

The Messenger – February, 2023



Greetings,

February is upon us. The winter is getting long, and many may be weary of winter. Yearning for spring we are aware that there are weeks yet before the earth begins to warm again. February just feels so empty so I was curious about what holidays and observances are held during February. There are more than I expected. Many of them are seem insignificant. For example, February 1 is Change your Password Day. However, other observances have greater significance

for many folks.

February is Black History month. I hope that you will take advantage of opportunities to learn more about the experience and contributions of African Americans. Rockford is holding an observance on Saturday Feb. 4 from 11 a.m. - 3 p.m. **Celebration of Black Culture** will be held at the Discovery Center Museum, 711 N Main St I hope to share other opportunities both locally and on-line

February 14th is Valentine's Day. Valentine's Day began as the observance of St. Valentine. Now it has become a widespread and popular observance of love and relationships. If you are participating in the observance, I encourage two practices. First of all, remember those for whom this observance is difficult. Secondly, take the opportunity to extend an expression of love and care to someone who may be left out. I recall the observance in grade school and

how teachers did the best to make sure all the children were included.

There are two other observances I would like to highlight this year; Imbolc, and Lent.

Imbolc is an ancient Gaelic nature observance on February 1 and 2. It celebrated the beginning of the lambing season. Therefore, it is an observance that anticipates the coming spring with all its vibrancy. It can be a time when we consider what may be taking root in our lives. It can be a time to plan for gardens and crops, Dream of the new and renewed life that is even now beginning to stir beneath the frozen ground of the earth, in communities, or in the depths of our own being.

Lent begins on February 22 with the observance of Ash Wednesday. Lent is the preparation for the celebration of the Resurrection of Christ. We prepare for the coming of new Life revealed in the resurrection of Christ. The classical Lenten practices of prayer, fasting, and giving are preparations for being renewed in this New Life. Many will be considering what to 'give up for Lent during the next few weeks of February. Instead of thinking of this as 'giving up' something, think of this practice as making space for what is stirring beneath the surface of life.

The word "lent" is from the Old English word for "springtime". I think this links the observances of Lent and Imbolc. Both observances are preparations for the new and renewed life that is being to stir beneath the surface. February is a wonderful time to prepare for newness and renewal. Let's prepare by beginning to make space for whatever may be stirring,

and be attentive to the early signs of that which is to be birthed in our lives.

Blessings,

Pastor Frank



We Pray for Healing

Elaine Reed

Deborah Lucas

Elliott Layman

Ruth Ann Molyneaux

Megan Baylor

Joan Schuetz

Lucio Aldana

Jeff Birch

Todd Anderson

Emi, Isaiah-Sky, and Emmanuel Grottke

Larry R. & Sons

Lois Ference

Audrae Zullo

Cathy Schocker

Karen Johnson

Jerry Johnson

Tom Balhatchet

Roycealee Wood

Bonnie Wells



Breathe was cancelled in Jan. , due to weather conditions, and has been rescheduled for Sat. 5 pm, February 11th .

February Birthdays



2/2 David Johnson

2/2 David Lippert

2/4 Frida Aldana

2/6 Cameron Sanden

2/13 Dena Rasmussen

2/14 Andrew Bachmann

2/15 Charles Englund

2/16 Nash Anderson

2/17 Noah Ekwall

2/19 Lynn Laney

2/19 Karen Swanson

2/20 Kenny Douglas

2/24 Kaia Anderson

2/24 Lenny Walter

2/25 Marcia Terrill

2/27 Kathryn Ekwall

2/28 Eric Anderson

Our Offering Envelopes are still at the printer's. We will let everyone know when they arrive.

Soul Garden Forest Preserve Hikes in February

Saturday, Feb. 11
Roland Olson Forest Preserve
9669 Atwood Road, Roscoe, IL

Thursday, Feb. 23
Severson Dells Forest Preserve
8786 Montague Road, Rockford, IL

The walks will be cancelled if inclement weather.

Please text Holly (815-543-1191) the week you plan to hike. Watch for more dates!



Katie's Cup Conversations—Second Tuesday, Noon,

Feb 14. Black History Month, Ron Simmons of NAACP

And

a preview of Zion's June intergenerational trip to
Washington, D.C.

We are adding a Learning Experience to our Sunday Morning Child Care!

Music and Story, a drumming, sing along, and sharing experience with David Stocker will be offered on choir



Sundays; today, February 19th, March 5th and 19th.
Kid's Music Sundays will be held during the ReFresh Service at 10:30 am.

Children will come to the 10:30 service with their parents for a brief time and then David will lead them to their music and story time. Class will be held in the west wing nursery or the music/dance studio where they can be picked up after the service.

Questions? Call Pastor Frank, 309-509-5241



The Opening for the Next Arts @ Emmanuel Exhibit

Arts @ Emmanuel is hosting an all-photography show which opened Sunday, February 5th with a reception in the Celebration Room Gallery at Emmanuel.

The show follows the photographer's inspiration to the title theme "Windows to the Soul"

The photographs will be available for viewing until May 1st.

Reminders from our Faith Community Nurse

11 Intentional Acts of Kindness

1. Smile more
2. Hold a door open for someone.
3. Encourage someone with a compliment.
4. At a drive-thru, pay for the person behind you.
5. Send a thank you note to at least 2 people.
6. Let someone else go first.



Sue Scott

7. Listen, really listen, to others when they speak.
8. Say *Please* and *Thank you* more.
9. Send flowers to a friend.
10. Appreciate the often unappreciated. Tell your waiter, cashier, etc. that you're thankful for them.
11. Leave notes of kindness in random places for someone else to see.

Www.Gift of Kindness.com

Borrowed from a friend, Rockford vocalist Jodi Beach.

Happy Heart Health month!! Loving others benefits us, too!



Lent Starts the end of February with Ash Wednesday and the Lenten Wednesday Services, to feed your Soul and a new offering to feed your body. Details and Schedules Below

Evening Ash Wednesday Services will be at Emmanuel and will be a Taize Service, February 22, 2023 at 6:30 p.m.

2023 Midtown Midweek Lenten Services will all be at Noon

Theme: Be the Body

There will be a gentle exercise class at 11:00 prior to each noon service by the Faith Community Nurses, Mary and Sue, and a simple lunch after each worship.

February 22 Ash Wednesday at Zion at Noon
Preacher: Intern Alana Harms

March 1 at Zion Lutheran Church at Noon
Preacher: Pastor Chuck Olson

March 8 at Emmanuel Lutheran Church at Noon
Preacher: Intern Alana Harms

March 15 at Salem Lutheran Church at Noon
Preacher: Pastor Frank Langholf

March 22 at Calvary Lutheran Church (Emmanuel's
Chapel) at Noon
Preacher Bill Dahlberg

March 29 at First Lutheran Church at Noon
Preacher Pastor Michael Thomas

Faith Community Nurses Mary & Sue invite you to
30-40 min. of gentle stretching and range of motion
exercises before the weekly Lenten services.

Join your friends (new and old) as we strive to have
stronger bodies with exercises (sitting or standing)
designed to promote flexibility and balance.

We'll be stronger together as we tend to body, mind
and spirit.

Free. No registration required. We look forward to
seeing you there!

Better Balance. Better Bodies.

Weekly on Weds. 3/1-3/29

11:00-11:40 am

Wed. 3/1 Zion Lutheran (925 5th Ave.): Youth Room

Wed. 3/8 Emmanuel Lutheran (920 3rd Ave.) Library

**Wed. 3/15 Salem Lutheran (1629 S. 6th St.) Fireside
Rm**

Wed. 3/22 Emmanuel Lutheran (920 3rd Ave.) Library

Wed. 3/29 1st Lutheran (225 S. 3rd) Room TBA

Doing Wonderful!

Posted Jan 20, 2023 by Nickee Aldana



Hello everyone! I just wanted to update. It's been a while and we've had people wondering. Lucio is really doing great! We are all so happy! His next PET

scan is Feb 6th. We are eagerly awaiting the results to show us he's doing as good inside as it looks on the outside and in his day-to-day life. He now has curly hair, glasses, hearing aids, and regular medication to keep tabs on his neuropathy and is getting used to it all and ready to take life on. However, that looks now. Sometimes remembering what he went through and looking at him now brings a wave of many emotions. The most prominent being a giant sign of relief with the thought "thank God." He means so much to me, the kids and to so many of you! We love you all! Let us all pray that the monster inside him is done wreaking havoc on my husband forever and that the scan shows us so. Thank you everyone!



A Note from Elaine

*My dear Emmanuel and
Calvary friends,*

*Thank you for the
prayers, cards, calls, food,
rides—and love. You are such an important part of my
life. You are in my prayers every night and my
thoughts many times each day.*

Our loving God is preparing me for the next part of my journey and I am so thankful we have traveled this far together.

Be well. Be love.

Elaine Reed



BE THE BODY OF CHRIST @ CRE MARCH 4, 2023

The Congregational Resourcing Event (CRE) will be held on **March 4, 2023, at Sauk Valley Community College in Dixon, IL.** CRE will feel different this year as we gather in-person for the first time since 2019. The morning will be intentional conversations around our theme, "Be the Body" while the afternoon will have the opportunity to engage in a variety of workshops. Registration is now available. Go to the Northern IL Synod website; <https://www.nisynod.org> and follow the directions for the CRE.

Each person must register individually. You will be reimbursed the \$25.00 registration fee by Emmanuel by submitting a financial form, found in the copy room.



Rockford – On Wednesday, February 15, Katie's Cup will have a free concert led by The Groove Hotel. The doors will open at 6 pm and the concert begins at 7 pm. Free Admission. The Groove Hotel is a very special edition of the band which features a four-piece horn section and adds vocals and guitar. Johnse Holt, guitar, Gina Meeks, vocals, Paul

Rehfeldt, trombone, and Evon Sams, saxes, add a powerful dose of magic to the potent Groove Hotel brew. This is a concert not to be missed!

The Groove Hotel sprang from the roots of the Dean Moriarty Jazz Band. From this band, you'll hear swing, bossa nova, funk, rock, samba, gospel, and Cuban son; sometimes several of these appear in the same tune.

Groove Hotel has been honored with several Rockford Area Music Industry (RAMI) awards, and has played to appreciative crowds at many area venues.

Katie's Cup is located at 502 7th Street, Rockford, IL 61104. 815.986.0628

katiescupcoffee@gmail.com

www.katiescup.com



GriefShare at Zion Lutheran Church

925 5th Ave. Rockford

Wed. 1:00-3:00 pm

Starting 1/25 x 13 weeks

\$20 for notebook

GriefShare is a support group that meets monthly. You'll find a warm, caring environment and a group of people who become an "oasis" on your journey through grief.

Key parts to the GriefShare experience:

Videos: encouraging and information-packed

Support group: small group discussion

Workbook: journaling and personal study

To register, call Mary, Faith Community Nurse
(O) 815-964-4609, (C) 815-291-8407

Found in Emmanuel's Safe

A box was found in the church safe. It contained a 48-star American Flag with a framed document containing the seal of the "House of Representatives, United States" and a picture of the Capitol. The document reads, *Office of the Clerk, (Ralph R. Roberts) House of Representatives, Washington, D.C., August*



22, 1958. It was addressed to The Reverend Wilbert E. Benson Pastor, Emmanuel Lutheran Church Rockford, Illinois. It reads, Dear Pastor Benson: I hereby certify that the accompanying flag was flown over the House Chamber of the United States Capitol on August 22, 1958. This Flag is being

presented to you with the compliments of the Honorable Leo E. Allen. Sincerely yours, Ralph R. Roberts, Clerk, U. S. House of Representatives.



I sent a letter to each of Pastor Benson's son and daughter to the last address we had available. After several weeks I got a call from Mrs. Kahrn Hill, his daughter. She said the letter that went to Minneapolis found her son in Portland. She also said that her parents were in Washington DC on that August date for vacation. Leo Allen was the Representative from Rockford and he gave them a tour of the Capitol. He also asked Pastor Benson to open the day's session of the House with a Prayer. The flag was a gift for his opening prayer. I sent the box with the flag, and document a few weeks ago and received confirmation that it was received. The family is so pleased to have this remembrance.

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