in June.

Thursday, September 17, 2026, at 11:30 a.m. we will meet in the Celebration Room. Sue Scott will be giving a presentation.

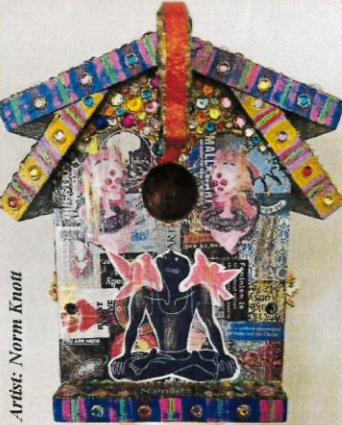
Bring a salad or dessert and a friend!

We'll also be looking at several possible themes/books/discussion topics to choose from for the year.

Hope to see you all there with a friend.

Karen

Now Showing (until November 15th)



Artist: Norm Knott

A@E invites you to join us for an evening of art & inspiration
ARTS AT EMMANUEL

Echoes of a Changing Planet

Art Show & Artisan Market

Artists Exhibiting

Norm Knott, Marsha Goodheart, Holly Blair-Cascio, Susan Berry, Julie Kennelly, Maya Simmons, Caitlyn Jahn, Paula Flanagan-Marsh, Barbara Berney, Lori Gustafson, Sadie Hoessrich, Becca Houlihan, Jose Sente, Greg LaMont, Clara Krick, Jessie Crow-Mermel, Wren Medina, Cassie Blair, Ventie Houi, Drew Helge, Annette McLean and Cherie Heck

If you would like more information, please contact Susan Hurley-Whitacre at 708-845-7207 or artsatemanuel@gmail.com

Breathe is returning after the Summer break, September 12th at 5:00 pm in the Sanctuary

Rummage Sale: Emmanuel's church rummage sale will be coming up on Saturday the 19th, 10:00 am-2:00 pm, and Sunday, the 20th of September, 1:00 pm to 3:00 pm. Contact Taj Guzzardo or Andrea Wallace-Nobel if you have questions or are interested in volunteering. Call the church office, 815-963-4815 to get contact information.

Fridays

Rockford City Market | Water Street and E. State Street Rkfd.

The Rockford City Market is held every Friday from May to late September. There are over 70 vendors at the market to provide an array of hand-crafted products, baked goods, and local growers. Try woodfire pizza or hot dogs and pair it with a fresh brew from a local brewery. Live music and socializing with friends make the market the place to be every Friday. The market is open from 4 – 8:30 p.m. until Labor Day and 4 – 7:30 p.m. after Labor Day.

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