



WELCOME to ReFresh at EMMANUEL
(Restoring Energy, Faith and Relevance to Every Soul's Heart)
March 19, 2023

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshipping 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 9:00am Calvary/Emmanuel Traditional Worship Service in the chapel or our ReFresh 10:30am Service either in person or on ZOOM.

To gather online by computer, tablet, or smartphone use the following link.

<https://us02web.zoom.us/j/82726742888?pwd=WFEwOVBXZGd3OHFzSXQ1WXIVTHppZz09>

The Recorded Service will be available on Facebook after the service.

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 on Sundays.

ASSISTING IN WORSHIP TODAY

Presider: Pastor Frank Langholf

Lector: Ann Downie

Accompanist: Clea Arbogast

Cantors and Special Music:

Emmanuel Choir

Coordinator of Adult Music Ministries: Tim Fenelon

Ushers: Dan Vorsanger

Altar Guild: Susan and David Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104

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Pastor Frank Langholf, phone; 309-509-5241, email; fslangholf@gmail

March 19, 2023
Theme: Fourth Sunday in Lent:
Obedience and Preservation

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: In the act of writing the poem, I am obedient, and submissive.
Insofar as one can, I put aside ego and vanity, and even intention. I listen.
—Mary Oliver

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.**

Responsive Call to Worship: by Joanna Harder (inspired by Jonah 3-4)

The word of God came to Jonah

The word of God comes to us:

Go

Despite your fears

Speak

the truth of God

Love

your neighbor and your enemy

Forgive

as you have been forgiven

Receive

grace upon grace

overflowing from the fullness of God.

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.

Children's Time

Gathering Song: Will You Come and Follow Me (ELW 798)



1 "Will you come and fol - low me if I but call
2 "Will you leave your - self be - hind if I but call
3 "Will you let the blind - ed see if I but call
4 "Will you love the you you hide if I but call
5 Lord, your sum - mons ech - oes true when you but call



your name? Will you go where you don't
your name? Will you care for cruel and
your name? Will you set the pris - 'ners
your name? Will you quell the fear in -
my name. Let me turn and fol - low



know and nev - er be the same?
kind and nev - er be the same?
free and nev - er be the same?
side and nev - er be the same?
you and nev - er be the same.



Will you let my love be shown, will you let my
Will you risk the hos - tile stare, should your life at -
Will you kiss the lep - er clean, and do such as -
Will you use the faith you've found to re - shape the
In your com - pa - ny I'll go where your love and



name be known, will you let my life be
tract or scare? Will you let me an - swer
this un - seen, and ad - mit to what I
world a - round, through my sight and touch and
foot - steps show. Thus I'll move and live and



grown in you and you in me?"
pray'r in you and you in me?"
mean in you and you in me?"
sound in you and you in me?"
grow in you and you in me.

First Reading: by Frederick Buechner

“Stop trying to protect, to rescue, to judge, to manage the lives around you... remember that the lives of others are not your business. They are their business. They are God’s business . . . even your own life is not your business. It also is God’s business. Leave it to God. It is an astonishing thought. It can become a life-transforming thought . . . unclench the fists of your spirit and take it easy . . . What deadens us most to God’s presence within us, I think, is the inner dialogue that we are continuously engaged in with ourselves, the endless chatter of human thought. I suspect that there is nothing more crucial to true spiritual comfort . . . than being able from time to time to stop that chatter . . .”

Second Reading: Someday—by Mary Oliver

Even the oldest of trees continues its wonderful labor.
Hummingbird lives in one of them.
He's there for the white blossoms, and the secrecy.
The blossoms could be snow, with a dash of pink.
At first the fruit is small and green and hard.
Everything has dreams, hope, ambition.

If I could I would always live in such shining obedience
where nothing but the wind trims the boughs.
I am sorry for every mistake I have made in my life.
I'm sorry I wasn't wiser sooner.
I'm sorry I ever spoke of myself as lonely.

Oh, love, lay your hands upon me again.
Some of the fruit ripens and is picked and is delicious.
Some of it falls and the ants are delighted.
Some of it hides under the snow and the famished deer are saved.

Scripture/Meditation Song: Break Now the Bread of Life (ELW 515) verse 1

1 Break now the bread of life, dear Lord, to me, as once you
2 Bless your own word of truth, dear Lord, to me, as when you
3 You are the bread of life, dear Lord, to me, your ho - ly

broke the loaves be - side the sea. Be - yond the sa - cred page
blessed the bread by Gal - i - lee. Then shall all bond-age cease,
word the truth that res - cues me. Give me to eat and live

I seek you, Lord; my spir - it waits for you, O liv - ing Word.
all fet - ters fall; and I shall find my peace, my All - in - All!
with you a - bove; teach me to love your truth, for you are love.

Scripture: Jonah 3

3 The word of the Lord came to Jonah a second time, saying, **2** “Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” **3** So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days’ walk across. **4** Jonah began to go into the city, going a day’s walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!” **5** And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. **6** When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. **7** Then he had a proclamation made in Nineveh: “By the decree of the king and his nobles: No human or animal, no herd or flock, shall taste anything.

They shall not feed, nor shall they drink water. **8** Humans and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. **9** Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.” **10** When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them, and he did not do it.

Presider: These are the words of an early Jewish community.

All: May we find wisdom for our living.

Sermon: Pastor Frank Langholf

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

Special Music: Circle of Life by Elton John and Tim Rice
Emmanuel Choir

Time of Gratitude: Give Thanks (the Covenant Hymnal74)

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich

Because of what the Lord has done for us"

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

Give thanks!

Thanksgiving at the Table

The Lord's Prayer:

**Our Father, who art in heaven,
Hallowed by thy name,
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses,
As we forgive those
Who trespass against us;
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
And the power, and the glory,
Forever and ever. Amen.**

Communion Music Clea Arbogast

Prayers of the People

Prayer Song and Response: O, Lord, Hear My Prayer (ELW 751)

Announcements

Sending Song: My Life Flows On in Endless Song (ELW 763)



1 My life flows on in end - less song; a - bove earth's lam - en - ta - tion,
2 Through all the tu - mult and the strife, I hear that mu - sic ring - ing.
3 What though my joys and com - forts die? The Lord my Sav - ior liv - eth.
4 The peace of Christ makes fresh my heart, a foun - tain ev - er spring - ing!



I catch the sweet, though far - off hymn that hails a new cre - a - tion.
It finds an ech - o in my soul. How can I keep from sing - ing?
What though the dark - ness gath - er round? Songs in the night he giv - eth.
All things are mine since I am his! How can I keep from sing - ing?



Refrain



No storm can shake my in - most calm while to that Rock I'm cling - ing.



Since Christ is Lord of heav - en and earth, how can I keep from sing - ing?



Benediction

Sharing of the Peace

IN OUR PRAYERS

Lucio Aldana	Joan Schuetz	Tom Fenelon	Deborah Lucas
Todd Anderson	Tom Balhatchet	Elaine Reed	Jerry Johnson
Karen Johnson	Roycealee Wood	Cathy Schocker	Mike
Meghan Baylor	Jeff Birch	Julaine Lofquist-Birch	Cherie Fleur
Margie, Susan Hurley-Whitacre's Sister	Audrae Zullo		
Emi, Isaiah-Sky and Emmanuel Grottke			

Katie's Cup, Conversation for Tuesday, March 21st at Noon

NIS Bishop Stacie Fidar

Sunday March 19 from 5-6:30 pm

at Emmanuel Lutheran Church 6th St & 3rd Av.

Hafiz (1320-1389 Persia) is one of the greatest spiritual poets in our solar system. We will dive into his poetry with the arts. Bring a poem you love (he lives on, on u-tube) , try memorizing a shorter one, bring a drum and a friend. No cost. If you wish, give something to Emmanuel. We will be in the sanctuary. Be on time... we will start with music while in silence.

Questions, call Jim@ 779-537-0328

"You have been invited to meet
The Friend.
No one can resist a Divine Invitation.
That narrows down all our choices
to just two:
We can come to God
Dressed for Dancing
or
Be carried on a stretcher
To God's Ward." Hafiz

Better Balance Better Bodies

Faith Community Nurses Mary & Sue invite you to 30-40 min. of gentle stretching and range of motion exercises before weekly Lenten services. Join your friends (new and old) as we strive to have stronger bodies with exercises (sitting or standing) designed to promote flexibility and balance. We'll be stronger together as we tend to body, mind and spirit. Free. No registration required. We look forward to seeing you there!

Better Balance. Better Bodies. Weekly on Weds. 3/22-3/29

11:00-11:40 am

Wed. 3/22 Emmanuel Lutheran (920 3rd Ave.) Library

Wed. 3/29 1st Lutheran (225 S. 3rd) Room TBA

2023 Midtown Midweek Lenten Services will all be at Noon

Theme: Be the Body

March 22 at Calvary Lutheran Church (Emmanuel's Chapel) at Noon

Preacher Bill Dahlberg

March 29 at First Lutheran Church at Noon

Preacher Pastor Michael Thomas

Equinox Retreat: "Balance; Dark and Light, Soul and Spirit

Friday, March 24th, 7:00 pm to Saturday, March 25th, 1:00 pm.

Friday:

7:00 pm, Opening Circle

7:30 PM Altars are open for private meditation and reflection

9:30 PM Music to deepen The Balance of Light and Dark, Soul and Spirit

11:00 PM Dream Invocation

You can stay overnight at the church if you wish.

Saturday

6:30 AM Doors are open

7:00 AM 7-Directions Prayer led by Jessie Crow Mermel. Breakfast on your own following the Prayer, and continued reflection and meditation

9:00 AM Ecstatic Dance in the Dance Studio led by Susan Hurley Whitacre

10:30 AM "Creating Magic: Awakening to Spring" led by Sally Roberts

Noon: Potluck Lunch

1:00 Depart: (Altars can be taken down, and other clean up done.)

Holy Week Schedule

April 6, 2023, Maundy Thursday, 6:30 pm

Foot Washing and Communion

April 7, 2023, Good Friday, 6:00 pm

Stations of the Cross outside around the block

April 8, 2023, Holy Saturday, 7:00-8:30 pm

Journey Into the Underworld

April 9, Easter

6:30 am, Sunrise Service in the Labyrinth

9:00 am, Easter in the Chapel with Calvary Lutheran Church

10:30 am, Easter Festival Service in the Sanctuary

Journey Into the Underworld

Holy Saturday (When Jesus had died...the evening before Easter).

Saturday, April 8 from 7-8:30 pm in the Sanctuary of Emmanuel.

We are called to follow Jesus, why not also into his experience of death, which changed his life, and explore the descent... the challenge... and the gift of the underworld. Most all spiritual traditions encourage us to ... "die before you die!"

An imaginal journey using sound and rhythm. Come a little early.

Questions: Jim @ 779-537-0328

No cost, support Emmanuel.

"...Drunks argue and get into fights,
and fall into a hole...
lovers are just as bad...
they fall into a hole, but there, they discover
something **shining** ..." Rumi

Christyn Rittenhouse of *Smooth Living* presents

Soul, Spirit, and Self Expedition

What is important to you? What are your unique strengths and gifts? What are your dreams? What are your values?

Rarely are we ever asked these questions in daily conversations. Perhaps we get a taste of this on a retreat or at the beginning of a romantic relationship.

Think of how you might live your life differently if you knew who you really are deep down.

Ancient Greeks wrote 'Know thyself.'

Join Christyn for a 6-week deep dive into who you are at your core in this group life coaching series. While the focus is on the self, the benefit of learning in community cannot be understated. The process turns dynamic when we are together, witnessing one another, in a safe and courageous space. This is an opportunity to explore and discover where and who you are, where you want to be, what inner resources you have and how to leverage them into resilience while also uncovering the things that hold you back or cloud your path.

Monday evenings, March 20-April 24, 6:30-8:00

Emmanuel Lutheran Church, 920 Third Ave

\$75 for the 6-session series

To register, contact Christyn, 815-289-7110, or smoothliving55@gmail.com

Soul, Spirit, and Self Expedition Six-week series

1. **Wheel of life-** create your personal map and intentionally set your compass towards what you desire most.
2. **Inner resources** – tapping into the power of your inner leader, personal allies, and the value of values.
3. **Saboteur awareness and Sage growth** Managing your inner dialog, connecting to your inner wisdom
4. **Decision making pt. 1.** 'How did I get here?' Decoding past decisions.
5. **Decision making pt. 2.** 'My conscious future.' Impactfully considered choices
6. **The wheel of self-love.** Worthiness and belonging. Exploring your relationship with the most important person in your life – YOU!

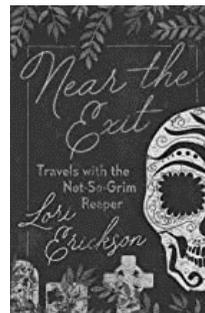
Care for Creation Committee is Re-Organizing

If you are concerned about the earth changes, weather instabilities and climate changes, and want to do something about, please join us, the Care for Creation Committee. We will be addressing the problems and looking for solutions.

If interesting in joining, call Taj Guzzardo at 815-229-3998. Dates and times of the meetings will be determined when we know what works for everyone.

Soul Journeys New Book, starting March 14th

For our next book, which will start Tuesday, March 14, the group decided to go with Lori Erickson's **Near the Exit: Travels with the Not-So-Grim Reaper.**



A Play Reading with Rev. Jim Roberts

Saturday, March 25, 2:00 to 4:15, at Emmanuel Lutheran Church, Pastor Emeritus, Jim Roberts will be having the second sessions of readings for a play he has written entitled, "Lost in the Forest". Let Jim know beforehand if you're coming, so we can have a copy of the script for you. If you have a friend who would be interested let us know. There is no commitment to be in the play, but this story is for everyone. And we are still exploring options for its use.

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves.

The month of March we will walk on asphalt trails including Rock Cut State Park in case of flooding and mud. Dress for the weather! Text Holly if you want to join the hikes 815-543-1191. All hikes start at 9:00am

Tuesday, March 28 9:00am

Rock Cut State Park

7223 West Lane

Caledonia, IL (*meet in parking lot on the lake by concessions building)