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**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
March 22, 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 9:00 am Calvary/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: Andrea Wallace Noble	Altar Guild: Marcia Terrill &
Preacher: Jessie Crow Mermel	Taj Guzzardo
Special Music: Kelli & Josh Lubke	Consultant: Bill Houtkamp
Coordinator of Adult Music Ministry: Tim Fenelon	Sound: Andrew Ehrhardt
Accompanist: Clea Arbogast	Greeting Cards: Taj Guzzardo

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm & Thursdays at 1:00 pm

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. **No Bible Study during Lent**

Belly Dancing will resume in the spring.

Date: March 22, 2026 (United Nations Day of Water)
Theme: Fifth Sunday in Lent
Story Telling

Prelude: Clea Arbogast

Welcome Andrea Wallace Noble

Meditation : "I would love to live like a river flows, carried by the surprise of its own unfolding." — John O'Donohue

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 By the Water's Side by Sadie E. Burgess

When I walk down
to the lake,
to the river,
to the little trickling stream,
I see,
water.

**Water that
rushes in waves
over stones and
dirt.
Always moving.**

But water is more
than just a
beautiful
thing.
More than just
what drips off icicles into puddles

**Water is
important.**

**Water is
something to
protect.**

When I am by the water's side
I know
that this water
means something
to everyone.

**Something that must
be kept flowing.**

For ourselves.

For the planet.

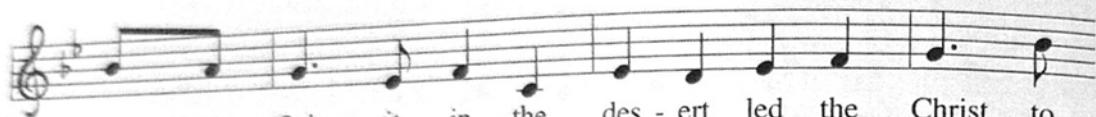
For everyone and everything in it.

Because without water,
we wouldn't be here.
And that is something
I remember
when I am by the water's side.

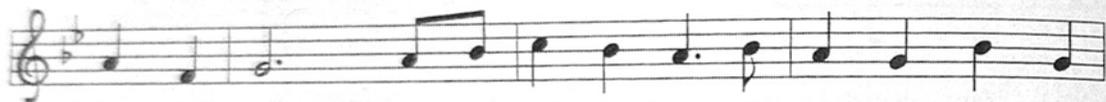
Proclamation of Grace:

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.

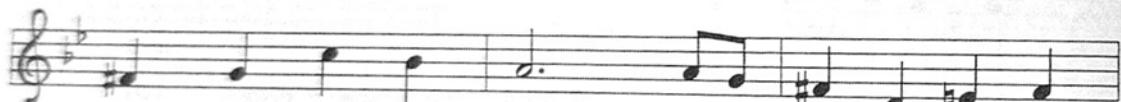
Gathering Song: As Your Spirit in the Desert (ACS 923)



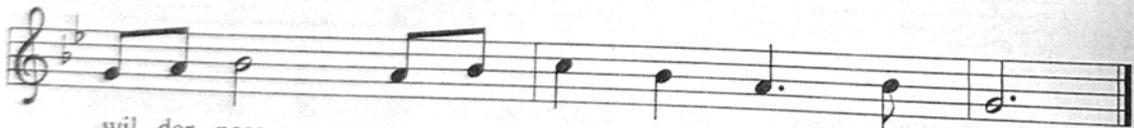
1 As your Spir - it in the des - ert led the Christ to
2 As your fire and cloud - y pil - lar Is - rael's tribes to
3 Though wild beasts may lurk in shad - ow, and dire thirst may
4 Through the nar - row gate now draw us, past all em - pire's
5 God of des - ert, God of prom - ise, you have bid us



dust and stone, so in - still our hearts with cour - age now to
Ca - naan led, may your pres - ence be our com - fort, may your
spear and sting, you have prom - ised liv - ing wa - ters wait - ing
pull and strife, where be - yond our fear and cling - ing stands the
jour - ney on through the days of dust and dark - ness to the



cross where Christ has gone. Let us cross in - to the
man - na be our bread. Let us cross in - to the
for us at the spring. Let us cross out of the
thresh - old of new life. Let us cross out of the
ris - ing of the dawn. Let us cross out of the



wil - der - ness so to walk where Christ has gone.
wil - der - ness with God's man - na as our bread.
wil - der - ness to the wa - ters of the spring.
wil - der - ness to the thresh - old of new life.
wil - der - ness to the ris - ing of the dawn.

First Reading: The Elders Oraibi—Arizona Hopi Nation

You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. And there are things to be considered...

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your truth.

Create your community.

Be good to each other.

And do not look outside yourself for your leader.

This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

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

Open your hearts, all you who hear this,

Open our hearts to know God's love,

Open your hearts to hear his message:

Jesus makes us one.

Scripture: John 4: 7-15

7 A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.”
8 (His disciples had gone to the city to buy food.) **9** The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) **10** Jesus answered her, “If you knew the gift of God and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” **11** The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water?” **12** Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?” **13** Jesus said to her, “Everyone who drinks of this water will be thirsty again, **14** but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” **15** The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

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

All: May we find wisdom for our living.

Sermon Jessie Crow Mermel

Offering

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

Special Music: Josh and Kelli Luebke

Time for Gratitude

Prayer Song and Response: Sacred Fire

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

Prayers of the People

Allison, Julaine, Ray, Donna, Jim, Wanie, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David, Steve,
Netha, Andrea, Ruth Ann.

The Lord's Prayer (from the Aramaic)

O Divine Beloved, Your Radiant Presence shines in all the universe.

I will hold your Radiant Presence in my heart.

Create Your Reign of Shalom NOW...(Use these willing hands and this passionate heart.)

May Your Heart's desire become mine. May they be joined as ONE.

Grant what we need each day in Bread and Wisdom.

Release us from the burden of our failures as we release those who have failed us.

Break the hold of our distractions and free us from the fears that hold us back...and the evil so close.

For yours is the Reign of Shalom, the Power, and the Song, from age to age.

AMEN. It is sealed in trust.

Announcements

Sending Song: Let Go of the Shore (Join in on Refrain)

Refrain:

Let go of the shore, and let the water carry you,

Let go of the shore, float into the mystery. (Repeat)

You have all you need, it's all inside of you,

Just close your eyes and breathe and

Know that you are safe.

Refrain

No need to make a plan,

your heart will be your compass.

Just lift your sails in faith,

and trust that you will arrive.

Refrain

Benediction

Sharing of Peace

Soul Garden Hikes

Saturday, March 28th, 10:00am

Colored Sands F. P.

10602 Haas Road, Rockton, IL 61024

Wednesday, April 8th 10:00am

Cedar Cliff

7901 Kishwaukee Road, Stillman Valley, IL 61084



Please call or text Holly, 815-543-1191, if you are planning on coming to hike, so the group will know you are coming.

Women's Interfaith Potluck

Monday, March 30, 2026

The Unitarian Universalist Church,
4848 Turner St., Rockford.

Regina Cook-Glanton and Deb Whinnery will discuss the mission and work of the "All Faiths Group" of "Eliminate Racism 815".

All women are invited to attend the interfaith potlucks, 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.

Please join us

2026 Midtown Midweek Lenten Services at Noon

Conversations with Jesus

March 25th at First Lutheran Church

Exercise Class led by our Faith Community Nurses

11:00 to 11:45 am, in Friendship Hall

Service to follow at Noon in First Lutheran's Sanctuary

Pastor Bill Dahlberg preaching

Drumming with Helen Bond

Helen will be at Emmanuel twice in March,
Sunday, 3/29
From 1:00 to 3:00pm
Come join the Drumming Circle

Oster/Spring Equinox

Spring is coming, never fear, our 6 weeks are almost up.
We will be celebrating Oster(or Spring) Equinox
Friday, March 20th, 6:30 pm to 8:30 pm, at Emmanuel

Holy Week

March 29th is Palm Sunday, the Service will be 10:30 am as usual
We will process into the Sanctuary with palms.

April 2nd, Maundy Thursday, the Service will be at 6:30 pm and
There will be foot washing and communion.

April 3rd, Good Friday, the Service will be at 5:00 pm.
We will walk around the block with the stations.
Wear appropriate clothing for the weather.

April 4th, Holy Saturday, the time to be determined.
We will be expressing a "Celebration of Grace, Grief, and Gratitude"
In honor of our church and our ancestors.

Emmanuel Is Offering Scholarships for 2026-2027

Emmanuel Lutheran Church values the youth of our congregation and community.
We support youth as they enter adulthood in a variety of ways. One of ways we
support youth is through providing scholarships for those who are pursuing higher
education.

I encourage you to share this opportunity with your graduating seniors who are
pursuing higher education. We look forward to receiving applications, and then
awarding this scholarship to support young adults in the next step in their life.

All applications must be received either by mail at Emmanuel Lutheran Church, P. O. Box 4362, Rockford, IL 61110, or email to emmanuelchurch07@gmail.com by May 30, 2026.

Applications can be obtained through the church office.

Thank you,
Pastor Frank Langholf
The Scholarship Committee
Emmanuel Lutheran Church

SCHOLARSHIPS OFFERED BY EMMANUEL LUTHERAN CHURCH

LUNDE MEMORIAL SCHOLARSHIP

Available to either a male or female member or family member of Emmanuel Lutheran Church who will be a college junior, senior, or graduate student in any area of college study.

OLSON MEMORIAL SCHOLARSHIP

Available to members or family members of Emmanuel, to high school seniors, and to college students, that attend a Christian church, for purposes of general education, including higher education and college studies, or for any other educational purposes.

WALQUIST MEMORIAL SCHOLARSHIP

Available to members of Emmanuel, to high school seniors, and to college students who are members of a Lutheran Church in the Rockford area and who are enrolled in college studies, and for any other educational purposes.

Selections will be based on many criteria:

1. Spiritual involvement and motivation.
2. Scholastic achievement.
3. Financial need.
4. Leadership and extra-curricular activity.
5. Strength of recommendations.
6. Quality of application materials.

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