



**June 2024**

**The deadline to submit newsletter articles for the next newsletter is June 15, 2024**

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**Dear Catherine,**

Emmanuel's message comes from a passion for searching and studying sacred scriptures. Wisdom and inspiration is also drawn from a variety of other traditions, prophets, and all women and men who have a deeply personal and intimate relationship with God.

*Everyone is welcome at Emmanuel.*

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## **A May Message from Pastor Frank**



**Grace and Peace**

We are immersed in nature's summer rhythm. Long before we developed clocks and calendars, nature's rhythm provided humanity with all we needed to know to experience vibrant life. Nature's rhythm is the length of daylight, warmth, and vibrancy of life. We are fully immersed in the summer's rhythms. I wonder how you experience this in your life? Do you feel it in your body, in your moods, or perhaps in some other way? What does the rhythm of summer mean for you?

June brings another shift in the rhythm of life. This is the cultural shift to the summer season. Academic calendars included no school in the summer for many generations in our country and culture. I recall that years ago people began to talk about year-round school, but that does not seem to have taken root. This cultural rhythm is persistent. Summer is a vacation and recreation time. People plan for vacations during the summer. There are summer activities including picnics, sports, and other recreational activities. Congregations have often experienced a shift the rhythm of congregational life. Programs often follow the same academic calendar, and take the summer off. I was asked recently by a colleague if things slowed down at Emmanuel during the summer. This cultural shift has provided time for different opportunities including time to relax, renew, and refresh from a slower pattern of living. I wonder how you experience this cultural shift? Do you plan to take more time for recreation, rest, and renewal during the summer? How might you be intentional about living this pattern of life? What can you do or no longer do to experience renewal?

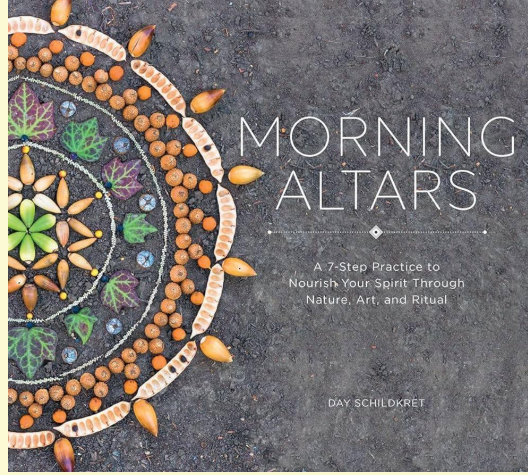
I am wondering how the shifts in nature and in the culture influence our spirituality. Do these rhythms result in shifts in our soul dance? Winter's rhythm of resting and nesting in the warmth of shelter seems to invite us to find ways to let the roots of our souls deepen through prayerful practices. We can spend the extended night-time in reading, journaling, and other inner practices. If summer's rhythms are different, even the opposite of winter, what does that mean? I am wondering what spiritual practices might be active, and moving with an outward focus. I would like to offer a thought or a possible practice. The extended daylight hours invite activity especially outside activity. Practices that I relate to summer are community festivals, family reunions, and trips that explore new places which might include meeting new people. What if our summer spiritual practices would include exploring new practices, especially in the company of others? Can we experience our spiritual life as light, joyful, and celebrating life? Instead of reading and reflecting perhaps we can join in activities that are shared soulful experiences? Alan Roxburgh encourages people to seek where God is active in their communities, beyond their congregations. Two women found the life giving Spirit at an annual community picnic. I am wondering if we could look for God, the source of Life and Love, in community activities. We have several community festivals in June. Rockford's Pride festivities on June 2 include the parade at 11am, the Pride Party sponsored by The Office beginning at 1 pm, and an Un-Parade Party sponsored by Quiet Pride that begins at 4 PM in Inscape. Juneteenth will be celebrated on June 19, 12 PM to 9 PM, at Sinnissippi Park. We are having a Summer Solstice Ceremony on Thursday June 20, 8:15 PM at Nature At The Confluence following their Community Fire and Drum Circle which begins at 6:30. Look around and you may find the Spirit breathing and blowing through somewhere else in your neighborhood or community.

Blessings

Pastor Frank

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## **New Book for Spiritual Journeys Tuesday group - 9:30 - 11:00am**

A beautiful new book on Spiritual Journeys on Zoom. Join us at 9:30 a.m., with or without the book, as we read along and discuss together. You may join anytime.

Any questions, Contact Karen VanHowe at [karenavanhowe@gmail.com](mailto:karenavanhowe@gmail.com)

The **NEW ZOOM Link** is [https://us02web.zoom.us/j/82445830943?](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzJIUT09)  
[pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzJIUT09](https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzJIUT09)

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## **“Songs of the Cedar”**

**Wednesdays, June 12, 19, and 26, 2024 - 6:00 - 7:30pm.**

**Free and open to the public.**

Songs of the Cedar is about learning to play the Native American Flute, the expressive, most accessible, and beautiful ancient instrument. Learn to play, pray, converse with the birds, and lead ceremony. Bring a six hole flute (any key), or buy a good one from [ButchHallFlutes.com](http://ButchHallFlutes.com). Prices start around \$70. Listen to the flutes on the website and see what speaks to you. Low flutes, like E may be hard to finger for some folks. Learn the basics, a traditional song, and how to improvise. Begin a lifetime relationship with music indigenous to humans for 50,000 years. Lead by Jim Roberts at Emmanuel Lutheran Church, 920 Third Avenue. Enter by the back ramp entrance. If interested or have



We will be celebrating Pride Month in solidarity with our LGBTGIA+ siblings. We are participating in the first annual Pride Parade. The parade is scheduled for Saturday, June 1 beginning at 11 AM. You are invited to join in the parade. We will be carrying the I am Beautiful Inside Banner. Participants are invited to dress in Pride colors, and carry their own Pride flags or poster. We will be gathering on 5th Avenue on the East side of 7th street or park your car in the Emmanuel parking lot and walk over.





## Connecting you to care, wherever you are OSF OnCall Connect On the Go

Visit us at Emmanuel Lutheran Church Food Pantry

920 3rd Ave | Rockford, IL 61104

Every 4<sup>th</sup> Friday of the Month | 9 AM – 11:30 AM

### Our services:

- Health screenings
- Health care navigation
- Technology assistance
- Connection to resources
- Program enrollment

No appointment needed.

Visit [osfoncall.org/onthego](https://osfoncall.org/onthego)  
or scan the QR code.



\* An 8–12 hour fast is required for blood glucose and total cholesterol screenings.

**OSF OnCall**  
CONNECT

## Ongoing Events at Emmanuel

### Upcoming at Emmanuel Something for Everyone

"Songs of the Cedar"

June 12, 19 and 26

6:00 - 7:30pm

Spiritual Journeys Book Study

"Morning Altars"

Tuesday group 9:30 - 11:00am

Join Beth Campisi

Cardio Drumming Mondays,

Adaptive 4:00 - 5:00 pm

Regular 6:00 - 7:00pm

Belly Dancing

Wednesdays, 6:00 - 7:00pm

Winnebago County Forest Preserves  
Interest Hikes



Join Beth Campisi  
for Cardio Drumming  
on Mondays

Adaptive Cardio drumming  
4:00 to 5:00 pm

Regular Cardio drumming  
6:00 – 7:00pm at Emmanuel.

Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome! You will need to bring a small round plastic laundry basket or bucket,

See Article Below

Women's Interfaith Potluck  
See Article Below

Annual Pride Parade  
June 1, 2024  
Beginning at 11:00am  
5th Avenue on the East side  
of 7th Street

Emmanuel Food Pantry  
Fridays, 9:30 - 11:30am

All are welcome @ Emmanuel!!

an exercise ball and drumsticks. You can bring your own equipment, or we will get it for you for \$20.00. Cost is 10.00 per class. Pay monthly or weekly.

Adaptive Cardiodrumming provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous cardio, however it provides a multitude of benefits for the participant! No drumming experience needed. All levels welcome!

Contact Holly Blair-Cascio if you would like to Cardio drum with us!  
815-543-1191 [hollyblair@mac.com](mailto:hollyblair@mac.com)



### **We Pray for Healing**

Jonathan Chell  
Jeff Birch  
Kathy Langholf  
Tim Austin  
Noreen Mackey  
Peg Burns  
Jim Petzold  
Miguel  
Shannon  
Ian, Joel, & Rick  
Bina Holland  
Karen Johnson  
Kim and brother, Gary  
Walt  
Beverly  
Judy  
Todd Anderson  
"CeCe"

## **Women's Interfaith Potluck**

All women are invited to the Women's Interfaith Potlucks.

### **UPCOMING WOMEN'S INTERFAITH POTLUCKS:**

-Monday, June 24, 2024, at 6:00 p.m. at Temple Beth-El, 1203 Comanche Dr., Rockford

Monday, August 26, 2024, at 6:00 p.m., at the Lakewood Hills shelter house at 4188 Lakeside Drive, Rockford.  
The topic will be Second Congregational/First Presbyterian Church's mission to energize downtown Rockford.

**NOTE:** Host location and featured speaker for our Monday, July 29 potluck needed! Please reply to this email if interested!!

Hope to see you soon!  
Susan Goldberg

You are welcome to bring a dish to pass. Plates, silverware, and beverages provided.

### **PLEASE REMEMBER:**

Our Muslim sisters do not eat pork or non-halal meat, and our Jewish sisters do not eat pork, so please respect this in the choice of food you are bringing to the potluck.



### **June Birthdays**

6/2 Susan Lippert



6/3 Tyler Johnson  
6/5 Phil Potaczek  
6/8 Jonathan Chell  
6/9 Doris Rosander  
6/10 Jay Potaczek  
6/11 Kathy Langholf  
6/12 Lucio Aldana  
6/14 Sam Campbell  
6/16 Julie Ream  
6/17 Tamy Schulz  
6/19 Stewart Rhodes  
6/20 Donna Anderson  
6/21 Pastor Frank Langholf  
6/21 Lisa Peterson  
6/21 Christyn Rittenhouse  
6/24 Jack Ream  
6/25 Gary Peterson  
6/27 Holly Blair-Cascio  
6/17 Carrie Sanden  
6/27 Laura Seeber  
6/27 John Timmerwilke



### **Winnebago County Forest Preserves Interest Hikes**

#### **Come hike with us.**

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Text Holly if you want to join the hikes. All hikes start at 9:00am.

815-543-1191 hollyblair@mac.com

Monday, June 10th 9:00am  
Hononegah Forest Preserve  
#80 Hononegah Road, Rockton, IL 61072

Saturday, Saturday June 22 9:00am

Plates, silverware, and beverages will be provided. Hope to see you there!



## **2024**

### **Post Office Food Drive**

The annual Post Office Food Drive was held on Saturday, May 11<sup>th</sup>. Three area post offices are involved, the Harrison Ave. PO, Loves Park PO on Windsor Rd, and the Kilburn Ave. PO. The nine Coalition pantries are stationed at each of the three post offices and receive the food as it's brought in by the mail carriers and volunteers. Emmanuel's pantry volunteers, Lorraine Harding, Barb Horn, Fran and Denny Hamm, and Kathlyn Wright were working that Saturday at the Loves Park PO, 12:30 pm to 3:00 pm, followed by Rock River Valley Pantry volunteers.

On May 23<sup>rd</sup> Emmanuel's Pantry received five gaylords of food from the food drive. Five full gaylords had been weighed and the weights were averaged. The average weight of each gaylord was 815 pounds. So that is about 870 cans of food in each gaylord if all we received were standard 15-ounce cans. But we did receive a wide variety of foods and non-foods. The entire food drive received 38 gaylords of food. A little less than in previous years but still quite a bit of food.

We had a great crew of volunteers to empty all the food from the five gaylords in the truck, transport it into the pantry, get all the food out of the bags and boxes, and sort the foods into the same types. Thank you to all our volunteers, Barb Horn, Lorraine Harding, Fran and

Colored Sands Forest Preserve  
10602 Haas Road, Rockton, IL 61024

Saturday, July 13 9:00am  
Cedar Cliff Forest Preserve  
7901 Kishwaukee Road, Stillman Valley,  
IL 61084

Wednesday, July 24 9:00am  
Sugar River Alder Forest Preserve  
10255 Haas Road, Shirland, IL 61079

Link to Descriptions of all 44 Forest  
Preserves  
<https://www.winnebagoforest.org/items>



**Wednesday night is Belly Dancing  
6:00 – 7:00pm - Cost: \$10/class**  
Belly dancing is incredibly empowering.  
People of every size and ability level will  
have fun while building confidence,  
strength and grace. In the classes you  
will learn the Egyptian roots of Belly  
dance and the modern tribal & fusion  
styles. Short combinations will be  
incorporated into drills that focus on  
muscle group isolations, core  
stabilization, strengthening and  
lengthening of muscles, sharp & fluid  
motions, musicality & dance etiquette.  
No previous dance experience required  
and great for all fitness levels.

All classes are held at Emmanuel.  
Register with Holly Blair-Cascio,  
815-543-1191 or [hollyblair@mac.com](mailto:hollyblair@mac.com)



Denny Hamm, Ann Downie, Nancy  
Scheel, Dan Goldberg, Ron Harris and  
his neighbor, Brendon, Dan Vorsanger,  
Sue Scott, L. S. Hartley, Pat Becker, and  
Kathlyn Wright.

Thank you also to Lenny Walter and  
Denny Hamm who rented the truck,  
picked up the food from the Salvation  
Army warehouse, helped unload the  
truck, returned the empty gaylords and  
pallets to the Salvation Army, and  
returned the truck to the rental  
company.

We are still sorting the food and  
checking expiration dates which will be  
an ongoing process for awhile.

Thank you to everyone who helped with  
the food drive and have helped keep our  
pantry stocked throughout the year.

With Gratitude,  
Lorraine Harding and the pantry staff

### **Ruthie's Kitchen 925 Fifth Avenue**

Ruthie's Kitchen will only be open on the  
fourth Saturday of the month for June,  
July and August for the 1:00-3:00pm  
meal. We are looking for more groups to  
help serve each Saturday. We need  
more volunteers because we don't have  
enough folks. We have been serving 70-  
90 people every Saturday and your help  
is needed. Please contact Janice Forrest,  
the Outreach Coordinator, about  
volunteering at 815-964-4609. Any  
group from a church, service group or  
company can help. We are scheduling  
for the fall over the next few months so  
please consider helping. Even if you just  
serve 1-4 times a year, you are needed.  
The food cost is about \$200-\$300 for a  
meal. Donations can be sent to Zion  
Lutheran Church or donated through  
our website.

Peace,  
Pastor Michael Thomas,  
Zion Lutheran Church



***Serving the people who live, work, worship,  
and play  
in the neighborhoods of Midtown  
Events***

Check out our Facebook page:  
<https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

Opportunities in MLP—ALL ARE WELCOME!  
*Katie's Cup follows CDC, State,  
and County Covid protocols.*

Katie's Cup open Tuesday thru Friday 8am -3 pm  
Katie's Walking Club—Thursdays at 9:15 a.m.,  
weather permitting  
Katie's Choice Book Club—Second Thursday of  
the month, 10 am.—11:15 am. Check with Katie's  
Cup for book selection

**Thursday Rockford Midtown Market from  
9 a.m. to 1 p.m.**

Midtown Market Music:  
**June 6—The Magtones**  
**June 13—Wattle & Daub**  
**June 20—Bert and Lindy**  
**June 27—Paul Bronson**  
**July 11—Paul Heisel**  
**July 18—Samuel the Saxophone Kid**  
**July 25—Jeff Layng**  
**Aug 1—Mike Lynch**  
**Aug 8—Biff Moyer**  
**Aug 15—Paul Bronson**  
**Aug 22—Samuel the Saxophone Kid**  
**Aug 29—Wattle & Daub**  
**Sept 5—The Magtones**  
**Sept 12—Brian Wood**  
**Sept 19—Paul Heisel**  
**Sept 26—Randy Nicholson—American  
Songbook**

June 11, 2024—Gay PRIDE Month with Liam  
Foundation **"Welcome to the Neighborhood"**

July 9, 2024—Our Savior's Lutheran Church  
**speaking about democracy and working for  
freedom for all people**

Cars 'n Coffee—**First Saturday of the month  
(except for June), April through October, 9  
a.m. till noon. Musicians:**  
July 6—Brian Wood

RVC Lecture Series—**Please Register through  
RVC's CLR (Center for Learning in Retirement)**  
Call 815-921-3933 or email  
[T.Lewis@rockvalleycollege.edu](mailto:T.Lewis@rockvalleycollege.edu)

**Strong Block Party at Inscape Collective—  
September 7, 2024**

**June 1, 2024—PRIDE Parade**

925 Fifth Avenue, Rockford, IL 61104  
815-964-4609 (work)  
[www.zionrockford.com](http://www.zionrockford.com)

The Thirty-Sixth Annual Northern Illinois  
Synod Assembly will be held on Friday,  
June 14th and Saturday, June 15th, 2024  
at Augustana College in Rock Island,  
Illinois.

Lay Voting Members:  
Linda Aldana, Rocio Aldana  
Rostered Voting Member:  
Pastor Frank Langholf

**Please Note:**  
**New Address for our Synod:**

**NORTHERN ILLINOIS SYNOD  
P. O. Box 443  
Moline IL 61266**

**Emmanuel needs your  
financial support.**

Just like you need an income to pay your  
electric, water and gas bills, the church  
also has to pay its bills. You may mail in  
your offering to Emmanuel or place in  
the offering plate on Sunday.

Emmanuel Lutheran Church  
P.O. Box 4362  
Rockford, IL 61110

If you prefer to donate online, go to our  
website at [www.elcrockford.org](http://www.elcrockford.org)  
and click on the Donate button in the  
upper right-hand corner of the page.

Thank you for your support to your  
church

**June 8, 2024—Midtown Fun and Health Fair,  
11 a.m.—2:00 p.m. at Patriots' Gateway**

**June 22, 2024—Bike the City tour with Gary  
Anderson (gather at 7:30 am. at Katie's Cup)  
back by 10 a.m.**

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## Care for Creation Committee

Care for Creation Committee needs  
volunteers to help water Emmanuel's  
pollinator prairie once a month.

Please contact Taj at  
779-770-3520.



**The Midtown Lutheran Parishes  
and the Community Health bucket  
are organizing their Annual Fun &  
Health Fair:**

**Sat. June 8, 2024. 11:00am-2:00pm  
Patriot's Gateway Community Center,  
615 S. 5th St., Rockford, IL 61104**

Volunteers are needed to make this  
event a success. Can you help us?

Volunteer to:

Assist participants w/ Farmer's Market

Greet attendees at the welcome table

Help w/ serving a simple lunch Assist  
w/ event set-up (10 am)

Assist w/ event tear-down (2 pm)

Direct traffic, general assistance

Interested and available?

Talk to Sue Scott, Faith Community  
Nurse. 815-222-1299.

**Midtown Fun and Health Fair  
is a family event featuring games,  
resources and food  
with a focus on health.**

## Give Online

Support Emmanuel  
and its ministry by  
giving electronically



Scan this code using the  
QR reader app on your  
phone to make a secure  
electronic donation

Follow the instructions  
to setup a one-time or  
reoccurring payment

Thank you for giving.

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## Our 2024 Council Officers and Congregational Council Members

**Karen Van Howe, President**

**Holly Blair Cascio, Vice President**

**Jack Ream, Treasurer**

**Kathlyn Wright, Secretary**

**Dan Goldberg**

**Taj Guzzardo**

**Susan Hurley-Whitacre**

**Rich Lundin**

**Sally Susan**

**Marcia Terrill**





Free - All are welcome.  
Saturday, June 8th,  
11:00am -2:00pm  
Held at Patriots Gateway  
Community Center  
615 S. Fifth Street, Rockford, IL



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## EMMANUEL LUTHERAN CHURCH

920 Third Avenue P.O. Box 4362  
Rockford, Illinois 61104  
815-963-4815 Fax 815-963-4808  
Email: [emmanuelchurch07@gmail.com](mailto:emmanuelchurch07@gmail.com)  
[www.elcrockford.org](http://www.elcrockford.org)

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Emmanuel Lutheran Church, 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 309-509-5241 [fslangholf@gmail.com](mailto:fslangholf@gmail.com)



Emmanuel Lutheran Church | 920 Third Ave, Rockford, IL 61104

[Unsubscribe cathy.rennert@gmail.com](mailto:cathy.rennert@gmail.com)

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