



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
August 16, 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

Altar Guild: Brenden Nobel

Lector: Josh Luebke

Consultant: Bill Houtkamp

Guest Musicians: Josh and Kelli Luebke

Sound: Andrew Ehrhardt

Accompanist: Clea Arbogast

Greeting Cards: Taj Guzzardo

Communion Assistant: Andrea Wallace Nobel

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.

August 16, 2026
Theme: Next Steps

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: You don't have to see the whole staircase. Just take the first step.
--Martin Luther King, Jr.

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:

In bright light and dull darkness
In the energy of each day and the rest that comes with night

We remember the goodness of God

In the heavens high above our heads
In waters that run deep around the world

We remember the goodness of God

In solid land and flowing seas
In vivid flowers and fruit laden-trees

We remember the goodness of God

In the rising and setting of the sun
and the cycles of the seasons

In the patterns of the shining stars

We remember the goodness of God

In oceans teeming with fish
In skies filled with birds

We remember the goodness of God

(Continue next page)

In a world filled with animal life
And in ourselves as human beings
We remember the goodness of God
And God looked and saw all that he had made,
and indeed it was very, very good.
In rest and reflection, in wonder and worship
We remember the goodness of God. Amen

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: Let Go of the Shore

Chorus:

Let go of the shore, and let the water carry you, 2X
Let go of the shore, float into the mystery.

You have all you need, it's all inside of you.
Just close your eyes and breathe
And know that you are safe.

Chorus

Reading: Stay Close In (David Whyte)

Start close in,
don't take the second step
or the third,
start with the first
thing
close in,
the step
you don't want to take.

Start with
the ground
you know,
the pale ground
beneath your feet,
your own
way to begin
the conversation.

Start with your own
question,
give up on other
people's questions,
don't let them
smother something
simple.

To hear
another's voice,
follow
your own voice,
wait until
that voice
becomes an
intimate private ear
that can
really listen
to another.

Start right now
take a small step
you can call your own
don't follow
someone else's
heroics, be humble
and focused,
start close in,
don't mistake
that other
for your own.

Start close in,
don't take
the second step

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

**Open your heart all you who hear this,
Open your heart to know God's love.
Open your heart to hear his message,
Jesus makes us one.**

Scripture: Luke 10: 1-9

10 After this the Lord appointed seventy-two others and sent them on ahead of him in pairs to every town and place where he himself intended to go. ² He said to them, "The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest. ³ Go on your way; I am sending you out like lambs into the midst of wolves. ⁴ Carry no purse, no bag, no sandals, and greet no one on the road. ⁵ Whatever house you enter, first say, 'Peace to this house!' ⁶ And if a person of peace is there, your peace will rest on that person, but if not, it will return to you. ⁷ Remain in the same house, eating and drinking whatever they provide, for the laborer deserves to be paid. Do not move about from house to house. ⁸ Whenever you enter a town and its people welcome you, eat what is set before you; ⁹ cure the sick who are there, and say to them, 'The kingdom of God has come near to you.

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 Josh and Kelli Luebke

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, quarter, and half notes, as well as rests. Triplet markings (a '3' over a group of three notes) are present on the first, third, and sixth staves. The lyrics are printed below the notes, with some words hyphenated across lines. The piece concludes with a double bar line on the sixth staff.

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— Clea Arbogast

Prayer Song and Response: Sacred Fire

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

Prayers of the People

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

Announcements

Sending Song: We Shall Be Known—Karissa Longaker of MaMuse

We shall be known by the company we keep
By the ones who circle round to tend these fires
We shall be known by the ones who sow and reap
The seeds of change, alive from deep within the earth
It is time now, it is time now that we thrive
It is time we lead ourselves into the well
It is time now, and what a time to be alive
In this Great Turning we shall learn to lead in love
In this Great Turning we shall learn to lead in love

Part 1

We shall be known by the company we keep
By the ones who circle round to tend these fires
We shall be known by the ones who sow and reap
The seeds of change, alive from deep within the earth

Part 2

It is time now, it is time now that we thrive
It is time we lead ourselves into the well
It is time now, and what a time to be alive
In this Great Turning we shall learn to lead in love
In this Great Turning we shall learn to lead in love

Benediction

Sharing of the 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.

Saturday, August 29, 9:00am

Colored Sands -10602 Haas Road, Rockton, IL 61024

Spiritual Journeys started a new book on Tuesday, July 21, 2026. Please join us by Zoom at 9:30 a.m. until 11:00 a.m. No need to read ahead—we read and discuss as we meet.

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

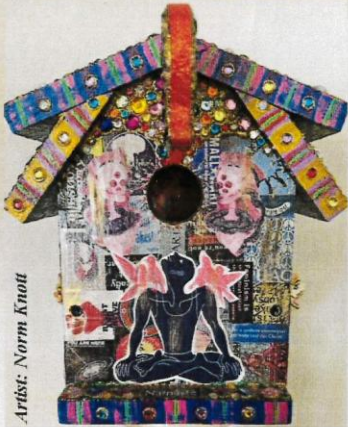
The new book Spiritual Journeys is reading is “Church & Hate,” by John Fugelsang. No need to read in advance. We take turns reading in our group and pause for discussion. You can join us anytime, we read and discuss the book together. Contact Karen Van Howe at karenvanhowe@gmail.com for question or if you want to join the group.

Fridays

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.

Now Showing (until November 15, 2026)



Artist: Norm Knott

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

Coming in September

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

Rummage Sale: Emmanuel's church rummage sale
will be 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.

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