



Welcome to ReFresh at Emmanuel  
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)  
January 18, 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](https://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.

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

**By phone, Dial 312-626-6799   Meeting ID: 893 5688 8344   Passcode: 11999**

### **Wednesday Bible Study**

A person can join the Bible Study with a cell phone or land line. To join by a land line or cell phone, dial the number below and then enter the meeting id. and passcode when prompted.

### **Assisting in Worship Today**

Presider: Pastor Frank Langhoff

Lector: Jenny Olson

Special Music: Emmanuel Choir

Accompaniest: Clea Arbogast

Communion Assistant: Bobby Walter

Altar Guild: Gary & Jan Peterson

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Date: January 18, 2026  
Theme: Radical Welcome

**Prelude:** Clea Arbogast

**Welcome:** Pastor Frank Langholz

**Meditation:**

...a community of radical welcome [is] where each is host and each is “other”. I realize that if I am mutually open to the “other” and enter their world, my world will inevitably change. The burden of change, of conversion, rests on all members of the community.—Patty Fawkner

**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:** The Long-Legged House by Wendell Berry

We have lived by the assumption that what was  
good for us would be good for the world...

**We have been wrong. We must change our lives,**

so that it will be possible to live by the contrary  
assumption that what is good for the world will be  
good for us...

**We must recover the sense  
of the majesty of the creation and the  
ability to be worshipful in its presence.**

For it is only on the condition of humility and  
reverence before the world that our  
species will be able to remain in it.

## 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: All Are Welcome (ELW 641)



1 Let us build a house where love can dwell and all can safely  
2 Let us build a house where prophets speak, and words are strong and  
3 Let us build a house where love is found in wa - ter, wine and  
4 Let us build a house where hands will reach be - yond the wood and  
5 Let us build a house where all are named, their songs and vi - sions

live, a place where saints and chil - dren tell how  
true, where all God's chil - dren dare to seek to  
wheat: a ban - quet hall on ho - ly ground where  
stone to heal and strength - en, serve and teach, and  
heard and loved and trea - sured, taught and claimed as

hearts learn to for - give. Built of hopes and dreams and  
dream God's reign a - new. Here the cross shall stand as  
peace and jus - tice meet. Here the love of God, through  
live the Word they've known. Here the out - cast and the  
words with - in the Word. Built of tears and cries and

vi - sions, rock of faith and vault of grace; here the love of  
wit - ness and as sym - bol of God's grace; here as one we  
Je - sus, is re - vealed in time and space; as we share in  
strang - er bear the im - age of God's face; let us bring an  
laugh - ter, prayers of faith and songs of grace, let this house pro -

*Refrain*

Christ shall end di - vi - sions:  
claim the faith of Je - sus:  
Christ the feast that frees us:  
end to fear and dan - ger:  
claim from floor to raf - ter:

all are wel - come, all are wel - come in this place.

**Reading:** You Are Welcome, by Schuyler Brown

Welcome! You've arrived.

However you got here

however long or bumpy or twisted the road...

However beautiful or bleak the scenery, you made it.

I'm so happy you're here.

We're so happy you're home.

Within yourself, within this body.

Your own house made of elements and ancestors,

stories and desires.

A simple temple built on the good, green earth.

Now, you can know yourself your full worth.

Like this, we gather. Together.

Into this heart space; the inner chamber (such a holy place).

Let's arrive one-by-one and all at once.

Enjoy the company, share what's on our hearts,

see each other fully

through eyes of kindness,

feel each other's presence.

Every one of us is a facet

of the same gem.

All are welcome in the heart.

Under the sun or in the rain.

Whatever you call it: pleasure or pain.

It's all the same.

Can you hear the call?

A conch shell, a singing bowl,

A chorus of voices

One note: AUM

What a miracle!

Life is a song.

The invitation  
is to relax, expand...  
To be without judgment  
To be in radical innocence  
To trust spontaneous movement  
To follow the thread  
To dissolve a little...or a lot  
To allow yourself to fly  
when the wings come out.  
To release your hold  
on karma and conditioning  
To begin the process of deep listening  
To review what you cling to  
Reflect on your life  
You don't have to understand it  
To respect it.  
Go deeper.  
What else is there?  
We're generating a miracle field.  
Let it begin...  
My friend, please come in.

*Thank you.*  
You  
are  
welcome.

**Scripture/Meditation Song:** Open Your hearts, verse 1 (Covenant 336)  
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:** Galatians 3: 28

<sup>28</sup> There is no longer Jew or Greek; there is no longer slave or free; there is no longer male and female, for all of you are one in Christ Jesus.

Colossians 3: 9-15

<sup>9</sup> Do not lie to one another, seeing that you have stripped off the old self with its practices <sup>10</sup> and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. <sup>11</sup> In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, enslaved and free, but Christ is all and in all! <sup>12</sup> Therefore, as God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. <sup>13</sup> Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. <sup>14</sup> Above all, clothe yourselves with love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

Presider: This is the witness of an early Christian 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** Beautiful City from Godspell—Stephen Schwartz; arr. Mac Huff  
Emmanuel Choir

Time of Gratitude We Are an Offering (ELW #692)

The musical score consists of five staves of music in common time, treble clef, and a key signature of one sharp. The lyrics are integrated into the vocal line, with some words underlined to indicate stress or duration. Measure 1: "We lift our voic-es, we lift our hands, we lift our lives up to you: we are an". Measure 2: "of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our". Measure 3: "lives, they are yours: we are an of-fer-ing. All that we have, all that we are,". Measure 4: "all that we hope to be, we give to you, we give to you.". Measure 5: "We lift our voic-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing, we are an of-fer-ing." The third and fourth staves each have a '3' above them, indicating a three-measure repeat. The fifth staff ends with a double bar line and repeat dots.

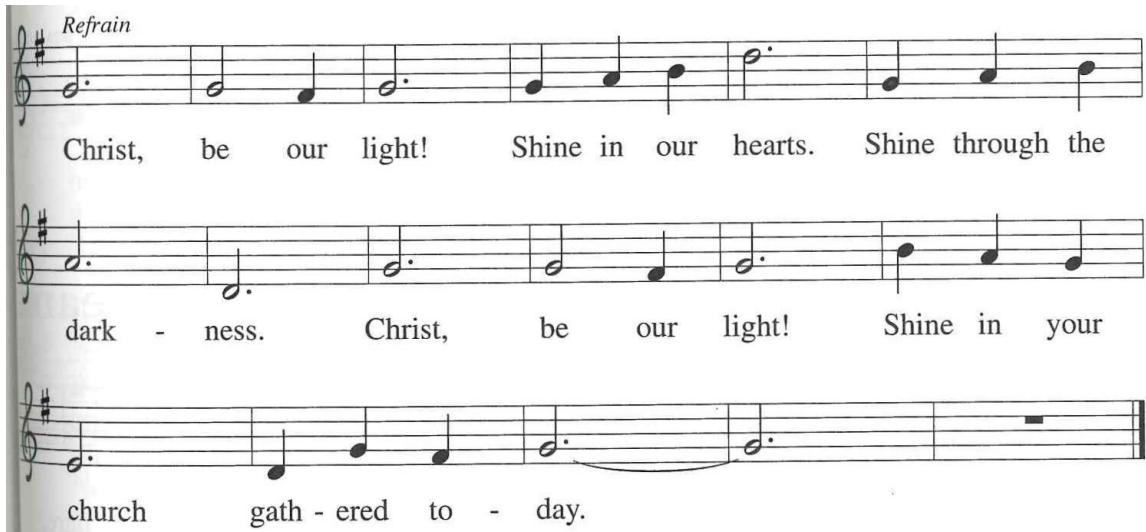
We lift our voic-es, we lift our hands, we lift our lives up to you: we are an  
of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our  
lives, they are yours: we are an of-fer-ing. All that we have, all that we are,  
all that we hope to be, we give to you, we give to you.  
We lift our voic-es, we lift our hands, we lift our lives up to you:  
we are an of-fer-ing, we are an of-fer-ing.

Thanksgiving at the Table

The Lord's Prayer traditional

Communion Music A Table Set By God by Herb Frombach and David Lantz  
Emmanuel Choir

## Prayer Song: Christ Be Our Light, refrain (ELW 715)



*Refrain*

Christ, be our light! Shine in our hearts. Shine through the  
dark - ness. Christ, be our light! Shine in your  
church gath - ered to - day.

## Prayers of the People

## Announcements

### Sending Song: We Shall Be Known by the Company We Keep (a cappella)

We shall be known by the company we keep  
By the ones who circle round to tend these fires  
We shall be known by the ones who sow and reap  
The seeds of change, alive from deep within the earth

**It is time now, it is time now that we thrive**

**It is time we lead ourselves into the well**

**It is time now, and what a time to be alive**

**In this Great Turning we shall learn to lead in love**

**In this Great Turning we shall learn to lead in love**

**We shall be known by the company we keep  
By the ones who circle round to tend these fires  
We shall be known by the ones who sow and reap  
The seeds of change, alive from deep within the earth**

**It is time now, it is time now that we thrive  
It is time we lead ourselves into the well  
It is time now, and what a time to be alive  
In this Great Turning we shall learn to lead in love  
In this Great Turning we shall learn to lead in love**

**Benediction/Sharing of the Peace**

**The Annual Meeting of the Congregation**

The Annual Meeting of the Congregation is January 25<sup>th</sup> after the 10:30am worship service. We need a quorum of members. We will be discussing and voting on the future of our building.

**Soul Garden Hikes**

Wednesday, January 28th 10:00am  
Severson Dells®  
8786 Montague Road, Rockford, IL

Wednesday, Feb 11th 10:00am  
Blackhawk Springs Forest Preserve  
5360 Mulford Road entrance  
Cherry Valley, IL 61016

Thank you to all the artists who participated in the Arts@Emmanuel show, “Thresholds”. The pick-up dates for your work is Tuesdays through Thursdays, January 27<sup>th</sup> – the 29<sup>th</sup>. 9:00 am to 1:00 pm and Tuesday, February 3<sup>rd</sup>, 9-1, and Wednesday, February 4<sup>th</sup>, 9am to 12 noon. We will be hanging the new show, “Love Is...” starting February 4<sup>th</sup> at noon. If you have any questions, please call Susan Hurley-Whitacre @ 708-845-7207.

## Plastic Recycling

We have done a great job, Emmanuel! And I am happy to report that we reached our goal for Montessori school and they will receive their bench!! What comes next???

You can each recycle your own plastic film at several outlets--**Meijer, Kohls, Schnucks, and Save-a-Lot**. If you are unable to travel to these sites, I am happy to take your plastic. PLEASE do not include HARD plastic or other plastic that is not mentioned in the flyer.

Thanks so much! It takes a village.

Arts at Emmanuel A@E  
invites you to participate in the art exhibit

# Love is ...

Feb 2026–Apr 2026  
Opening Reception in the Gallery at Emmanuel  
Friday, February 6, 5:00-8:30 pm  
920 Third Ave. Rockford

## Calling all Artists

Arts at Emmanuel invites artists to explore the concept *Love is*, and express their interpretation through art. Artists are encouraged to pull from collective wisdom, entering into imagination what this concept inspires.

- To have your name included on promotional materials, your commitment is needed by January 1, 2026.

Art due: Wednesday, Feb 4 drop off 10:00am-12:00pm  
Emmanuel Lutheran Church, 920 Third Ave. Rockford  
Enter at church office north door (off alley, near parking lot.)  
If you need to drop off work earlier in the week, please contact the office to make appt 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre  
at 708-845-7207 or [susanhurley2010@gmail.com](mailto:susanhurley2010@gmail.com).



I Know This Much is True Artist S. Berman

**Dear Emmanuel Lutheran Church,**

ReconcilingWorks sends this email with deep gratitude and joy for your partnership through the Reconciling in Christ (RIC) Program.



Beginning in 1983, the holy work of this ministry now represents 13% of ELCA congregations and ministries. Thank you for being such an important part of it!

ReconcilingWorks will be scheduling weekly posts on social media publicly celebrating your RIC Anniversary to give thanks for all you do. Make sure and check our posts (Facebook, Instagram, and Bluesky) on Mondays this month to find your community's name.

**Bus Trip to Milwaukee and the Black Holocaust Museum**

Coach USA Van Galder Tour and Travel Bus Tour,

Included will be a “step-on Guide”, Sherman Phoenix Market Place, Lunch at a Black-owned restaurant, plus other stops involving civil rights in Milwaukee, and a stop for dessert.

Date: February 9, 2026

Main Focus: Black Holocaust Museum, Milwaukee, WI

Contact: Josie Peebles, 815-962-1076 for details.

Cost: \$180.00

Van Galder phone # 1-800-747-7407

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](mailto:emmanuelchurch07@gmail.com)  
[elcrockford.org](http://elcrockford.org)

Pastor Frank Langholf, phone 309-509-5241, email:  
[fslangholf@gmail.com](mailto:fslangholf@gmail.com)