



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

**May 17, 2026 - Theme: Ascension**

## **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 8:30 am Emmanuel Traditional Worship Service in the chapel or our ReRefresh 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**

Presider: Pastor Frank Langholf

Lector: David Whitacre

Coordinator of Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Communion Assistant: Bobbie Walter

Altar Guild: Marcia Terrill, Taj Guzzardo

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

**Yoga With Claudette Pirrello, Mondays at 5:00 pm & Thursdays at 1:00 pm**

**Cardio Drumming, Mondays at 4:00 pm, Call Beth, (815) 742-0548, to join**

**Spiritual Journey's on Tuesdays, 9:30-11:30 am on Zoom**

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

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

To join by a land line or cell phone, dial the number above and then enter the meeting ID and passcode when prompted.

**Silent meditation practice in the Benson Room:** Thursdays from 5:30 – 6:15pm.  
All are welcome. Enter by parking lot entrance. Questions or text Sara 815-742-0581.

May 17, 2026 Theme: Ascension

**Prelude: Selection by Clea Arbogast**

**Welcome: Pastor Frank Langholf**

**Meditation:** by Hildegard von Bingen

“Like billowing clouds, like the incessant gurgle of the brook,  
the longing of the spirit can never be stilled.”

**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 Jonathan Chell

Lift us as you were lifted...

Lift us in this moment into your Divine presence.

**Lift our thoughts from ourselves**

**to the many needs of others.**

Lift our voices that we can speak truth.

**Lift our vision to become more aware of our**

**earth home as being sacred.**

Lift our unanswered questions into clarity of understandings.

**Lift our tender beings into strength that we can be**

**vehicles for change.**

Lift our whole selves that we as your people can become one.

**Lift our spirits out of darkness into the Light of Christ.**

Lift us to fullness of breath that we can stand tall

and be refreshed with calm joy.

**We give to you now our open hearts in gratitude**

**for your restoring, healing, caring love.**

## 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: Earth, Earth Awake! (ACS 937)

1 Earth, earth, a - wake! Your prais - es sing! Al - le - lu - ia!  
2 All na - ture sings of hope re - born! Al - le - lu - ia!  
3 Win - ter is past; the night is gone! Al - le - lu - ia!  
4 Praise we the Fa - ther, Spir - it, Son! Al - le - lu - ia!

Greet with the dawn your ris - en King! Al - le - lu - ia!  
Christ lives to com - fort those who mourn! Al - le - lu - ia!  
Christ's light, tri - um - phant, brings the dawn! Al - le - lu - ia!  
Praise we the vic - t'ry God has won! Al - le - lu - ia!

Bright suns and stars, your hom - age pay! Al - le - lu - ia!  
First fruit of all the dead who sleep! Al - le - lu - ia!  
Cre - a - tion spreads its spring-time bloom! Al - le - lu - ia!  
Praise we the Lamb who reigns a - bove! Al - le - lu - ia!

Life reigns a - gain this Eas - ter day! Al - le - lu - ia!  
Prom - ise of joy for all who weep! Al - le - lu - ia!  
Life bursts like flame from death's cold tomb! Al - le - lu - ia!  
Praise we the King whose rule is love! Al - le - lu - ia!

**Reading: Heron Rises From The Dark, Summer Pond— by Mary Oliver**

So heavy  
is the long-necked, long-bodied heron,  
always it is a surprise  
when her smoke-colored wings  
open  
and she turns  
from the thick water,  
from the black sticks  
of the summer pond,  
and slowly  
rises into the air  
and is gone.  
Then, not for the first or the last time,  
I take the deep breath  
of happiness, and I think  
how unlikely it is  
that death is a hole in the ground,  
how improbable  
that ascension is not possible,  
though everything seems so inert, so nailed  
back into itself--

the muskrat and his lumpy lodge,  
the turtle,  
the fallen gate.  
And especially it is wonderful  
that the summers are long  
and the ponds so dark and so many,  
and therefore it isn't a miracle  
but the common thing,  
this decision,  
this trailing of the long legs in the  
water,  
this opening up of the heavy body  
into a new life: see how the sudden  
gray-blue sheets of her wings  
strive toward the wind; see how the  
clasp of nothing  
takes her in.

**Scripture/Meditation Song: Open Your Hearts (Covenant 336) Verse 1**

**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: Acts 1: 6-11**

So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

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.**      **Morning Glow**—Stephen Schwartz; Arr. Eric Van Cleave  
**Emmanuel Choir**

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

The musical score is written on six staves in treble clef with a 7/8 time signature. It features a melody with various note values including eighth and sixteenth notes, and rests. There are three triplet markings (indicated by a '3' above the notes) on the first, third, and sixth staves. The lyrics are printed below the notes, with some words aligned under specific notes or rests.

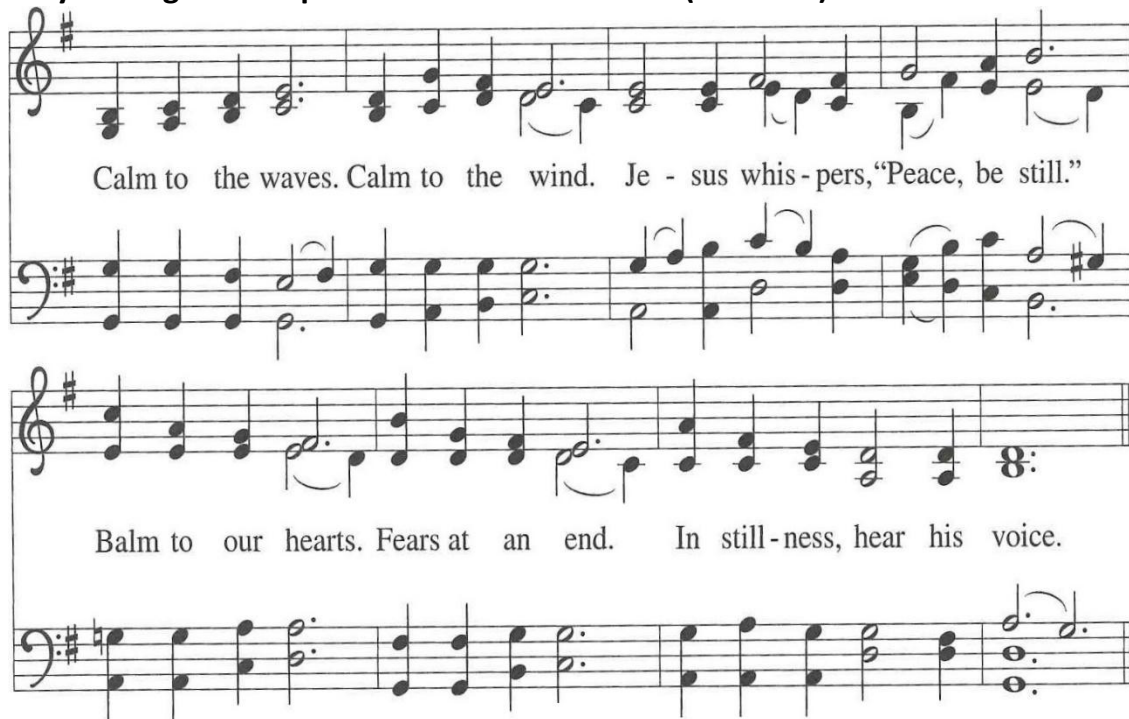
We lift our voic-es, we lift our hands, we lift our lives up to you: we are an  
of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our  
lives, they are yours: we are an of-fer-ing. All that we have, all that we are,  
all that we hope to be, we give to you, we give to you.  
We lift 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— At This Table—Shirley Erena Murray  
Emmanuel Choir**

**Prayer Song and Response: Calm to the Waves (ELW 794)**



Calm to the waves. Calm to the wind. Je - sus whis - pers, "Peace, be still."

Balm to our hearts. Fears at an end. In still - ness, hear his voice.

**Prayers of the People**

Allison, Julaine, Ray, Wanie, Norm, Jennie,  
Deborah, Jerry, Miguel, Steve, Jim,  
Andrea, Ruth Ann.

**Announcements**

## Sending Song: I Want to Walk as a Child of the Light (ELW 815)

1 I want to walk as a child of the light. I want to  
2 I want to see . . . the bright-ness of God. I want to  
3 I'm look - ing for . . . the com - ing of Christ. I want to

fol - low Je - sus. God set the stars to give  
look at Je - sus. Clear Sun of righ - teous-ness,  
be with Je - sus. When we have run . . . with

light to the world. The star of my life is Je - sus.  
shine on my path, and show me the way to the Fa - ther.  
pa - tience the race, we shall know the joy of Je - sus.

**Continue with Refrain...**

*Refrain*

In him there is no dark-ness at all. The night and the

day are both a - like. The Lamb is the light of the

cit - y of God. Shine in my heart, Lord Je - su

## **Benediction: In the Leaving—** by Jan Richardson

In the leaving,  
in the letting go,  
let there be this  
to hold onto  
at the last:  
the enduring of Love,  
the persisting of hope,  
the remembering of joy.  
the offering of gratitude,  
the receiving of grace,  
the blessing of peace.

## **Sharing of the Peace**

**Spiritual Journeys:** We are reading “Whole Hearted Faith,” by Rachel Held Evans and Jeff Chu. We meet every Tuesday, 9:30am – 11:00am on zoom.

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

No need to read in advance. You can join us anytime. We read and discuss the book together. Contact Karen at [karenvanhowe@gmail.com](mailto:karenvanhowe@gmail.com) for questions.

## **Women’s Interfaith Potlucks**

- **Monday, May 18, 2026, at Christ Lutheran Church, 425 Riverside Rd., Belvidere.**

Karen Glavin will talk about walking meditation and the history of labyrinths. People will also have an opportunity to walk the labyrinth at Christ Lutheran Church.

# Women <sup>of the</sup> ELCA

WELCA will meet, as usual this month, on the third Thursday of the month:  
**May 21, 2026, at 9:30 a.m.** in the Celebration Room.

I hope you can all come. It's hard to believe the year has flown by so fast.

Our salad/dessert luncheon will be on **June 11, 2026, at 11:30 a.m.**

(That is the second Thursday, I know, but a necessary change.)

I hope you can come and bring a friend, as well as a salad or dessert to share.

Sue Scott, our Faith Community Nurse, will be our special speaker.

Then we will take a break until September.

Hope to see you at church and then at WELCA.



## We could use your HELP!

The 2026 Post Office Food Drive is Saturday, May 9th.  
Emmanuel will again be at the Loves Park Post Office on  
Windsor Road.

We will need help on Wednesday, May 20th, after all the food is collected and when we pick up our huge totes of food. The totes will have to be emptied in the truck to go into the pantry, sorted, expiration dates checked, and shelved. We need lots of help to get this all done. We will provide lunch.

We will be picking up the truck about 9:00 am and should return to the church by 10:00. We would appreciate all the help we can get. Thank you from Emmanuel's Pantry!

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