

God's work. Our hands.



September 8, 2024

**Welcome to ReFresh at Emmanuel  
(Restoring Energy, Faith,  
and Relevance to Every Soul's Heart)  
September 8, 2024**

## **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 economic conditions, race, sexual orientation, gender identity 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**

Preside: Pastor Frank Langholf

Lector: Kelli Luebke

Special Musician: Tim & Emily Austin, Tom & Fran Wilson

Accompanist: Clea Arbogast

Altar Guild: Susan & David Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

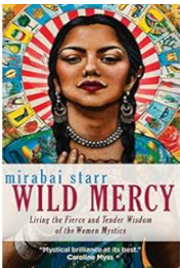
Greeting Cards: Taj Guzzardo

### **Yoga With Claudette Pirrello, Mondays at 5:00 pm**

### **Cardio Drumming With Beth Campisi Mondays at Emmanuel**

**Adaptive Cardio Drumming--Mondays 4:00-5:00**

**Regular Cardio Drumming--Mondays 6:00-7:00**



### **Spiritual Journeys - Tuesdays - 9:30 - 11:00am.**

Join us on Tuesdays for Spiritual Journeys Zoom group.

We are reading Wild Mercy, by Mirabai Star. Join us as we read along together and discuss. (no need to read before the session).

Any questions, contact Karen Van Howe at [karenavanhowe@gmail.com](mailto:karenavanhowe@gmail.com)

Join Spiritual Journeys Zoom Meeting:

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

### **Bible Study on Wednesdays at Noon on zoom.**

**Dial 312-626-6799 Meeting ID: 893 5688 8344**

**September 8, 2024 Outside Service (Weather Permitting)**

**Theme: God's Work, Our Hands**

**Prelude: "Of My Hands" by Ray Repp**

**Vs 1: Of my Hands I give to you O Lord  
Of my hands I give to you  
I give to you as you gave to me  
Of my hands I give to you**

**Vs 2: Of Myself I give to you.....**

**Bridge: You suffered for the sake of all  
That we might live with you  
Oh, may we show our gratefulness  
In what we say and do**

**Vs 3: Of my Life I give to you.....**

Repeat Verse 1

**Welcome: Pastor Frank Langholf**

**Meditation:** What if it truly doesn't truly matter what you do but how you do whatever you do? Oriah Mountain Dreamer

**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 by Rebecca Sutton**

Pray for those who are hungry.

***Pray harder for those who will not feed them.***

Pray for those who struggle each week to pay their bills.

***Pray harder for the wealthy who do not care.***

Pray for those who are homeless.

***Pray harder for those who deny them shelter.***

Pray for the sick and lonely.

***Pray harder for those who will not give them comfort.***

Pray for those who cry out for dignity.

***Pray harder for those who will not listen.***

Pray for those oppressed by unjust wages.

***Pray harder for those who exploit them.***

Pray for those who bear the yoke of prejudice.

***Pray harder for those who discriminate against them.***

Pray for those whose basic needs are denied.

***Pray harder for public officials who cater to the greedy and ignore those bound unjustly. 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: May My Hands do the Work**

**May my hands do the work I was sent here to do.**

**May my ears know the truth from the lies.**

**May my voice speak for justice,**

**May I walk unafraid,**

**May I see with compassionate eyes.**

## **First Reading My Work is Loving the World —by Mary Oliver**

My work is loving the world.

Here the sunflowers, there the hummingbird—  
equal seekers of sweetness.

Here the quickening yeast; there the blue plums.

Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?

Am I no longer young, and still half-perfect? Let me

keep my mind on what matters,

which is my work,

which is mostly standing still and learning to be  
astonished.

The phoebe, the delphinium.

The sheep in the pasture, and the pasture.

Which is mostly rejoicing, since all the ingredients are here,

which is gratitude, to be given a mind and a heart  
and these body-clothes,

a mouth with which to give shouts of joy

to the moth and the wren, to the sleepy dug-up clam,

telling them all, over and over, how it is

that we live forever.

## Second Reading: —Selections by Kahlil Gibran

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart, even as if your Beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

It is to charge all things you fashion with a breath of your own spirit,  
And to know that all the blessed dead are standing about you and watching....

Work is love made visible.

And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.

For if you bake bread with indifference, you bake a bitter bread that feeds but half man's hunger.

And if you grudge the crushing of the grapes, your grudge distills a poison in the wine.

And if you sing though as angels, and love not the singing, you muffle man's ears to the voices of the day and the voices of the night.

## Scripture/Meditation Song: Thy Word is A Lamp Unto My Feet (BC 92)



Thy word is a lamp un-to my feet and a light un-to my path.



**Scripture: Romans 12: 3-8**

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 judgement, each according to the measure of faith that God has assigned. <sup>4</sup>For as in one body we have many members, and not all the members have the same function, <sup>5</sup>so we, who are many, are one body in Christ, and individually we are members one of another. <sup>6</sup>We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; <sup>7</sup>ministry, in ministering; the teacher, in teaching; <sup>8</sup>the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

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: "Instruments of Peace" by Kirk and Deby Dearman**

*Chorus:*

*Lord, Make us instruments of your peace,  
Where there is hatred, let your love increase*

*Lord, make us instruments of your peace,  
Walls of pride and prejudice shall cease  
When we are your instruments of peace.*

**Where there is hatred, we would sow his love  
Where there is injury, we will never judge  
Where there is striving, we will speak his peace  
To the millions crying for release,  
We will be his instruments of peace**

**Where there is blindness, we will pray for sight  
where there is darkness, we will shine his light  
Where there is sadness, we will bear their grief  
To the millions crying for relief,  
We will be your instruments of peace.**

## Time for Gratitude

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

The image shows a musical score for a prayer song. It consists of two systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#) and the time signature is 4/4. The lyrics are: "Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;" and "Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace."

## Prayers of the People

**We Pray For:** Allison, Jonathan Chell, Jeff Birch, Peg Burns, Linda, Judy, Shannon, Ian, Joel, and Rick, Miguel, Mike, Bina Holland, Heather, Josie Peebles, Madeleine, Todd Anderson, Norine Mackey, "CeCe", Beverly, Brooke, Mary Lee, Tammi, Karen & Jerry Johnson, Lucinda & Mark, Matthew, Margie, Soren Koch, Tom, Sophie, Tim, Vince, Ray, Merry

## The Lord's Prayer— int. By J. Manny Santiago

*Holy Parent, who is among us, blessed be your Creation.*

*May your reign be a reality here on earth.*

*May we become more interested in building your kin-dom here and now than in waiting for it to come down from above.*

*Let us share our bread with those who hunger.*

*Let us learn to forgive as well as to receive forgiveness.*

*Help us through the time of temptation, delivering us from all evil.*

*For ours are the eternal blessings that you pour upon the earth. Amen.*



## Announcements

**Sending Song:      Kindness by Steve Bell**

Christ has no body here but ours  
No hands no feet here on earth but ours.  
Ours are the eyes through which he looks  
On this world with kindness

Ours are the hands through which he works  
Ours are the feet on which he moves  
Ours are the voices through which he speaks  
To this world with kindness

Through our touch, our smile, our listening ear  
Embodied in us, Jesus is living here

Let us go now, inspirited  
Into this world with kindness

## Benediction/Sharing of Peace



### **Breathe - September 14, 5:00pm at Emmanuel**

At Emmanuel's Breathe Meditation Service, we gather for one hour to enter a sacred time -- the "thin place" between the worlds -- and Breathe. We listen to sacred scriptures and poetry from many traditions, we chant, and we sit in silence as we open ourselves to the Great Mystery. Enter by the North, parking lot entrance. All are welcome.



All female members of the ELCA are considered a part of WELCA and are invited to join us on the third Thursday of each month, except July and August at 9:30am at Emmanuel. Our next meeting will be September 19<sup>th</sup> at 9:30am in the Celebration Room. Hope to see you there.

**Midtown Strong Block Party:** Join us in the parking lot behind Inscape Collective at 201 7<sup>th</sup> St. on Saturday, September 7<sup>th</sup>, noon to 6:00pm. Music/food/family-friendly activities. [inscapecollective@gmail.com](mailto:inscapecollective@gmail.com)

### **Hop on the MealTrain For Allison**

*This is the MealTrain link or Allison Downie: <https://mealtrain.com/ed76ze>*

*What is Meal Train? There are times in our lives when friends and family ask, "What can I do to help out?" The answer is usually to help them with a meal. When many friends provide support through a meal, Meal Train keeps everyone organized.*

*MealTrain.com is a free meal calendar tool that makes planning meals among a wide group easy and less stressful.*

***Here is an update from Allison:*** *Goblet Cell Adenocarcinoma produces two types of cancer cells. One causes tumors, the other one creates a cancerous biofilm. Thankfully I only have two tumors, but the spread into my abdominal cavity is extensive, and is why it's classified as stage 4, even though it hasn't spread into my lungs. The cancer has spread into my peritoneum (secondary peritoneal carcinomatosis) and into my omentum. Thankfully, it has not reached my lymph nodes, but I am dealing with malignant ascites, which is a backup of lymphatic fluid in the abdominal cavity. As you can imagine, it's a bit painful.*

*Your Love, prayers, and support are very much appreciated, by myself, my son, and my mother.*



*Take a quiet twilight stroll in the forest.*

*Relax your mind;*

*Open your heart;*

*Stretch your spirit.*

*Reach into new dimensions;*

*realize something that you have not understood  
before,*

*and you will not return the same.*

Twilight is that liminal time that divides light from darkness; the seen from the unseen; the known from the unknown. Join in on this silent, meditative time in nature where twilight will offer the opportunity to see deeper into all things, and where you might find that state of knowing in which both light and shadows blend, and all things appear as one. Listen for the owls to speak. Join the birds as they settle for the night. Smell the dampness of the forest floor as it rises up to greet you.

Wear footwear suitable for trail walking and dress appropriately for whatever the weather might bring. Bring hiking poles if you wish. Because this is an after hours program and the arboretum will be closed to the general public, **please plan to arrive a few minutes early** as the gates will close promptly at 5:30 PM. Group size will be limited, so register early to be sure to secure a spot!

Also, the Soul Garden leadership invites you to stay after the walk to share some wine and cheese - on the deck if weather permits, or indoors if the weather requires.

**Date: Thursday, September 26, 2024**

**Time: 5:30 - 7:30 PM**

**Location: Klehm Arboretum, 2715 S. Main St., Rockford, IL**

**To Register use this link:**

**<https://www.simpletix.com/e/soul-garden-tranquility-walk-private-tickets-183749>**

**or contact Jessica McDonald @ Klehm Arboretum - 815-965-8146**