



WELCOME to ReFresh at EMMANUEL
(Restoring Energy, Faith and Relevance to Every Soul's Heart)
May 17, 2022

WELCOME to ReFresh at EMMANUEL

Welcome to worship at Emmanuel Lutheran Church! The grace of God has brought us together to be Light and Leaven in and for the World. As a congregation, Emmanuel is committed to following the path of Jesus' spirituality, serving as an oasis of healing, and promoting unity and understanding among religious traditions. Our Food Pantry and Mission House reach out to the needs of our brothers and sisters in the Rockford community. "There is a place...Emmanuel."

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshipping with us. Emmanuel strives 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 Traditional Worship Service in the chapel or our ReFresh 10:30am Service either in person or on ZOOM. The zoom link is available on constant contact weekly or in the weekly mailing. If you are not receiving the constant contact weekly, contact the church office at 815-963-4815. The Recorded Service will be available on Facebook after the completion of the 10:30am Service.

Congregation Council has set 3 Goals for 2022

Food Ministry, On-line Presence, and Young Adults and Youth.

The Council would like to give everyone the opportunity to share ideas for realizing these goals. Three tables will be set aside during the refreshment after worship on the first three Sundays in May. Each table will be assigned one of the goals, and post-it notes will be available for people write down their ideas, and there will be a facilitator at each table. If you wish to share ideas in conversation and/or writing simply join the tables of your choice.

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emmanuelchurch07@gmail.com www.elcrockford.org
Pastor Frank Langholf, 309-509-5241 fslangholf@gmail.com

Date: May 15, 2022

Theme: Cleansing

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: Be grateful, act with love, check your motives, watch your attitude, let go and forgive.—Karma cleanse

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:

**Holy God, we open our hearts to you this day, and offer the truth of our lives:
The fear that stifles us,
The prejudice that blinds us,
The ignorance that hobbles us,
The doubt that plagues us.
Help us, we pray, that we will
Find courage in unlikely places,
See the world with new and gracious eyes,
Move to those places where love is needed,
Have faith that you are with us.
This we pray in Jesus 'name. 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: Gather Us In (ELW 532)



1 Here in this place the new light is stream-ing, now is the dark - ness
2 We are the young, our lives are a mys - t'ry, we are the old who
3 Here we will take the wine and the wa - ter, here we will take the
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings
yearn for your face; we have been sung through - out all of his - t'ry,
bread of new birth, here you shall call your sons and your daugh - ters,
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.
called to be light to the whole hu - man race.
call us a - new to be salt for the earth.
now is the king - dom, and now is the day.



Gath - er us in, the lost and for - sak - en, gath - er us in, the
Gath - er us in, the rich and the haugh - ty, gath - er us in, the
Give us to drink the wine of com - pas - sion, give us to eat the
Gath - er us in and hold us for - ev - er, gath - er us in and



blind and the lame; call to us now, and we shall a - wak - en,
proud and the strong; give us a heart, so meek and so low - ly,
bread that is you; nour - ish us well, and teach us to fash - ion
make us your own; gath - er us in, all peo - ples to - geth - er,



we shall a - rise at the sound of our name.
give us the cour - age to en - ter the song.
lives that are ho - ly and hearts that are true.
fire . . . of love in our flesh and our bone.

First Reading: My Help is in the Mountain by Nancy Wood

My help is in the mountain
Where I take myself to heal
The earthly wounds
That people give to me.
I find a rock with sun on it
And a stream where the water runs gentle
And the trees which one by one give me company.
So must I stay for a long time
Until I have grown from the rock
And the stream is running through me
And I cannot tell myself from one tall tree.
Then I know that nothing touches me
Nor makes me run away
My help is in the mountain
That I take away with me.

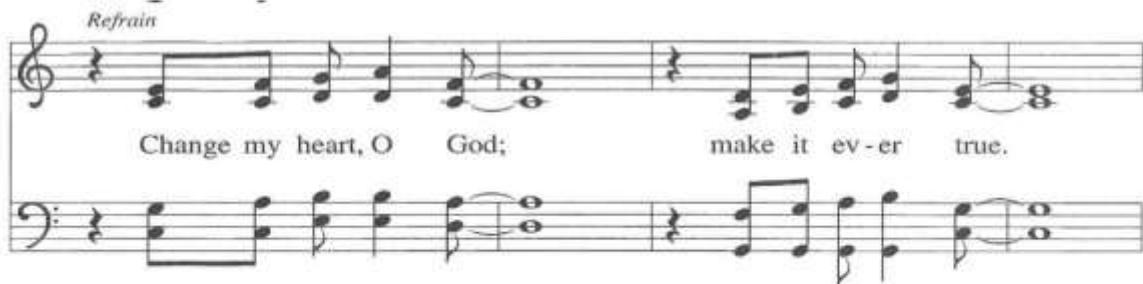
Earth cure me. Earth receive my woe. Rock
strengthen me. Rock receive my weakness. Rain
wash my sadness away. Rain receive my doubt.
Sun make sweet my song. Sun receive the anger
from my heart.

Second Reading: The Divine Ambush—Richard Rohr

It is a poetic image of a stone falling eternally through endless water, along an underwater cliff with little protrusions, and every once in a while the stone lands on one of those little protrusions for a little while until the water carries it along again. You are that stone falling forever into God. You momentarily land on one of those little protrusions, and you say, You know, I think I'll stay here, set up shop, get my bearings, settle in. The dark night of the soul is the process of being dislodged by love from the perception that the point you've come to is deep enough for you. We come to a place of self-knowledge, and we pause there in a subjective, reflective experience of that depth of presence of life. The self that lives there imagines we have the final say in who we are. It's got it figured out. It's got its bearings. It studies theology, becomes a godologist, writes books. Then you fall in love or your mother dies, or you have terminal cancer. You are dislodged from the ability to live on your own terms, and you continue on in the descent. The dark night of the soul is the Divine strategy of artfully dislodging us from anything less than an infinite union with infinite love as being enough for us as our destiny.

Gospel /Meditation Song: Change My Heart O God (ELW 801)

Refrain



Change my heart, O God; make it ev-er true.



Change my heart, O God; may I be like you.

End



You are the pot-ter; I am the clay.



Mold me and make me; this is what I pray.

Refrain

Gospel: John 9: 4-11

9 As he walked along, he saw a man blind from birth. **2** His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" **3** Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. **4** We[a] must work the works of him who sent me[b] while it is day; night is coming when no one can work. **5** As long as I am in the world, I am the light of the world." **6** When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, **7** saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. **8** The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" **9** Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." **10** But they kept asking him, "Then how were your eyes opened?" **11** He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight."

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: As I Went Down to the River to Pray
David and Susan Lippert and Jenny Olson

Time of Gratitude: I Am So Blessed. (Sing twice)

**I am so blessed, I am so blessed
I am so grateful for all that I have.
I am so blessed, I am so blessed,
I am so grateful, I am so blessed.**

Thanksgiving at the Table

The Lord's Prayer—traditional

Communion Music—Selection by Clea Arbogast

Prayer Song and Response: Let Go of The Shore

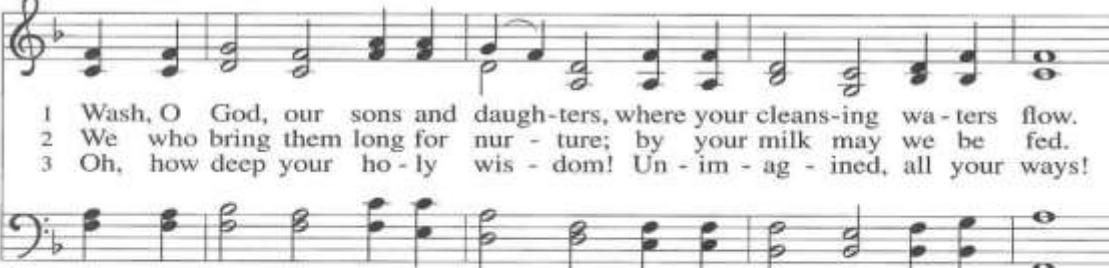
Let go of the shore,
and let the water carry you.
Let go of the shore,
float into the mystery... (Repeat)

Prayers of the People

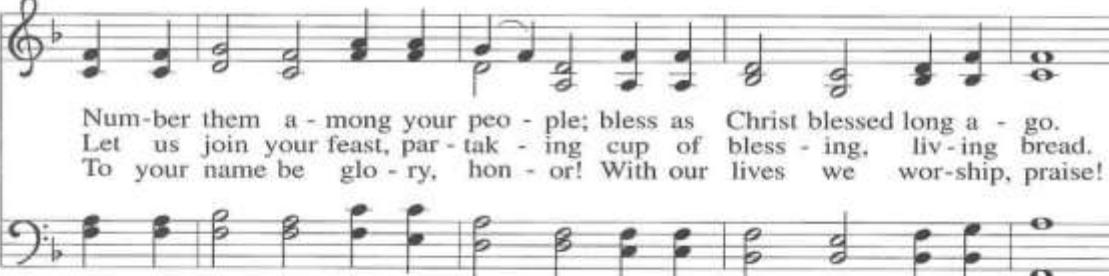
Prayer of Peace.

We pray for peace, O Spirit here among us;
your love emboldens, judges, and restrains.
Take any hate and acts of impulse from us;
make leaders wise, amid competing claims.
May we seek peace, O God of love and justice;
may love and mercy be our highest aims.

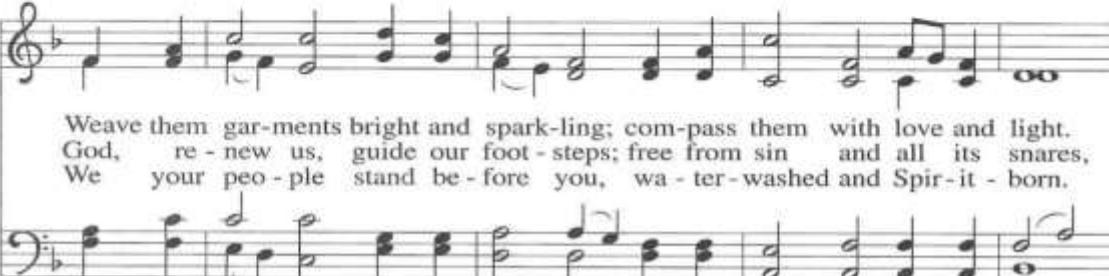
Sending Song: Wash, O God, Our Sons and Daughters (ELW 445)



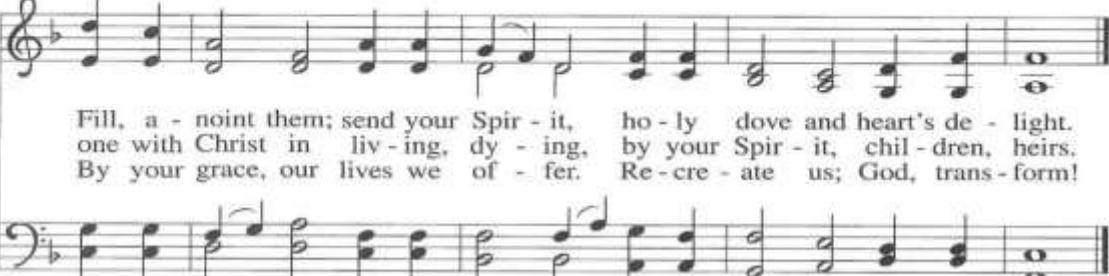
1 Wash, O God, our sons and daugh-ters, where your cleans-ing wa - ters flow.
2 We who bring them long for nur - ture; by your milk may we be fed.
3 Oh, how deep your ho - ly wis - dom! Un - im - ag - ined, all your ways!



Num-ber them a - mong your peo - ple; bless as Christ blessed long a - go.
Let us join your feast, par - tak - ing cup of bless - ing, liv - ing bread.
To your name be glo - ry, hon - or! With our lives we wor-ship, praise!



Weave them gar-ments bright and spark-ling; com-press them with love and light.
God, re - new us, guide our foot - steps; free from sin and all its snares,
We your peo - ple stand be - fore you, wa - ter-washed and Spir-it - born.



Fill, a - noint them; send your Spir - it, ho - ly dove and heart's de - light.
one with Christ in liv - ing, dy - ing, by your Spir - it, chil - dren, heirs.
By your grace, our lives we of - fer. Re - cre - ate us; God, trans - form!

Benediction

Sharing of the Peace

ASSISTING IN WORSHIP TODAY

Presider: Pastor Frank Langholf

Sound: Andrew Ehrhardt

Lector: Kathlyn Wright

Consultant: Bill Houtkamp

Special Music: Susan & David Lippert,
Jenny Olson

Usher: Jack Ream

Greeting Cards: Ann Downie

Accompanist: Clea Arbogast

Altar Guild: Marcia Terrill, Kathlyn Wright

In Our Prayers:

Lucille Dunphey

Holly Blair Cascio

Jeff Birch

Cynthia Barnes

Lucio Aldana

Andrea Glynn

Todd Anderson

Karen Johnson

Roycealee Wood

Jim Burcham

A Message from the Food Pantry:

The Rockford Post Office is resuming their food drive this year on the 14th of May, after two years off due to Covid. Notices should be going out to all the Rockford postal customers in the next couple weeks. We will need volunteers to help us unpack all the food we receive probably on Tuesday, the 17th or Wednesday, the 18th. We won't know the definite date until that week. But, it's actually a pretty amazing experience.

If you are interested in helping out, please sign up on the sheet on the table outside the Celebration Room with your contact information, so we can let you know when to come. Lunch will be provided! Also, our plastic bags are overflowing! Please hold on to your plastic bags until we let you know we need some more. Thank you for all your support.

Do You Enjoy Donuts and Coffee?

Why not give a couple hours of your time to Emmanuel and help out in the Donut Room. A bonus...you'll get to know other members of the congregation. Two people each Sunday serve donuts, coffee, and clean-up afterwards. A sign-up sheet is posted on the refrigerator in the little kitchen. Pick a Sunday that works for you and sign up! Ask your friend to come along with you. (It's more fun that way.) Questions...call the church office at 815-963-4815

Joie de Vivre: Joy of Living Art Show: Please come and see the amazing art Exhibit which will continue through Sunday, July 3, 2022 in the Celebration room.

Spiritual Journeys: Please join us on Tuesdays at 9:30 a.m. via ZOOM, as we read together and discuss the book: The Book of Joy: Lasting Happiness in a Changing World, by the Dalai Lama, Desmond Tutu, and Douglas Carlton Abrams. The book is available on Amazon in hardcover and Kindle, and elsewhere, new and used. If you would like to join but find its price out of reach, please contact Karen Van Howe karenvanhowe@gmail.com.

Zoom link is: <https://us02web.zoom.us/j/88225771321>

Emmanuel hosts NPR's "ON BEING" on Zoom every Sunday at 9:00 am.

We listen together, read along with transcript, and pause to share our thoughts. <https://us02web.zoom.us/j/88058004528>

Bible Studies: Emmanuel: Wednesdays at noon. Zoom link:

<https://us02web.zoom.us/j/89356888344pwd=dEw2NHVsS0JzYWdxUWdGVVk3OE5XZz09>

Celebrating the Pipe Organ in Rockford

Three Organ Concerts in ONE Week - Six Exceptional Organists

Admission is FREE, freewill offering instead.

- Sunday, June 5, 7:30pm Isabelle Demers
Holy Family Church, 4401 Highcrest Road - Buzard Organ
- Tuesday, June 7, 7:00pm Peter Yardley-Jones and Tyler A. Canonico
Trinity Lutheran Church, 200 N. 2st Street -Casavant Organ
- Thursday, June 9, 7:00pm Dr. Clair Rozier, John E. Wigal, Dr. Naomi Rowley
Emmanuel Episcopal Church, 412 N. Church St. -Austin Organ



Message from Phil Potaczek

Oh, I am so proud. I have to share Jay's good news. He graduated last weekend with a BFA in Art Education from University of Illinois Chicago. Woohoo! You all have played such a formative and loving role in this. We are so excited for Jay!

Many thanks to Emmanuel friends for your love and support and for celebrating this with us.

Artist Workshop

Join artist Norm Knott on Saturday, May 21 from 9:00am-12:00pm at Emmanuel Lutheran Church for a special artist workshop to create Goddess Dolls.

In the Buddhist traditions (as with other religions) portrayals of deities are used as a constant reminder of support and positive focus for the believer. In creating our personal Goddess Dolls we will take creative license in designing our own icon to provide us with those uplifting feelings. Using craft cloth doll forms and traditional art supplies (including Sharpies, paint, and any supplies the participants wish to bring along for their use or to share with the others for use).

The dolls can be decorated with words of wisdom, or pictorial details and symbols personal to the artist making her. We will fashion a "robe" after our doll is completed.

When she joins our personal space, she will offer constant reinforcements of the positive energies we've imbued in her design.

Cost of the workshop will be \$40.00 which includes cloth doll and basic art supplies. If you would like to reserve a place in the workshop email Holly Blair Cascio hollyblair@mac.com with your name and phone number asap. We will meet in Emmanuel's library. Questions? Call or text Holly, 815-543-1191.