



Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
August 30, 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=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: Cathy Ritts

Accompanist: Clea Arbogast

Prayer Assistant: Erick Knaus

Altar Guild: Brenden Nobel

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: August 30,2026
Theme: Grieving and Healing

Prelude: Clea Arbogast

Welcome Pastor Frank Langholf

Meditation: "The power of community to create health is far greater than any physician, clinic, or hospital." — Mark Hyman

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 The Guest House by Rumi, (Translated by Coleman Barks)
This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

**Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.**

(Continued next page)

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

**Be grateful for whoever comes,
because each has been sent
as a guide from beyond.**

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: Healer of Our Every Ill—(ELW 612)

Refrain



Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear, and hope be - yond our sor - row.



1 You who know our fears and sad - ness, grace us with your
2 In the pain and joy be - hold - ing how your grace is
3 Give us strength to love each oth - er, ev - 'ry sis - ter,
4 You who know each thought and feel - ing, teach us all your

Refrain



peace and glad - ness; Spir - it of all com - fort, fill our hearts.
still un - fold - ing, give us all your vi - sion, God of love.
ev - 'ry broth - er; Spir - it of all kind - ness, be our guide.
way of heal - ing; Spir - it of com - pas - sion, fill each heart.

First Reading: Hurricane by Mary Oliver

It didn't behave
like anything you had
ever imagined. The wind
tore at the trees, the rain
fell for days slant and hard.
The back of the hand
to everything. I watched
the trees bow and their leaves fall
and crawl back into the earth.
As though, that was that.
This was one hurricane
I lived through, the other one
was of a different sort, and
lasted longer. Then
I felt my own leaves giving up and
falling. The back of the hand to
everything. But listen now to what happened
to the actual trees;
toward the end of that summer they
pushed new leaves from their stubbed limbs.
It was the wrong season, yes,
but they couldn't stop. They
looked like telephone poles and didn't
care. And after the leaves came
blossoms. For some things
there are no wrong seasons.
Which is what I dream of for me.

Second Reading: by Jamie Anderson

“Grief, I’ve learned, is really just love. It’s all the love you want to give, but cannot.
All that unspent love gathers up in the corners of your eyes, the lump in your throat,
and in that hollow part of your chest. Grief is just love with no place to go.”

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

Open you 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: John 11: 32-44

³² When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." ³³ When Jesus saw her weeping and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. ³⁴ He said, "Where have you laid him?" They said to him, "Lord, come and see." ³⁵ Jesus began to weep. ³⁶ So the Jews said, "See how he loved him!" ³⁷ But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

³⁸ Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. ³⁹ Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." ⁴⁰ Jesus said to her, "Did I not tell you that if you believed you would see the glory of God?" ⁴¹ So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. ⁴² I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." ⁴³ When he had said this, he cried with a loud voice, "Lazarus, come out!" ⁴⁴ The dead man came out, his hands and feet bound with strips of cloth and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Presider: This is the witness of an early Christian community.

All: May we find wisdom for our living.

Sermon: Pastor Frank Langholf

Special Music: Selection by Clea Arbogast

Offering of Grief and Gifts

Prayers for healing—You may come forward for a personal prayer. Remain silent or whisper in a few words your prayer need.

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

O Lord, hear my prayer, O Lord hear my prayer:

When I call, answer me.

O Lord, hear my prayer, O Lord hear my prayer:

Come and listen to me.

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: From the New Zealand Book of Prayer

Eternal Spirit, Earth-maker, Pain-Bearer, Life-giver,

Source of all that is and that shall be.

Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom sustain our hope and

come on earth. With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.

From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and for ever.

Amen

Announcements

Sending: Chumash Tribal Chant

Good where we've been, Good where we're going to. (2X)

Hey, hey, hey, hey, hey, hey hey heyah (2X)

Releasing our grief

Sharing of Peace

SOUL GARDEN FOREST PRESERVE WALKS

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.

Wednesday, September 9, 10:00am

Cedar Cliff -7901 Kishwaukee Road, Stillman Valley, IL 61084

Saturday, September 19, 10:00am

Blackhawk Springs Forest Preserve

5360 Mulford Road & 5801 Perryville Rd, Cherry Valley, IL 61016

Meet at Mulford Road entrance parking lot

SPIRITUAL JOURNEYS

Please join us by Zoom at 9:30 a.m. until 11:00 a.m.

Spiritual Journeys is reading the book entitled, "Church & Hate," by John Fugelsang. 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.

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

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. *AND, see attached flyer for the Spiritual Unity of the Tribes gathering. I attended part of the event last year, and I found it to be moving and inspiring; you can attend for all or part of the time.*

- **Monday, August 31, 2026**, at the Lakewood Hills Shelter House, 4188 Lakeside Drive, Rockford. Rev. Joyce Palmer will speak about Nonviolent Communication, developed by Dr. Marshall Rosenberg. This is a practical communication tool designed to help us connect across differences.

BREATHE is returning after the Summer break,
September 12th at 5:00 pm in the Sanctuary

2026 FLU & COVID VACCINE CLINICS

Walgreens Pharmacy has graciously agreed to offer various adult vaccine clinics in the community this fall. Would you consider adding these dates in your calendar & taking advantage of this health promotion activity?

Influenza & Covid Vaccines for adults:

Fri. 9/18/26 9:00 am-12:00 pm Emmanuel Lutheran Church (920 3rd Ave Rkfd)

**Sat. 9/19/26 9:00 am-2:00 pm Lifescape Senior Expo at Rock Valley College
(3301 N Mulford Rd, Rkfd)**

**Sat. 9/19/26 12:00-6:00 pm Macedonia Baptist Church Jamboree (1720
Morgan St., Rkfd)**

NOTE: Bring your insurance card (Medicare B, Medicaid, or private insurance), cash or check. If your Medicaid insurance is not an approved payment source, ask re: available scholarships. No appointment necessary. Just come! Invite your friends and family! Spread the word.

Questions? Contact Sue Scott, Faith Community Nurse

WELCA SALAD & DESSERT POTLUCK

We are going to start our WELCA year with a salad/dessert potluck since bad weather caused us to miss it as our finale in June.

Thursday, September 17, 2026, at 11:30 a.m. we will meet in the Celebration Room. Sue Scott will be giving a presentation.

Bring a salad or dessert and a friend!

We'll also be looking at several possible themes/books/discussion topics to choose from for the year.

Hope to see you all there with a friend.

Karen

RUMMAGE SALE AND CLOTHING EXCHANGE:

Emmanuel's church rummage sale and clothing Exchange is coming up on **Saturday the 19th, 10:00 am-2:00 pm,** and **Sunday, the 20th of September, 1:00 pm to 3:00 pm.**

Contact Taj Guzzardo or Andrea Wallace-Nobel

if you have questions or are interested in volunteering.

Call the church office, 815-963-4815 to get contact information.

ROCKFORD CITY MARKET | Water Street and E. State Street Rkfd.

The Rockford City Market is held every Friday from May to late September. There are over 70 vendors at the market to provide an array of hand-crafted products, baked goods, and local growers. Try woodfire pizza or hot dogs and pair it with a fresh brew from a local brewery. Live music and socializing with friends make the market the place to be every Friday. The market is open from 4 – 8:30 p.m. until Labor Day and 4 – 7:30 p.m. after Labor Day.

Praying for the School Year

From Blessing of the Backpacks and Back-to-School Worship Liturgy by
Illustrated Ministry

God of fresh starts and new beginnings,
we bring ourselves, our big feelings, and our backpacks to you.

In our backpacks, we carry blank pages, sharpened pencils, and pointy
crayons,
and in our hearts, we carry big feelings, unanswered questions, and hopeful
expectations.

There are endless possibilities of what this new year might bring—
of what we might learn, who we might meet, and who we might become.

God, our friend who is always with us, be with us through it all.

Be with us as we ride the bus.

Be with us as we walk.

Be with us as we buckle seat belts, zip-up jackets, and tie shoes.

However we get there, and whatever we wear,
bless this journey into something new.

For the grown-ups going back to school,

With-Us God, be with them too.

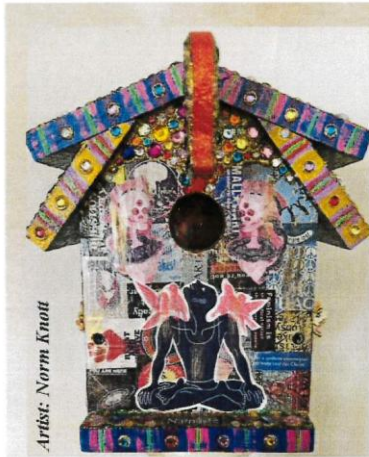
Thank you for our teachers, helpers, caregivers, and leaders,
and for all they do to help us learn and grow.

God, our friend who's full of wonder, fill their hearts and bless their hands.

Amen.

(From the August 5th e-News of the NI Synod)

NOW SHOWING



A@E invites you to join us for an
evening of art & inspiration
ARTS AT EMMANUEL

Echoes of a Changing Planet Art Show & Artisan Market

Artists Exhibiting

Norm Knott, Marsha Goodheart, Holly Blair-Cascio, Susan Berry,
Julie Kennelly, Maya Simmons, Caitlyn Jahn, Paula Flanagan-Marsh,
Barbara Berney, Lori Gustafson, Sadie Hoessrich, Becca Houlihan,
Jose Sente, Greg LaMont, Clara Krick, Jessie Crow-Mermel,
Wren Medina, Cassie Blair, Ventie Houi, Drew Helge,
Annette McLean and Cherie Heck

If you would like more information, please contact Susan Hurley-Whitacre
at 708-845-7207 or artsatemanuel@gmail.com

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