



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

**May 3, 2026 - Theme: May Day**

## **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>

**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: Taj Guzzardo

Coordinator of Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Communion Assistant: Andrea Wallace Noble

Altar Guild: Kristie Heath-White, Bob Matheson

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 at Emmanuel.**

Thursdays from 5:30 – 6:00pm. All are welcome. Enter by parking lot entrance.

Questions or text Sara 815-742-0581.

Date: May 3, 2026 - Theme: May Day

**Prelude: Selection by Clea Arbogast**

**Welcome: Pastor Frank Langholf**

**Meditation:** "It is spring again. The earth is like a child that knows poems by heart."  
— Rainer Maria Rilke

**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: Let Me Walk in Beauty**—by Chief Yellow Lark

O Great Spirit,  
whose voice I hear in the winds  
and whose breath gives life to all the world,  
hear me.

**I am small and weak.**

**I need your strength and wisdom.**

Let me walk in beauty  
and let my eyes ever behold the red and purple sunset.

**Make my hands respect the things you have made  
and my ears grow sharp to hear your voice.**

Make me wise so that I may understand the things  
you have taught my people.

**Let me learn the lessons you have hidden  
in every leaf and rock.**

*Continued...*

I seek strength not to be greater than my brother or sister  
but to fight my greatest enemy, myself.

**Make me always ready**

**to come to you with clean hands and straight eyes**

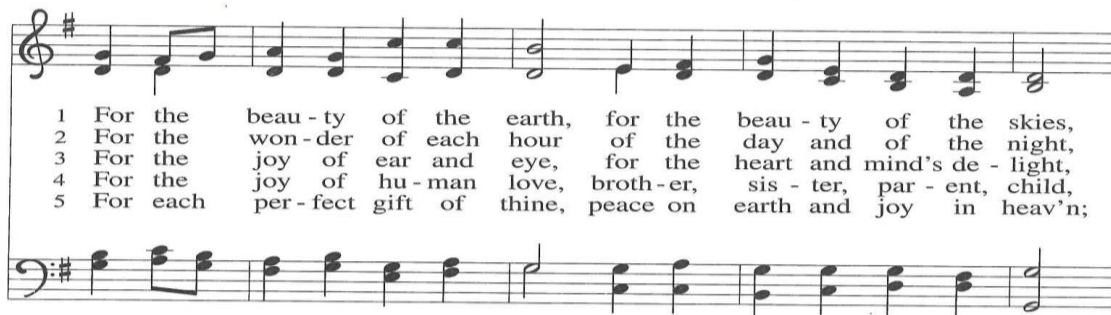
**So when life fades as the fading sunset**

**my spirit may come to you without shame.**

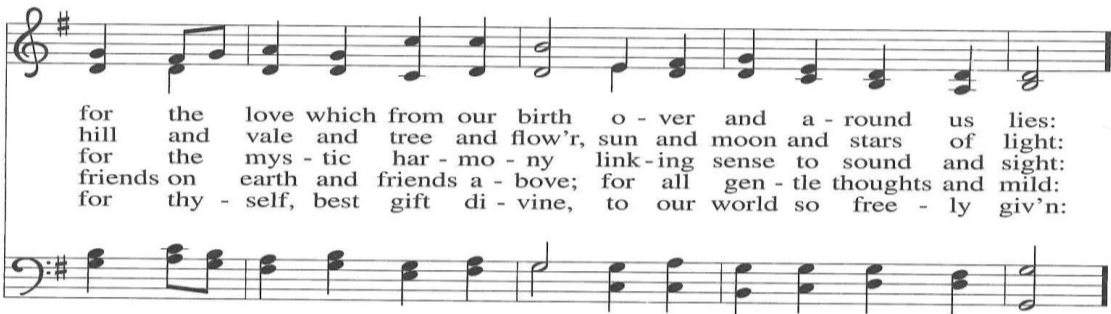
**Proclamation of Grace:**

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: For the Beauty of the Earth (ELW 897)**

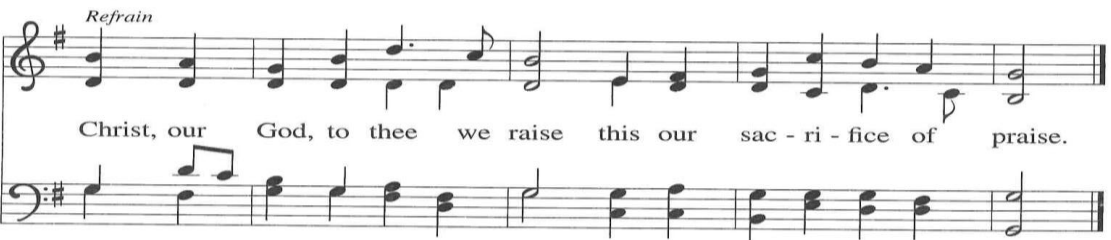


1 For the beau - ty of the earth, for the beau - ty of the skies,  
2 For the won - der of each hour of the day and of the night,  
3 For the joy of ear and eye, for the heart and mind's de - light,  
4 For the joy of hu - man love, broth - er, sis - ter, par - ent, child,  
5 For each per - fect gift of thine, peace on earth and joy in heav'n;



for the love which from our birth o - ver and a - round us lies:  
hill and vale and tree and flow'r, sun and moon and stars of light:  
for the mys - tic har - mo - ny link - ing sense to sound and sight:  
friends on earth and friends a - bove; for all gen - tle thoughts and mild:  
for thy - self, best gift di - vine, to our world so free - ly giv'n:

*Refrain*



Christ, our God, to thee we raise this our sac - ri - fice of praise.

**First Reading: May—** by Mary Oliver

May, and among the miles of leafing,  
blossoms storm out of the darkness—  
windflowers and moccasin flowers. The bees  
dive into them and I too, to gather  
their spiritual honey. Mute and meek, yet theirs  
is the deepest certainty that this existence too—  
this sense of well-being, the flourishing  
of the physical body—rides  
near the hub of the miracle that everything  
is a part of, is as good  
as a poem or a prayer, can also make  
luminous any dark place on earth.

**Second Reading:** by e.e. cummings

i thank You God for most this amazing  
day: for the leaping greenly spirits of trees  
and a blue true dream of sky; and for everything  
which is natural which is infinite which is yes

(i who have died am alive again today,  
and this is the sun's birthday; this is the birth  
day of life and of love and wings: and of the gay  
great happening illimitably earth)

how should tasting touching hearing seeing  
breathing any—lifted from the no  
of all nothing—human merely being  
doubt unimaginable You?

(now the ears of my ears awake and  
now the eyes of my eyes are opened)

## **Scripture/Meditation Song: As the Deer Pants For the Water**

**As the deer pants for the water so my soul longs after You.  
You alone are my heart's desire and I long to worship You.  
You alone are my strength and shield,  
To You alone may my spirit yield,  
You alone are my heart's desire and I long to worship You.**

### **Scripture: Psalm 104: 1-30**

**1**

Bless the Lord, O my soul.

O Lord my God, you are very great.  
You are clothed with honor and majesty,

**2**

**wrapped in light as with a garment.  
You stretch out the heavens like a tent;**

**3**

you set the beams of your chambers on the waters;  
you make the clouds your chariot;  
you ride on the wings of the wind;

**4**

**you make the winds your messengers,  
fire and flame your ministers.**

**5**

You set the earth on its foundations,  
so that it shall never be shaken.

**6**

**You cover it with the deep as with a garment;  
the waters stood above the mountains.**

**7**

At your rebuke they flee;  
at the sound of your thunder they take to flight.

**8**

**They rose up to the mountains, ran down to the valleys,  
to the place that you appointed for them.**

*Continued...*

9

You set a boundary that they may not pass,  
so that they might not again cover the earth.

10

**You make springs gush forth in the valleys;  
they flow between the hills,**

11

giving drink to every wild animal;  
the wild asses quench their thirst.

12

**By the streams the birds of the air have their habitation;  
they sing among the branches.**

13

From your lofty abode you water the mountains;  
the earth is satisfied with the fruit of your work.

14

**You cause the grass to grow for the cattle  
and plants for people to cultivate,  
to bring forth food from the earth**

15

and wine to gladden the human heart,  
oil to make the face shine  
and bread to strengthen the human heart.

16

**The trees of the field are watered abundantly,  
the cedars of Lebanon that he planted.**

17

In them the birds build their nests;  
the stork has its home in the fir trees.

18

**The high mountains are for the wild goats;  
the rocks are a refuge for the coney.**

19

You have made the moon to mark the seasons;  
the sun knows its time for setting.

*Continued...*

**20**

**You make darkness, and it is night,  
when all the animals of the forest come creeping out.**

**21**

The young lions roar for their prey,  
seeking their food from God.

**22**

**When the sun rises, they withdraw  
and lie down in their dens.**

**23**

People go out to their work  
and to their labor until the evening.

**24**

**O Lord, how manifold are your works!  
In wisdom you have made them all;  
the earth is full of your creatures.**

**25**

There is the sea, great and wide;  
creeping things innumerable are there,  
living things both small and great.

**26**

**There go the ships  
and Leviathan that you formed to sport in it.**

**27**

These all look to you  
to give them their food in due season;

**28**

**when you give to them, they gather it up;  
when you open your hand, they are filled with good things.**

**29**

When you hide your face, they are dismayed;  
when you take away their breath, they die  
and return to their dust.

*Continued...*



**When you send forth your spirit, they are created,  
and you renew the face of the ground.**

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. Colors of the Wind—Alan Menken, Stephen Schwartz Emmanuel Choir**

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

The image shows a musical score for the hymn "We Are an Offering" (ELW 692). It consists of six staves of music in a 7/8 time signature. The lyrics are written below the notes. The music features a mix of eighth and quarter notes, with some triplets indicated by a '3' above the notes. The lyrics are: "We lift our voices, we lift our hands, we lift our lives up to you: we are an offering. Lord, use our voices, Lord, use our hands, Lord, use our lives, they are yours: we are an offering. 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 voices, we lift our hands, we lift our lives up to you: we are an offering, we are an offering." The score ends with a double bar line.

We lift our voices, we lift our hands, we lift our lives up to you: we are an  
of-fer-ing. Lord, use our voices, 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 voices, 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**—Herb Frombach, David Lantz III  
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.

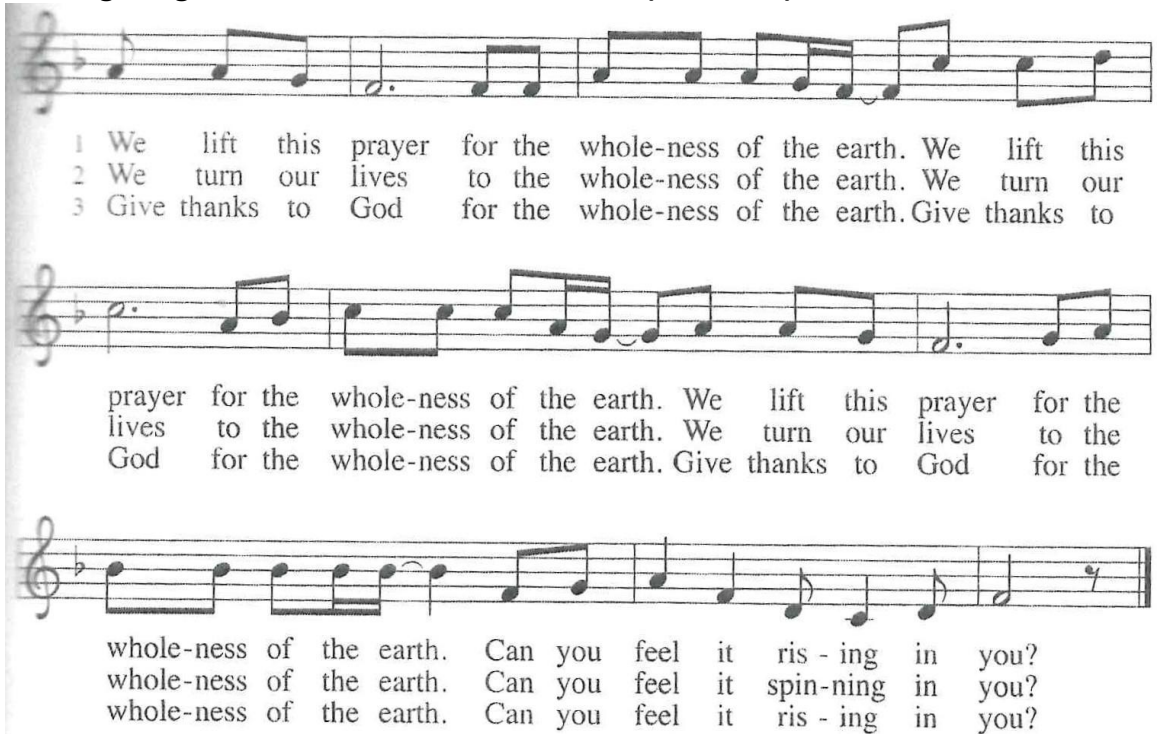
The image shows a musical score for a prayer song and response. It consists of four staves of music. The first two staves are for the first part of the song, and the last two staves are for the response. The music is written in G major (one sharp) and 4/4 time. The lyrics are: "Calm to the waves. Calm to the wind. Je - sus whis - pers, 'Peace, be still.'" and "Balm to our hearts. Fears at an end. In still - ness, hear his voice." The score includes treble and bass clefs, a key signature of one sharp, and various musical notations such as notes, rests, and bar lines.

### Prayers of the People

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

### Announcements

## Sending Song: For the Wholeness of the Earth (ACS 1067)



1 We lift this prayer for the whole-ness of the earth. We lift this  
2 We turn our lives to the whole-ness of the earth. We turn our  
3 Give thanks to God for the whole-ness of the earth. Give thanks to

prayer for the whole-ness of the earth. We lift this prayer for the  
lives to the whole-ness of the earth. We turn our lives to the  
God for the whole-ness of the earth. Give thanks to God for the

whole-ness of the earth. Can you feel it ris - ing in you?  
whole-ness of the earth. Can you feel it spin-ning in you?  
whole-ness of the earth. Can you feel it ris - ing in you?

## Benediction/Sharing of the Peace

### Spiritual Journeys

Tuesday, May 5, 2026, Spiritual Journeys will begin a new book "Whole Hearted Faith," by Rachel Held Evans and Jeff Chu. Join us at 9:30 a.m. until 11:00 am. By Zoom <https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9IsHyRKypPv9.1>. No need to read in advance. We take turns reading in our group and pause for discussion.

You can join us anytime, we read and discuss the book together. You can find more information about the book on Amazon. We meet every Tuesday 9:30 am to 11:00 am on zoom. Contact Karen Van Howe at [karenavanhowe@gmail.com](mailto:karenavanhowe@gmail.com) for question or if you want to join the group.

## **Women of the Evangelical Lutheran Church in America**

All female members of the ELCA are considered a part of WELCA and are invited to join us on the third Thursday of each month, except July and August at 9:30 am at Emmanuel. **The Next WELCA gathering is May 14th at 9:30 am**

## **Winnebago County Forest Preserves Soul Garden Hikes**

Come hike for an hour in Winnebago Counties Forest preserves. Text Holly if you want to join the hikes: 815-543-1191. Meet at the Forest preserve entrances unless otherwise instructed.

### **Thursday, May 7th 10:00am**

Oak Ridge Forest Preserve, 8322 Blomberg Road, Cherry Valley, IL 61016

Please call or text Holly, 815-543-1191, if you are planning on coming to hike

Link to Descriptions of all 44 Forest Preserves

<https://www.winnebagoforest.org/items>

All hikes begin at 10:00 a.m. Dress for the weather!

## **Women's Interfaith Potluck**

All women are invited to attend the interfaith potlucks, listed below, which start at 6:00 p.m. Please bring a dish to pass. Plates, silverware, and beverages will be provided, but you are always welcome to bring your own plate and silverware.

- **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.

## **Poetry Open Mic "Truth and Tunes"**

Speak - Sing - Perform - Inspire

Friday, May 8<sup>th</sup> 6 – 8 pm – Sign-ups 5:30pm - Emmanuel Auditorium

The Fire in Our Hearts featuring Poet Christopher D. Sims

Host: Fauna Lewis - All are invited - No cost.

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)