



Fabio Comparelli intothefab

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
April 12, 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

Special Music: Tim & Emily Austin

Tom & Fran Wilson

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Lector: Karen Van Howe

Altar Guild: Kristie Heath-White &
Bob Matheson

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

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.

April 12, 2026
Faith and Fear

Prelude: Rest by Steve Bell
Austins and Wilsons

Welcome Pastor Frank Langholf

Meditation: May your choices reflect your hopes, not your fears. —Nelson Mandela

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

God's mercy is deeper than the depths of the sea, and God's grace is wider than the whole of the earth. Trusting in that mercy and that grace, let us make our confession, before God and each other, first in silent prayer.

Holy God, we open our hearts to you this day, and offer the truth of our lives:

The fear that stifles us,

The prejudice that blinds us,

The ignorance that hobbles us,

The doubt that plagues us.

Help us, we pray that we will

Find courage in unlikely places,

See the world with new and gracious eyes,

Move to those places where love is needed,

Have faith that you are with us. This we pray in Jesus' name. 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: Healer of Our Every Ill (ELW 612)

Refrain



Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear, and hope be - yond our sor - row.



1 You who know our fears and sad - ness, grace us with your
2 In the pain and joy be - hold - ing how your grace is
3 Give us strength to love each oth - er, ev - 'ry sis - ter,
4 You who know each thought and feel - ing, teach us all your

Refrain



peace and glad - ness; Spir - it of all com - fort, fill our hearts.
still un - fold - ing, give us all your vi - sion, God of love.
ev - 'ry broth - er; Spir - it of all kind - ness, be our guide.
way of heal - ing; Spir - it of com - pas - sion, fill each heart.

Reading

Start Close In by David Whyte

Start close in,
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way to begin
the conversation.

Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.

To hear
another's voice,
follow
your own voice,
wait until
that voice
becomes an
intimate private ear
that can
really listen
to another.

Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,
start close in,
don't mistake
that other
for your own.

Start close in,
don't take
the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

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 his message,
Jesus makes us one.

Scripture: John 20: 19-31

¹⁹ When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." ²⁰ After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." ²² When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." ²⁴ But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe."

²⁶ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." ³⁰ Now Jesus did many other signs in the presence of his disciples that are not written in this book. ³¹ But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

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

All: May we find wisdom for our living.

Sermon Pastor Frank Langholf

Offering

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

Special Music: Praise the Father by Steve Bell
Austins and Wilsons

Time for Gratitude

Prayer Song: Calm to the Waves (ELW 794)

Calm to the waves. Calm to the wind. Je - sus whis - pers, "Peace, be still."

Balm to our hearts. Fears at an end. In still - ness, hear his voice.

The image shows a musical score for a prayer song. It consists of two systems of music. Each system has a treble clef staff on top and a bass clef staff on the bottom. The key signature is one sharp (F#). The first system of music is for the first line of lyrics: "Calm to the waves. Calm to the wind. Je - sus whis - pers, 'Peace, be still.'" The second system of music is for the second line of lyrics: "Balm to our hearts. Fears at an end. In still - ness, hear his voice." The music is written in a simple, hymn-like style with block chords and moving lines.

Prayers of the People

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

The Lord's Prayer

Ground of all being,

we honor the many names for our experience of the sacred. May we build a community

faithful to the dream of heaven on earth.

May there be food for all who hunger this day.

May we be forgiven for the falseness of what we have done as we forgive those who have been untrue to us.

May we not feel abandoned in hard times but find strength to meet each moment.

For the light of life, the vitality of being

is within us and beyond us, now and forever, AMEN.

Announcements

Sending Song:

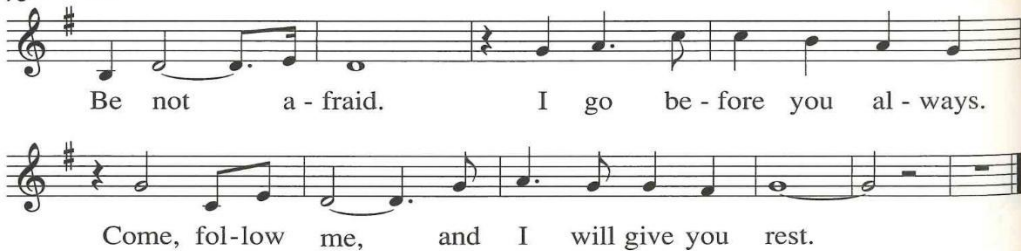
Be Not Afraid (Gather Comprehensive 596) by Bob Dufford

Verse 1



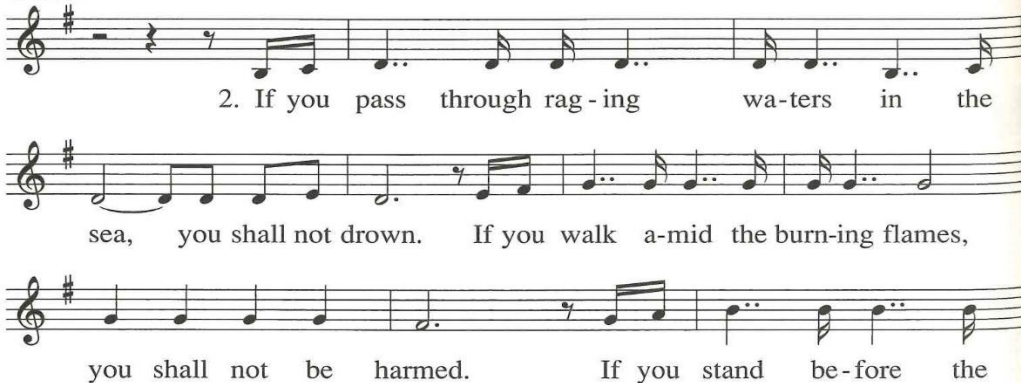
1. You shall cross the bar-ren des-ert, but you shall not die of thirst. You shall wan-der far in safe-ty though you do not know the way. You shall speak your words in for-eign lands and all will un-der-stand. You shall see the face of God and live.

♩ Refrain



Be not a-fraid. I go be-fore you al-ways. Come, fol-low me, and I will give you rest.

Verse 2



2. If you pass through rag-ing wa-ters in the sea, you shall not drown. If you walk a-mid the burn-ing flames, you shall not be harmed. If you stand be-fore the

pow'r of hell and death is at your side,

know that I am with you through it all. D.S.

Verse 3

3. Bless-ed are your poor, for the king-dom shall be

theirs. Blest are you that weep and mourn, for

one day you shall laugh. And if wick-ed tongues in -

sult and hate you all be-cause of me,

bless-ed, bless-ed are you! D.S.

Benediction

Sharing of Peace

Soul Garden Hikes

Saturday, April 25th 10:00am
Deer Run Forest Preserve
5691 River Road, Cherry Valley, IL 61016

Thursday, May 7th 10:00am
Oak Ridge Forest Preserve
8322 Blomberg Road, Cherry Valley, IL 61016



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

Arts@Emmanuel Workshop: Ancient Egyptian Coptic Journal

Session One is **Today**, 12:00 to 3:00 pm
Session Two will be Wednesday, April 15, 6:00 to 8:30 pm

"Art Seen"

David Stocker and a group of Young Adult Artists will be
Displaying their art at Emmanuel Downstairs on
Friday, April 24th and Saturday, April 25th
More information to come.

May Events

Jim Roberts and David Stocker will be presenting their
new play on Saturday, May 2nd.

ELB will be back for two dates in May,
May 2nd and May 30th.

More information will be coming for both events.

Arts@Emmanuel will be having a jewelry sale
Sunday, May 17th, 1:00-3:00 pm
in Emmanuel's Celebration Room



Arts at Emmanuel A@E
invites you to join us for an
evening of art & inspiration

Nurture

Opening Reception
& Market

Friday, May 1

5:00-8:30

The Gallery at Emmanuel
920 Third Ave. Rockford

Enter North door off of parking lot

Nurture is a mixed media art exhibit that focuses on artists' perspective of the concept of *Nurture*. We invite you to join us to experience the inspiration and expressive interpretation of *Nurture* through art.

Artists exhibiting:

Marsha Goodheart, Barbara McNamara, Deborah Lucas, Tom Doerr
Barbara Berney, Jenny Matthews, Laura Gomel, Wren Medina
Norm Knott, Sadie Hoessrich, Clea Arbogast, Micah Green, Vintie Hoya
Ronda McCaskey, Jean Apgar, Becca Houlihan, Maya Simmons
Caitlyn Jahn, Kay Montgomery, Justin Montgomery, and Greg LaMont

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

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