

**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
February 8, 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.

Assisting in Worship Today

Presider: Pastor Frank Langholf

Lector: Kelli Luebke

Special Music: Emily & Tim Austin

David & Susan Lippert

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Altar Guild: Susan Hurley-Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm

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

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 above and then enter the meeting ID and passcode when prompted.

Belly Dancing will resume in the spring.

February 8, 2026
Theme: Love Is

Prelude: Clea Arbogast

Welcome Pastor Frank Langholf

Meditation: A culture that is dead to love can only be resurrected by spiritual awakening... All awakening to love is spiritual awakening. By bell hooks

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.**

Installation of 2026 Council

Dan Goldberg, Taj Guzzardo, Kristie Heath-White, Susan Hurley-Whitacre, Kelli Luebke, Rich Lundin, Dena Rasmussen, Marcia Terrill, Karen Van Howe, Kathryn Wright

Opening of the Heart : An opening affirmation, by Dan Senter

We are community

Embraced by the mystery of God's love for all creation

We are a community that looks for the light of Christ

The light that shines in every time, every place and every life

Within this dynamic community we foster connections and experiences that bring meaning to life and help us face the issues of our day.

Together, we strive to live with loving hearts, open minds and hands extended to all.

We are community bathed in the love 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.

Gathering Song:

God is Love (ACS 1041)



God is love. God is love; let us love one an -

This musical score consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The key signature is B-flat major (two flats). The music is in common time. The lyrics "God is love." are written below the notes. The first "God" has a quarter note, "is" has an eighth note, and "love." has a quarter note. The second "God" has a quarter note, "is" has an eighth note, and "love;" has a quarter note. The "let us" is a repeat of the first two measures. The "love one another" is a single measure consisting of a quarter note, an eighth note, and a quarter note.



other as God first loved us. God is love.

This musical score consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The key signature is B-flat major (two flats). The music is in common time. The lyrics "other as God first loved us." are written below the notes. The "other as" has a quarter note, "God" has an eighth note, "first" has a quarter note, "loved" has an eighth note, and "us." has a quarter note. The "God is love." is a single measure consisting of a quarter note, an eighth note, and a quarter note.



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First Reading: Keeping Watch, by Hafez

In the morning

When I began to wake,

It happened again—

That feeling

That you, Beloved,

Had stood over me all night

Keeping watch,

That feeling

That as soon as I began to stir

You put Your lips on my forehead

And lit a Holy Lamp

Inside my heart.

Second Reading: by bell hooks

Everywhere we learn that love is important, and yet we are bombarded by its failure... This bleak picture in no way alters the nature of our longing. We still hope that love will prevail. We still believe in love's promise... Our hope lies in the reality that so many of us continue to believe in love's power. We believe it is important to know love. We believe it is important to search for love's truths... To open our hearts more fully to love's power and grace we must dare to acknowledge how little we know of love in both theory and practice.

Scripture/Meditation Song: Open Your Hearts, verse 1 (Covenant 336)

4 4 4

1 O - pen your hearts, all you who hear this, o - pen your
2 We have come to greet the Sav - ior, we have
3 Je - sus is here, we bow be - fore him, Je - sus is

2 2 2

F E

hearts to know God's love, o - pen your hearts to
come to wor - ship him, we have come to
here with - in this place. Je - sus is here a -

Dm E

hear his mes - sage: Je - sus makes us one.
sing God's prais - es; wor - thy is his name.
mong his peo - ple, chil - dren of his grace.

8

Scripture: 1 Corinthians 12: 31b, 13: 1-13
And I will show you a still more excellent way.

13 If I speak in the tongues of humans and of angels but do not have love, I am a noisy gong or a clanging cymbal. **2** And if I have prophetic powers and understand all mysteries and all knowledge and if I have all faith so as to remove mountains but do not have love, I am nothing. **3** If I give away all my possessions and if I hand over my body so that I may boast but do not have love, I gain nothing.

4 Love is patient; love is kind; love is not envious or boastful or arrogant **5** or rude. It does not insist on its own way; it is not irritable; it keeps no record of wrongs; **6** it does not rejoice in wrongdoing but rejoices in the truth. **7** It bears all things, believes all things, hopes all things, endures all things.

8 Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. **9** For we know only in part, and we prophesy only in part, **10** but when the complete comes, the partial will come to an end. **11** When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became an adult, I put an end to childish ways. **12** For now we see only a reflection, as in a mirror, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. **13** And now faith, hope, and love remain, these three, and the greatest of these is love.

Presider: This is the witness of an early Christian community.
All: **May we find wisdom for our living.**

Sermon **Pastor Frank Langhoff**

Offering

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

Special Music: The Wonder Deep Within, by Joe Jencks
Emily & Tim Austin, Susan & David Lippert

Time for Gratitude

Prayer Song: Sacred Fire

Sacred fire, burning before me,
Burning within me, deep in my soul.
Sacred fire, transforming fire,
Recreate me, make me whole.

Prayers of the People

Allison, Julaine, Ray, Donna, Jim, Wanie, Bob, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David

Judy, Shannon, Mike, Matthew, Tom, Sophie, Vince, Todd, Bina, Jeff, Peg, Karen & Jerry, Mary Jo, Dr. Abu, Emi, Isaiah, Manny, Leeza, Louis, Barbie, Janine, Mike, Wade, Cindy, Billy, Denise, Jonathan

The Lord's Prayer as interpreted by Rev. Nancy L. Steeves

Holy Becoming, whom we call by so many different names, Blessed are you.
Blessed are we in you.

May we create with you a realm of mercy, peace and justice. May love be done in the here and now as it is in the infinite. May we share life in bread and hope.

For our failures to love, we need forgiveness.

May we find the paths of reconciliation.

In the midst of evil's every incarnation,

From the powers that possess our spirits and our structures, May we find liberation.

In the power that is love, we seek to live and move and have our being. May it be so, now and forever, AMEN.

Announcements

Sending Song: “Lean on Me” by Bill Withers & “We Will Stand” by Russ Taff

Lean on me when you're not strong and I'll be your friend

I'll help you carry on...

For it won't be long 'til I'm gonna need somebody to lean on.

You just call on me, brother, when you need a hand

We all need somebody to lean on.

I just might have a problem that you'll understand

We all need somebody to lean on.

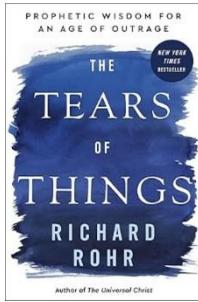
You're my brother, you're my sister, so take me by the hand, together we will work until He comes.

**There's no foe that can defeat us when we're walking side by side,
As long as there is love, we will stand.**

(Repeat) “Lean on Me”

Benediction/Sharing of Peace

Spiritual Journeys



Spiritual Journeys started a new book Tuesday, February 3rd, “The Tears of Things; Prophetic Wisdom for an Age of Outrage” by Richard Rohr. All are invited, you may join at any time. You do not have to read the book on your own. We read when we get together and discuss as we go along.

We meet Tuesdays, 9:30 am until 11:00 am on zoom. Any questions or you would like to join, contact Karen Van Howe at kvanhowe@comcast.net.

Breathe In-Between,

Saturday, February 14th, at 5:00 pm

Join Christyn Rittenhouse in the Benson Room for conversation and meditation.

The new Art Show opened Friday, February 6th in Emmanuel's Celebration Room. We have some great artists showing their version of "Love is..."

Come view the artwork, during February and April.

The office is open Tuesdays, Wednesdays and Thursdays, 9:00 am to 1:00pm and Fridays, 9:00 am to Noon.

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.



I Know This Much is True Artist S. Berman

February's Women's Interfaith Potluck

Monday, February 23, 2026, at the Bah'ai Center,
1650 N. Alpine, Rockford.

Judy Moe will talk about her friendships and experiences with a Bah'ai community in Kenya.

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

Saturday, February 28th 10:00am
Sugar River Forest Preserve
10127 Forest Preserve Road, Durand, IL 61024
Meet at shelter on top of hill

Please call or text Holly, 815-543-1191, if you are planning on coming to hike, so the group will know you are coming.

Ash Wednesday is February 18th

Emmanuel's Ash Wednesday Worship Service will be a Taize'-themed Service and will be at 6:30 pm in the Sanctuary. Ashes will be distributed and Communion served. Readings will be from Jan Richardson and a gospel from Matthew.

2026 Midtown Midweek Lenten Services at Noon

Conversations with Jesus

February 25th at Calvary Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Chapel.
Pastor Mike Thomas preaching

March 4th at Salem Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in the Fireside Room
Service to follow at Noon in Salem's Sanctuary
Pastor Chuck Olson preaching

March 11th at Zion Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in the Fellowship Hall
Service to follow at Noon in Zion's Sanctuary
Pastor Frank Langholf preaching

March 18th at Emmanuel Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Emmanuel's Library
Service to follow at Noon in Emmanuel's Sanctuary
Pastor Leslie Aska preaching

March 25th at First Lutheran Church
Exercise Class led by our Faith Community Nurses
11:00 to 11:45 am, in Friendship Hall
Service to follow at Noon in First Lutheran's Sanctuary
Pastor Bill Dahlberg preaching

You can continue to recycle your plastic film at several outlets—**Meijer, Kohls, Schnucks, and Save-a-Lot.** Please do not include hard plastic or other plastic that is not mentioned in the flyer. There are extra flyers on the table outside the Celebration Room

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