



October 2023

The deadline to submit newsletter articles for the next newsletter October 15, 2023.

Dear Catherine,

Emmanuel's message comes from a passion for searching and studying sacred scriptures. Wisdom and inspiration is also drawn from a variety of other traditions, prophets, and all women and men who have a deeply personal and intimate relationship with God.

*Everyone is welcome at Emmanuel.*

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## An October Message from Pastor Frank



Beloved Ones,

Emmanuel has been shaped by many people throughout - since 1882. The festival of All Saints is November 1, and Emmanuel celebrates all these people, the saints, and ancestors on the first Sunday in November. We will also celebrate the 100th anniversary of our Sanctuary and Centennial Hall. Our ReFresh Sunday gatherings in October will prepare us for the celebration of All Saints. We will celebrate four significant mentors/ancestors of Emmanuel who have been important to the spirituality of this community. Francis of Assisi and Richard Rohr, who is a Franciscan, will be the ancestral witnesses on Sunday October 1. We will hear the ancestral witness of this land's Indigenous people on Sunday October 8 in the outdoor gathering. We will have a blessing of the animals on October 8, and you are invited to bring your pets to participate in the blessing. The poet Mary Oliver will be the witness on October 15. The writings of Matthew Fox will provide focus and inspiration on Sunday October 22. The last Sunday in

October shifts to honoring our losses in preparation for the celebration of All Saints the following week. Christyn Rittenhouse will share at the time of the sermon, and we will have prayers of healing. I hope you can gather in person or on Zoom throughout October.

We could name many others who have influenced Emmanuel. We could also name people who have influenced us as individuals. Perhaps during the coming weeks, we can spend time considering who has influenced each of us. Who has been a mentor in your spiritual journey? Are they people close to you? Are there writers, or spiritual/religious leaders who have provided insights, or practices that have deepened your connection with the One in whom we live and move and have our being? My own path has been influenced by diverse witnesses, saints, and ancestors. I invite you to join me in giving thanks for all who have influenced our individual paths. I will share some of those who have touched my life in the November newsletter. If you would like to share your mentors, saints, or ancestors with those who receive this newsletter, I invite you to share their names with me and I will include them in my November newsletter article.

Blessings,

*Pastor Frank*

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## **Arts@Emmanuel announces Adventures in Watercolors!**

Artist and teacher Betsy DeGunther is coming back to teach a 4 week beginning water color class starting Tuesday October 3. Classes will be from 6:30-8:00pm at Emmanuel Lutheran Church on October 3, 10, 17 and 24. If you took the beginning watercolor class before you can take THIS AGAIN! All levels of painters are welcome!

Enjoy a series of experimentation and fun while you learn the fundamentals of watercolor. Betsy will work with watercolor painting techniques and enjoying the process of painting. The basics of materials, tools and techniques will be explored.

You can expect plenty of individual attention. Betsy's demonstrations will walk you step-by-step through the entire painting process. You will be amazed what you can do. Even if you've never held a paintbrush before, she will teach you how to paint with watercolors in a way that is relaxing and fun, not overwhelming!

The first class materials will be provided. Betsy will give you ideas of materials you



may wish to purchase for the ongoing following 4 weeks. How much you spend on materials will be your choice with your budget.

The cost of the 4 week class will be \$40. Bring cash or make checks payable to Betsy DeGunther.

Text Holly Blair-Cascio if you would like to sign up for this watercolor series.  
815-543-1191

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**Weathering the Storm:  
Caregiver Acknowledgment Ceremony and Program  
September 30th with Christyn at Emmanuel**

Being a caregiver can be isolating and overwhelming. In the attempt to help another, it can be easy to lose perspective on our own well-being, our own needs, and our own ability to receive.

It was from that awareness that this ceremony and program were created.

This is a time just for you: to acknowledge what you've been through and done up to this point, wherever you are. Whether it's been 2 days, 2 months, or 2 decades, feel free to join us.

***The Program 3-5pm***

This will be a blend of group coaching and a structured support group. We will use the metaphor of a river: the near bank as 'the before time', then entering the river as the transition into 'the during time' of caregiving, and the far shore as 'the after time' (this could be due to death, recovery, or even a change in roles). We will meet in the Benson room.

***The Ceremony 5-6pm***

The ceremony will use elements discovered in the program portion to personalize and collaborate. Even if you can't make the program, please feel free to join the ceremony. Our shared wisdom is likely to resonate. If the weather allows, the ceremony will take place in the labyrinth. If the weather is inclement, it will be had in the sanctuary. In either location the sacred space will add to the event.

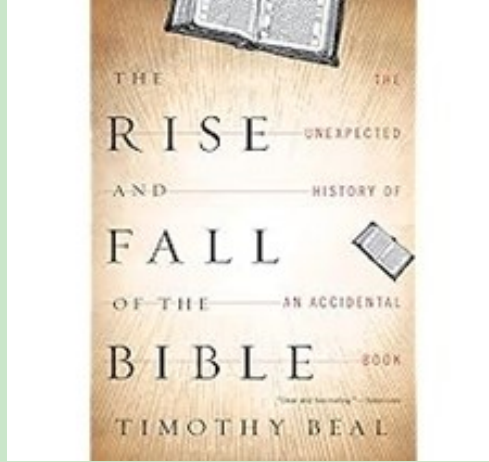
***Saturday, September 30th  
Emmanuel Lutheran Church 920 Third Avenue***

***Enter by the accessible ramp at the North Doors***

***There is no fee for attending, but donations may be made to Emmanuel.***

***So that we have ample supplies, RSVP is appreciated but not necessary.  
E-mail Christyn Rittenhouse, [smoothliving55@gmail.com](mailto:smoothliving55@gmail.com)  
or text 815-289-7110.***

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## New Book for Spiritual Journeys

**Tuesday group 9:30 - 11:00am**

We are ready to begin a new book and invite you all to join us on what we think will be an interesting read and discussion. Timothy Beal's "The Rise and Fall of the Bible: The Unexpected History of an Accidental Book" looks to "debunk the myth of the Bible's infallibility and reveal a richer and more authentic way to read it." Beal is a religious scholar and former evangelical Christian. Some of Beal's insights:

### **Christianity thrived for centuries without any Bible.**

Early congregations used collections of scrolls; there was no official canon of scriptures and no book existed that was big enough to hold them.

**There is no original Bible** behind the thousands of different Bibles on the market today.

The further back we go in the Bible's history, the more versions we find.

### **The idea of the Bible as the literal Word of God is only about a century old.**

Beal offers a chance to rediscover a Bible, and a faith, that is truer to its own history **not a book of answers but a library of questions**.

To purchase book:

<https://www.amazon.com/Rise-Fall-Bible-Timothy-Beal/dp/0547737343>

Whether you obtain the book by next week (9/19/23) or not, please join us to read along or listen.

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## **Upcoming at Emmanuel Something for Everyone**

*Join us each week for worship.*

**9:00 am Traditional Service in the Chapel**

**10:30 am the ReFresh Worship Service in the Sanctuary**

**September 30th: Caregiver Acknowledgment  
Program 3:00- 5:00 and Ceremony 5:00 - 6:00pm**

**October 2, 9, 16, 23, 30:  
Cardio Drumming**

## **UPCOMING WOMEN'S INTERFAITH POTLUCKS:**

Monday, October 30, at 6:00 p.m. at  
The Muslim Community Center & Mosque,  
5921 Darlene Dr., Rockford

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**Adaptive: 4-5pm; Regular:6-7pm**

**Oct. 3, 10, 17, 24: Adventures in Watercolor**  
**6:30 - 8:00pm**

**Spiritual Journeys Book Study each Tuesday**  
**9:30 - 11:00am on Zoom.**

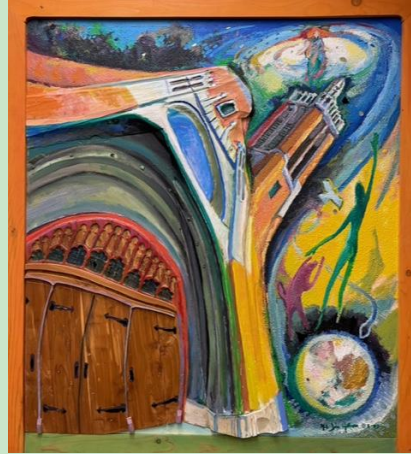
**Wednesday night Belly Dance Choreography**  
**6:00-7:00pm \$10/class**

**10/1 - Norm Knott - 10:00 – 12:00**  
**He will have his display of Normaments for sale.**

**10/1 - Calvary 100 Year Anniversary Celebration**  
**3:00pm Service in the Chapel**

**11/5 - 11:30am - 1:30pm**  
**Opening Reception in the Gallery at Emmanuel**

**All are welcome @ Emmanuel!!**



**Arts at Emmanuel A@E**  
**Call to Artists**  
**invites you to participate in art**  
**exhibit Nov 5- February 1**

### ***Sanctuary***

In collaboration with the celebration of our 100<sup>th</sup> Anniversary of the construction of our sanctuary at Emmanuel, we invite artists to explore what ***Sanctuary*** inspires for them.

All media is welcome. Humans and creatures find spiritual refuge in many places that can represent ***Sanctuary***.

In addition to the art display, Emmanuel members will revisit our Swedish Heritage and honor the memories of past members and the Swedish immigrant artisans who crafted our beautiful Sanctuary through stories and displays!

**Art due: Saturday, November 4th**  
**drop off 10:00am-12:00pm**

Emmanuel Lutheran Church  
920 Third Ave. Rockford  
Enter at church office (815-963-4815)  
north door near parking lot.

You can make arrangements with the church office to drop off work earlier in the week if needed by calling the office at 815-963-4815.

**If you would like to bring work for this show please call or email**  
**Holly at 815-543-1191**  
**[hollyblair@mac.com](mailto:hollyblair@mac.com)**

**Opening Reception**  
**in the Gallery at Emmanuel**  
**Sunday, November 5th,**  
**11:30 am-1:30pm**



### **We Pray for Healing**

Jonathan Chell Susan Lippert  
Ruthann Molyneaux Harold Ogden  
Julaine Lofquist-Birch Lois Ference  
Ian, Joel, and Rick Josie Peebles  
Gary Peterson

Our thoughts and prayers are with  
Barb Horn and her daughter Marianne  
Higginbotham in the death of  
Bill Higginbotham on Monday, Sept. 4<sup>th</sup>.



### **October Birthdays**

10/2 Nate Campbell

10/7 Lois Ference  
10/8 Malinda Helge  
Dave Johnson  
10/11 Lucio Aldana  
10/14 Lauren Andree  
10/19 Amanda Roberts  
10/21 Lou Ann Johnson  
10/24 Brody Streed  
10/27 Regina Moseley  
10/29 Kim Peterson  
10/31 Ray Hodowanic

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**WELCA (Women of the  
Evangelical Church of America)  
Our next WELCA meeting will be  
on Thursday, October 19<sup>th</sup> at  
9:30am. Come and join us.  
Leader: Karen Van Howe**

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**Join Beth Campisi for Cardio  
Drumming in October**

**Mondays October 2, 9, 16, 23, 30**

**Two Classes to choose from  
\$10/Class**

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

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

All levels welcome in this class.

**Guidelines:**

- Work must be ready to hang with appropriate materials, securely attached.
  - Imbedded/routed holes do not work with our system. Exterior hangers only please.
  - With each piece attach the form with the following information: (please print) title, medium, price or NFS, artist's name, also include: your address, phone number and email address. We will provide the labels for each piece in the show with only the first four of above list.
  - ***Any insurance on artwork is up to the individual artist.***
  - Checks for any sales will be made out to the artist.
  - Emmanuel would appreciate a 25% tax deductible donation on any sales.
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**Faith Community Nurse Notes**

The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

1. If you get a call, text or email asking for your Medicare Number, don't respond. Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, Medicare will never call you unprompted and ask you for your personal information.
2. Check your Medicare Summary Notices (MSNs) or claims statements carefully. If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).



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!

You will need to bring a small round plastic laundry basket or bucket, an exercise ball and drum sticks. You can bring your own equipment or we will get it for you for \$20.00. The classes will run every Monday from 6:00-7:00pm at Emmanuel Lutheran Church, 930 3<sup>rd</sup> Ave. Cost is only 10.00 per class. Pay monthly or weekly.

### **Adaptive Cardio Drumming**

4:00-5:00 Celebration Room

This class provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous cardio, however it provides a multitude of benefits for the participant! No drumming experience needed. All levels welcome!

### **Regular Cardio Drumming**

Mondays 6:00-7:00 Celebration Room

All levels welcome in this class as well!

Contact Holly Blair-Cascio if you would like to Cardio drum with us! 815-543-1191  
[hollyblair@mac.com](mailto:hollyblair@mac.com)



## **Normaments?**

**Sunday, October 1, 10:00 - Noon**

"Normaments" are one of a kind (OOAK) Norm-ized ornaments made from found objects, small treasures, beads, precious and/or semi-precious stones, and anything else that strikes my fancy to put in the tiny assemblage. You can hang a

4. Visit [Medicare.gov](https://www.medicare.gov), the official source for Medicare information, to learn more about preventing Medicare fraud.

Sue Scott, Faith Community Nurse



## **Food Pantry**

### **Emmanuel's Pantry Needs Your Help**

With inflation up for food, gas, rent, and multiple other living expenses and SNAP benefits down, all the Rockford pantries are seeing more customers, Emmanuel's pantry included. We have had a 100% increase in the number of households each month.

Starting the first Sunday in October and then the first Sunday of each month, the pantry will have a cart outside of the Chapel for the 9:30am Service and the Sanctuary for the 10:30am Service. The preceding Sundays, we will let you know what kind of food we will be needing for the 1st Sunday of the next month.

**For the month of October, we would like bags of apples, canned yams, canned pumpkin, and soups. If you forget to bring your items on the first Sunday, we will have a basket in the office area.**

Thank you,  
Lorraine, Ann, and Kathlyn



"Normament"....  
-in a window  
-on a holiday tree of any kind  
-on door handles  
-on purse (or other) zippers  
on an ornament stand on a table-  
it's ART for heavens sake!

They make lovely commemorative gifts!  
You can collect them all and trade them  
with your friends!!!

See for yourself on Sunday,  
October 1st, 10-12:00pm.

Questions? Text Holly, 815-543-1191



### Winnebago County Forest Preserves Interest Hikes

#### Come hike with us.

Join Soul Garden for continued hiking  
experiences in the Winnebago County  
Forest Preserves. Text Holly if you want to  
join the hikes. All hikes start at  
9:00am. 815-543-1191  
hollyblair@mac.com

Link to Descriptions of all 44 Forest  
Preserves  
<https://www.winnebagoforest.org/items>

#### **Saturday, September 30th**

Severson Dells Forest Preserve  
8786 Montague Road, Rockford, IL  
61102

#### **Saturday, October 7th**

Kilbuck Bluffs Forest Preserve  
3061 & 3020 South Bend Road,  
Rockford, IL 61109

#### **Thursday, October 19th**

Seward Bluffs Forest Preserve

***Serving the people who live,  
work, worship, and play  
in the neighborhoods of Midtown***

### **September MLP Newsletter**

Check out our Facebook page:

[https://www.facebook.com/Midtown-  
Lutheran-Parish-101030175425386](https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386)

Katie's Cup is open Tuesday thru Friday  
8am-3 pm

Katie's Walking Club, Thursdays at 9:15  
a.m., weather permitting

Katie's Choice Book Club.

Call Katie's Cup or check Facebook page  
for details

Katie's Cup Conversations—Tuesday, at  
noon and on Facebook

Live Cars and Coffee, Saturday, October 7,  
2023, from 9 am until noon. Live music.

Musical Thursdays 7-8:30 pm November  
16, 2023—Mike and Sue Blair

RVC Lecture Series - Please Register  
through RVC! Call 815-921-3933 or email  
T.Lewis@rockvalleycollege.edu The cost is

\$15 or \$5 for anyone 50 and older  
October 17 10:00am-11:3 am. Pr. Michael  
Thomas on "My Chicago Fire: Igniting  
Genealogy"

November 14 10-11:30 am - History of the  
Irish in Rockford—Michael Gallagher

#### **Please Note:**

#### **New Address for our Synod:**

#### **NORTHERN ILLINOIS SYNOD**

**P. O. Box 443**

**Moline IL 61266**

#### **The 2023 Council includes:**

President: Karen Van Howe

Vice President: Holly Blair Cascio

Treasurer: Jack Ream

Secretary: Kathlyn Wright

Taj Guzzardo

Sally Susan

Ann Downie

Marcia Terrill

Eric Johnson

Catherine Rennert

Dan Goldberg



**Our Stories, Our Heritage:  
LGBQIA+ Elders**

**Wonderful Wednesday,  
Oct. 4, 2023 at 6:00pm.**

**Unitarian Universalist Church,  
Rockford, 4848 Turner St., Rockford**

As we plot a future of liberation and equity, learning and loving the stories of those who blazed the trails and forged community is a gift. A group of Lesbian, Gay, Bisexual, Transgender, and Queer Elders will share their stories of coming out, social justice, and love. Please come, and invite others. Free admission. The event will run approximately 90 minutes including Q&A.

**Give Online**

Support Emmanuel  
and its ministry by  
giving electronically



Scan this code using the  
QR reader app on your  
phone to make a secure  
electronic donation

Follow the instructions  
to setup a one-time or  
reoccurring payment

Thank you for giving.

Emmanuel Lutheran Church, P. O. Box 4362, Rockford, IL 61110  
815-963-4815 Fax: 815-963-4808  
emmanuelchurch07@gmail.com elcrockford.org  
Pastor Frank Langholf 309-509-5241 fslangholf@gmail.com



Emmanuel Lutheran Church | 920 Third Ave, Rockford, IL 61104

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