



Blue Ridge Outdoors Magazine

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
February 22, 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

Lector: Taj Guzzardo

Special Music: Kelly & Josh Luebke

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Altar Guild: Susan Hurley-Whitacre

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.

Belly Dancing will resume in the spring.

**February 22, 2026
First Sunday in Lent,
Into the Wilderness**

Prelude: Clea Arbogast

Welcome Pastor Frank Langholf

Meditation: "Wilderness is not a luxury, but a necessity of the human spirit."
Edward Abbey

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, From Craig Mitchell

We bring who we truly are

To the God of life

Let us bring ourselves

Some weary, some energetic

Some contented some disquieted.

We bring who we truly are

To the God of truth

Let us bring ourselves

Some trusting, some doubting

Our questions and our certainties

We bring who we truly are

To the God of light

Let us bring ourselves

Our achievements, our failures

Our public selves, our hidden selves

We bring who we truly are

To the God of hope

Let us bring ourselves

Our dreams and visions

Our despair, our yearnings

We bring who we truly are

To the God of all Creation

Let us bring ourselves

We are broken, we are blessed

Made in God's image

Loved beyond measure

We bring who we truly are

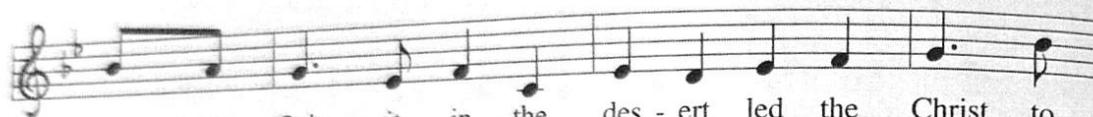
Let us offer our worship

And be open to God's light and life among us.

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.

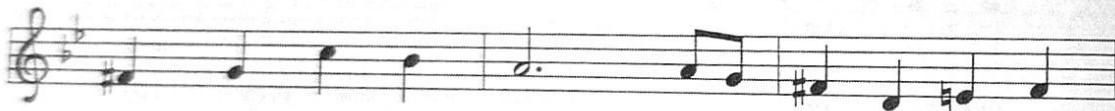
Gathering Song: As Your Spirit in the Desert (ACS 923)



1 As your Spir - it in the des - ert led the Christ to
 2 As your fire and cloud - y pil - lar Is - rael's tribes to
 3 Though wild beasts may lurk in shad - ow, and dire thirst may
 4 Through the nar - row gate now draw us, past all em - pire's
 5 God of des - ert, God of prom - ise, you have bid us



dust and stone, so in - still our hearts with cour - age now to
 Ca - naan led, may your pres - ence be our com - fort, may your
 sear and sting, you have prom - ised liv - ing wa - ters wait - ing
 pull and strife, where be - yond our fear and cling - ing stands the
 jour - ney on through the days of dust and dark - ness to the



cross where Christ has gone. Let us cross in - to the
 man - na be our bread. Let us cross in - to the
 for us at the spring. Let us cross out of the
 thresh - old of new life. Let us cross out of the
 ris - ing of the dawn. Let us cross out of the



wil - der - ness so to walk where Christ has gone.
 wil - der - ness with God's man - na as bread.
 wil - der - ness to the wa - ters of our bread.
 wil - der - ness to the thresh - old of the spring.
 wil - der - ness to the ris - ing of new life.
 to the dawn.

Reading: Will You Meet Us? by Jan Richardson

Will you meet us in the ashes,
will you meet us in the ache
and show your face within our sorrow
and offer us your word of grace:

that you are life within the dying,
that you abide within the dust,
that you are what survives the burning,
that you arise to make us new.

And in our aching, you are breathing;
and in our weeping, you are here
within the hands that bear your blessing,
enfolding us within your love.

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

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

Scripture: Matthew 4: 1-11

¹Then Jesus was led up by the Spirit into the wilderness to be tested by the devil.

² He fasted forty days and forty nights, and afterward he was famished. ³The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." ⁴ But he answered, "It is written,
'One does not live by bread alone,

but by every word that comes from the mouth of God.' "

⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶ saying to him, "If you are the Son of God, throw yourself down, for it is written,

'He will command his angels concerning you,'

and 'On their hands they will bear you up,
so that you will not dash your foot against a stone.' "

⁷ Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’ ”

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, ⁹ and he said to him, “All these I will give you, if you will fall down and worship me.” ¹⁰ Then Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God,
and serve only him.’ ”

¹¹ Then the devil left him, and suddenly angels came and waited on him.

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: Josh and Kelli Luebke

Time for Gratitude

Prayer Song: Sacred Fire

Sacred fire, burning before me,

Burning within me, Deep in my soul.

Sacred fire, transforming fire,

Recreate me, Make me whole

Prayers of the People

Allison, Julaine, Ray, Donna, Jim, Wanie, Bob, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David, Steve

Judy, Shannon, Mike, Matthew, Tom, Sophie, Vince, Todd, Bina, Jeff, Peg, Karen
& Jerry, Mary Jo, Dr. Abu, Emi, Isaiah, Manny, Leeza, Louis, Barbie, Janine, Mike,
Wade, Cindy, Billy, Denise, Jonathan

The Lord's Prayer: from the New Zealand Prayer Book

**Eternal Spirit, Earth-maker, Pain-Bearer, Life-giver,
Source of all that is and that shall be.**

Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and forever. Amen

Announcements

Sending Song:

Bless Now, O God, the Journey. (ELW 326)

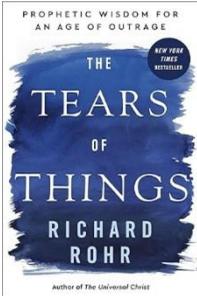
1 Bless now, O God, the jour - ney that all your peo - ple make,
2 Bless so - journ - ers and pil - grims who share this wind - ing way;
3 Di - vine e - ter - nal lov - er, you meet us on the road.

the path through noise and si - lence, the way of give and take.
your hope burns through the ter - rors, your love sus - tains the day.
We wait for lands of prom - ise where milk and hon - ey flow,

The trail is found in des - ert and winds the moun - tain round,
We yearn for ho - ly free - dom while of - ten we are bound;
but wait - ing not for plac - es, you meet us all a - round.

then leads be - side still wa - ters, the road where faith is found.
to - geth - er we are seek - ing the road where faith is found.
Our cov - e - nant is writ - ten on roads, as faith is found.

Benediction/Sharing of Peace



Spiritual Journeys

Spiritual Journeys started a new book Tuesday, February 3rd, “The Tears of Things; Prophetic Wisdom for an Age of Outrage” by Richard Rohr. All are invited, you may join at any time. You do not have to read the book on your own. We read when we get together and discuss as we go along.

We meet Tuesdays, 9:30 am until 11:00 am on zoom. Any questions or you would like to join, contact Karen Van Howe at kvanhowe@comcast.net.

February’s Women’s Interfaith Potluck

Monday, February 23, 2026, at the Bah'ai Center,
1650 N. Alpine, Rockford.

Judy Moe will talk about her friendships and experiences with a Bah'ai community in Kenya.

Soul Garden Hikes

Saturday, February 28th 10:00am

Sugar River Forest Preserve

10127 Forest Preserve Road, Durand, IL 61024

Meet at shelter on top of hill

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

Join Beth Campisi for Cardio Drumming in 2026 at Emmanuel

Every Monday 4:00 to 5:00 pm

Only \$10 dollars per session

*join us for FREE the last two Monday's in February if you would like to try it out!



Contact Beth if you would like to join us! (815) 742-0548

Cardio drumming combines cardio exercise and drumming to music to provide an easy but effective workout. Using an exercise ball, a bucket and drumsticks, cardio drumming is a fun, fast paced way to increase your heart rate, burn calories and improve your coordination. It even helps to improve brain function and you don't need to be a drummer to do it! Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome!

Your Help Is Needed!

The Funding Team is planning a rummage sale for this summer. It is necessary to clean some of our 31 rooms to unearth "treasure" and to prepare for any future sale of Emmanuel's building. Please help us with this task. (We are only two people, Taj Guzzardo at 779-770-3520 or Andrea Noble-Wallace at 815-519-4664)

Please give one of us a call. We would like to get started as soon as possible and will set a date after we talk to some volunteers.

2026 Midtown Midweek Lenten Services at Noon

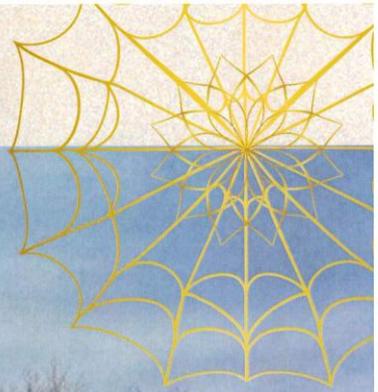
Conversations with Jesus

February 25th at Calvary Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Chapel.
Paster Mike Thomas preaching

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

Wild Re-Enchantment Wander

at Nature at the Confluence



February 28, 2026 | 3:30 pm-5:45 pm

Nature at the Confluence

306 Dickop Street, South Beloit, IL

register



Join us for a peaceful wander at The Confluence as we explore the changing early spring landscape.

The Earth is thawing, sap is flowing within the trees, and seeds stir in the ground. After the welcome circle, take mindful time alone to discover what is stirring and awakening within your own life. The afternoon will culminate at sunset with tea and group reflection.

Learn more at www.wildre-enchantment.com.

Sliding Scale Registration available at:

www.natureattheconfluence.com/event/wild-re-enchantment-wander-feb/