



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

September 20, 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 8:30 am 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=WFEwOVBXZGd3OHFzSXQ1WXlVTHppZz09>

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: Andrea Wallace Noble

Lector: Susan Goldberg

Special Speaker: Richard Meeks

Coordinator of Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Altar Guild: Taj Guzzardo, Marcia Terrill

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

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.

Date: September 20, 2026 - Theme: Self Encouragement

Prelude: Selection by Clea Arbogast

Welcome: Andrea Wallace Noble

Meditation: “I am always in the process of becoming.” — Michelle Obama

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: Psalm 65: 9-13 Nan Merrills Psalms for Praying

You visited the earth and slaked our thirst,

Offering Living Streams of water;

You fed the hungry, and taught of Love’s way.

You watered hardened souls, filled with stone and weeds,
softening them with kindness,
and blessing their growth.

**You crowned your years with abandonment,
inviting all to Eternal Life.**

In the desert flowers come forth,
the pastures flourish with fruit and grain;

Creation’s diversity is glorious!

May all people honor these gifts with joyful song
while walking the path of 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: We Are Standing on Holy Ground (Covenant Hymnal #510)

Ab Bb7 Eb Bb7/F Gm Ab Gm Bb/F

We are stand - ing on ho - ly ground, _____

Eb Ab/Bb AbM7 Eb/G Bbm/F C7/E F

— and I know that there are an-gels all a-round.

Abm6 Eb/G Bb7/F Eb/G Ab Eb/G Bb7/F

Let us praise — Je - sus now, —

Eb Bb7/Ab Eb/G Ab Eb/G Ab/Bb Ab2/Eb Bb7 Eb

— we are stand - ing in his pres-ence on ho - ly ground. —

Reading: Our Deepest Fear—Marianne Williamson

*Our deepest fear
Is not that we are inadequate.
Our deepest fear is that we are
Powerful beyond measure.
It is our light, not our darkness,
That most frightens us.
We ask ourselves, “Who am I to be
Brilliant, gorgeous, talented
And fabulous?”
Actually, who are you not to be?
You are a child of God.
Your playing small doesn’t serve the world.
There’s nothing enlightened
About shrinking
So that other people
Won’t feel insecure around you.
We were born to make manifest
The glory of God
That is within us.
It’s not just in some of us;
It’s in everyone, and as we
Let our own light shine,
We unconsciously give
Other people
Permission to do the same.
As we are liberated
From our own fear,
Our presence automatically liberates others.*

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: Ephesians 5:11-18

Therefore encourage one another and build up each other, as indeed you are doing. But we appeal to you, brothers and sisters, to respect those who labor among you and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, brothers and sisters, to admonish the idlers, encourage the faint-hearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances.

Presider: This is the witness of an early Christian Community

All: May we find wisdom for our living.

Reflection— Sometimes You Have to Encourage Yourself
Richard Meeks

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

Special Music: **Flying Free—Don Besig**
 Emmanuel Choir

Time of Gratitude

Prayer Song and Response: O Lord, Hear My Prayer (ELW 751)

The musical score is written for two voices, Soprano and Bass, in G major (one sharp) and 4/4 time. The Soprano part is on a treble clef staff, and the Bass part is on a bass clef staff. The melody is simple and hymn-like, with chords often moving in parallel motion. The lyrics are printed below the staves.

O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.
OR The Lord is my song, the Lord is my praise: all my hope comes from God.

O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.
The Lord is my song, the Lord is my praise: God, the well-spring of life.

Prayers of the People

Linda, Lorraine, Deborah, Jerry, Vince, Miguel, Steve, Jim, Ruth Ann,
Andrea, Char, Coulter, Judy, Kathy, Kristie, Julaine

The Lord's Prayer—interpreted by William Wallace

**O God of sky and God of Earth,
We honor your presence
Within us and beyond.
As we eat may we share your gifts
Of hope and compassion
With all the life of Earth.**

**Give us, O God, forgiving hearts
Affirming each other
With humor and with grace.
May we grow beyond narrow needs
To join in the spreading
Of just and loving peace.**

**You greet us here and everywhere,
In moments of oneness
And spaces of delight.
To all this we now say “Amen”,
Your song is our anthem,
Your dance our cosmic joy.**

Announcements

Sending Song: Will You Come and Follow Me (ELW 798)



1 "Will you come and fol - low me if I but call
 2 "Will you leave your - self be - hind if I but call
 3 "Will you let the blind - ed see if I but call
 4 "Will you love the you you hide if I but call
 5 Lord, your sum - mons ech - oes true when you but call



your name? Will you go where you don't
 your name? Will you care for cruel and
 your name? Will you set the pris - 'ners
 my name. Let me turn and fol - low



know and nev - er be the same?
 kind and nev - er be the same?
 free and nev - er be the same?
 side and nev - er be the same?
 you and nev - er be the same.



Will you let my love be shown, will you let my
 Will you risk the hos - tile stare, should your life at -
 Will you kiss the lep - er clean, and do such as
 Will you use the faith you've found to re - shape the
 In your com - pa - ny I'll go where your love and



name be known, will you let my life be
 tract or scare? Will you let me an - swer
 this un - seen, and ad - mit to what I
 world a - round, through my sight and touch and
 foot - steps show. Thus I'll move and live and



grown in you and you in me?"
 pray'r in you and you in me?"
 mean in you and you in me?"
 sound in you and you in me?"
 grow in you and you in me.

Benediction/Sharing of the Peace

Postlude: Selection by Clea Arbogast

**You're invited to a simple soup luncheon supporting
Nine local pantries in the
Greater Rockford Pantry Coalition
2026
815hungerluncheon
(Formerly the Mayor's Hunger Luncheon)**

One donation. Nine pantries. Our neighbors.

**Wednesday, September 30th – 11:30am - 1:00pm
(Program starts at noon.)**

**Held at Our Savior's Lutheran Church
3300 Rural Street, Rockford, IL 61107**

**Get your \$26 ticket, donate, or sponsor:
815hungerluncheon.org**



Clothing Swap & Rummage Sale

Saturday, 9/19 from 10:00 am-2:00 pm and
Sunday, 9/20 from 1:00 pm-3:00 pm

Emmanuel Lutheran is looking to rehome a variety of furniture and decor, including some antique pieces from the 1920s! Items include solid wood buffets, tables, and chairs; mid-century modern pieces; French-provincial and Jacobean pieces; instruments; centerpieces; and more!

The clothing swap will take place from 11:00 am-1:00 pm on Saturday and 1:00-3:00 pm on Sunday with a suggested donation of \$5 to participate. We will have a variety of items available, including masculine and feminine options, and encourage you to bring your own items to swap!

Please come by to see what we have to offer, and follow this event for updates on what will be available. Check out our beautiful prairie and labyrinth garden while you are here!

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 if you wish.

- Monday, September 28, 2026 at Christ Lutheran Church, 425 Riverside Rd., Belvidere. The program will be about a new Rockford chapter, starting this summer of a national non-profit, "Sleep in Heavenly Peace ."

<https://shpbeds.org> This organization builds beds via volunteers so no child needs to sleep on floors or couches.

- Monday, October 26, 2026, at Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.

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 elcrockford.org

Pastor Frank Langholf, phone 309-509-5241, email: fslangholf@gmail.com



*in
between*

October 10th, 5:00pm in Emmanuel's Sanctuary

Breathe In Between is being offered as a "thread" to hold us all together in the months between meditation gatherings. It will also be a place for open-hearted soul talk. While many members know each other from other sources, we are now creating a time for us to get to know those we are not familiar with or get to know those we do know even better. All are welcome.



FIX -IT-FAIR – Mark your calendar.

We are collaborating with Sustain Rockford
October 17th – 9:00am – 1:00pm.

Bring your damaged items to be repaired
by professionals at no cost!

Love your Mother [Earth] Repair, don't replace.

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