



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith,
and Relevance to Every Soul's Heart)
July 21, 2024**

Welcome to ReFresh at Emmanuel

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshipping with us. We strive to live as a Safe and Healing Spiritual Community for all who come, regardless of economic conditions, race, sexual orientation, gender identity 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: Pastor Frank Langholf

Lector: Logan McMullen

Special Music: Tim & Emily Austin
Fran & Tom Wilson

Accompanist: Clea Arbogast

Communion Assistant: Susan Hurley-Whitacre

Altar Guild: Gary & Jan Peterson

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Usher: Rich Lundin

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays at Emmanuel

Adaptive Cardio Drumming--Mondays 4:00-5:00

Regular Cardio Drumming--Mondays 6:00-7:00

Spiritual Journeys - Tuesdays - 9:30 - 11:00am.

Join us as we read Morning Altars: A 7-Step Practice to Nourish Your Spirit through Nature, Art, and Ritual, by Day Schildkret. Join us on Tuesdays with or without the book. Questions, Contact Karen at karenavanhowe@gmail.com The NEW zoom link
<https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9ITFpNT3ZtZlJUT09>

Bible Study on Wednesdays at Noon on zoom.

Dial 312-626-6799 Meeting ID: 893 5688 8344

Belly Dance Choreography is off for the summer. It will start back up in September

July 21, 2024
Theme: No More Walls

Prelude: Draw Me Close by Kelly Carpenter

Verse 1:

**Draw me close to You
Never let me go
I lay it all down again
To hear You say that I'm Your friend
Help me find the way,
bring me back to You**

Verse 2:

**You are my desire, no one else will do,
'cause no one else can take your place,
To feel the warmth of your embrace,
Help me find the way;
bring me back to you.**

Repeat Chorus

Chorus:

**You're all I want
You're all I've ever needed
You're all I want
Help me know You are near**

Welcome: Pastor Frank Langholz

Meditation: The only walls that can ever truly contain us are the walls we build inside ourselves.—E.L Farris

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.**

New Member Welcome: Logan McMullen and Carmella McNalley

Opening of the Heart:

As God's beloved children, we are invited to come to our God with the fullness of our lives, to admit our love and our hate, to admit our faith and our fear. Trusting in God's mercy, let us make our confession, first in silent prayer.

***COMMUNAL PRAYER**

Holy and gracious God,

At times we feel so frail and fragile, getting blown about by the latest crisis, by bad news, by our own short tempers and failings. You call us to hold fast to what is good, but so often we flounder, unable to find that solid thing that will center us again. Help us, we pray. Help us to see you as our center, and to cling to the good that you create in the world. Help us to set aside all our jealousies and prejudices, all of our betrayals and lies, all that adds to the world's hurt. Help us to grow even more into Christ's likeness, that we will bear his love and truth to the world. We pray in his name. 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: Build a Longer Table (ACS 1062)

1 Build a long - er ta - ble, not a high - er wall,
2 Build a saf - er ref - uge, not a larg - er jail;
3 Build a broad - er door - way, not a long - er fence.
4 When we lived as ex - iles, ref - u - gees a - broad,

feed - ing those who hun - ger, mak - ing room for all.
where the weak find shel - ter, mer - cy will not fail.
Love pro - tects all peo - ple, spar - ing no ex - pense.
Christ be - came our door - way to the reign of God.

Feast - ing to - geth - er, strang - er turns to friend,
For an - y place where jus - tice is de - nied,
When we em - brace com - pas - sion more than fear,
So must our ta - bles wel - come those who roam.

Christ breaks walls to piec - es; false di - vi - sions end.
Christ will breach the jail wall, free - ing all in - side.
Christ tears down our fence - es; all are wel - come here.
None can be ex - clud - ed; all must find a home.

First Reading:

“Our fear of others only ends when we bring them in from the terrifying darkness to our fireside and share our bread and companionship with them. Then, and only then, may we find the light together.”

— Stewart Stafford

Second Reading:

It takes courage to break down the walls that keep you away from really living your life. Coming to know one another based on a shared humanity through dialogue is the key to breaking down the walls of isolation and reversing the decline of life-to-life bonds among human beings.—Bill Kaulitz

Scripture/Meditation Song: Christ Our Peace

Christ Our peace, You break down the walls that divide us.

Christ Our peace, Come make us one body in You.

Scripture: Ephesians 2: 14-18

¹⁴ For he is our peace; in his flesh he has made both into one and has broken down the dividing wall, that is, the hostility between us, ¹⁵ abolishing the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, ¹⁶ and might reconcile both to God in one body through the cross, thus putting to death that hostility through it. ¹⁷ So he came and proclaimed peace to you who were far off and peace to those who were near, ¹⁸ for through him both of us have access in one Spirit to the Father.

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 Get Together by The Youngbloods

Chorus:

Come on people now, smile on your brother

Everybody get together,

And try to love one another right now

Time of Gratitude Give Thanks (the Covenant Hymnal74)

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich

Because of what the Lord has done for us"

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

Give thanks!

Thanksgiving at the Table

The Lord's Prayer

Our Father, who art in heaven,

Hallowed by thy name,

Thy kingdom come,

Thy will be done,

On earth as it is in heaven.

Give us this day our daily bread;

And forgive us our trespasses,

As we forgive those

Who trespass against us;

And lead us not into temptation,

But deliver us from evil.

For thine is the kingdom,

And the power, and the glory,

Forever and ever. Amen.

Communion Music As We Seek by Dave Bilbrough

Verse 1:

As we seek Your face
May we know Your heart
Feel Your presence acceptance
As we seek Your face

Verse 2:

At Your feet we fall
Our Sovereign Lord
We cry holy holy
At Your feet we fall

Verse 3:

Jesus draw me close, closer, Lord to you
Let the world fade around me, Jesus, draw me close.

Repeat Verse 1

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

O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.
OR The Lord is my song, the Lord is my praise: all my hope comes from God.

O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.
The Lord is my song, the Lord is my praise: God, the well-spring of life.

The image shows a musical score for a prayer song. It consists of two systems of music. Each system has a vocal line (treble clef) and a bass line (bass clef). The key signature is one sharp (F#). The first system includes the lyrics: "O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me." followed by an alternative line in italics: "OR The Lord is my song, the Lord is my praise: all my hope comes from God." The second system includes the lyrics: "O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me." followed by an alternative line in italics: "The Lord is my song, the Lord is my praise: God, the well-spring of life." The music is written in a simple, hymn-like style with block chords and moving lines.

Prayers of the People

Allison Downie	Jonathan Chell	Jeff Birch	Tim Austin
Peg Burns	Judy	Shannon	Ian, Joel, and Rick
Miriam Ring	Miguel	Mike	Bina Holland
Gary B.	Josie Peebles	Todd Anderson	Noreen Mackey
“CeCe”	Beverly	Tom	Brooke
Karen & Jerry Johnson	Gary B.	Heather	Matthew

Flood victims: Tammie, Tom, Sophie, Mary Lee, Margie, Tim and all others affected by the storms, especially the family of Dean Gulbranson who died as a result of the flooding.

Announcements

Sending Song: Lean on Me by Bill Withers & We Will Stand by Russ Taff

Lean on me

When you're not strong

And I'll be your friend

I'll help you carry on...

For it won't be long

Till I'm gonna need somebody to lean on

You just call on me brother when you need a hand

We all need somebody to lean on

I just might have a problem that you'll understand

We all need somebody to lean on

You're my brother, you're my sister

So take me by the hand

Together we will work until

He comes. There's no foe that can defeat us

When we're walking side by side

As long as there is love

We will stand

Repeat “Lean on Me”

Benediction/Sharing of the Peace



Winnebago County Forest Preserves

Interest Hikes

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Dress for the weather! Contact Holly if you want to join the hikes. 815-543-1191

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>

Womens' Interfaith Potluck

All women are invited to the next Women's Interfaith Potluck,- Monday, July 29, 2024, at 6:00 p.m. at the Baha'i Center, 1650 N. Alpine, Rockford. Plates, silverware, and beverages will be provided. Judy Moe and Ann Rundall will speak about the Baha'i perspective on "Progressive Revelation".

PLEASE NOTE THIS IMPORTANT REQUEST FROM RABBI WING, when deciding what dish to bring to the dinner: We would request that the dishes adhere to a couple of guidelines if possible

- 1) no pork or shellfish ingredients (fish is acceptable) and
- 2) no dishes that mix milk products and meat together (so no meat lasagna, chicken and cheese casseroles, etc.).

We will extend the invitation to our female identifying members.

Hope to see you there!

Susan Goldberg

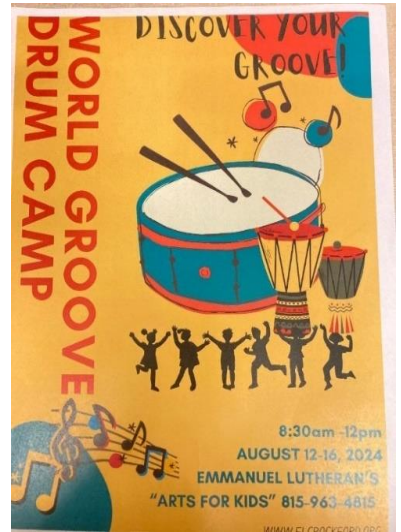
Everyone is invited to attend the July 21 Winnebago, IL Garden Walk (Betsy DeGunther's garden is one of those featured!),

A Compassionate Listening mini-workshop presented on Zoom by Cheryl Sheinman, on July 20 and 21 (for 2.5 hours each day). Send a text to Cheryl at 305/586-3580 if interested.

World Groove Drum Camp at Emmanuel
Save the date - August 12 – 16, 2024

This year, the suggested donation per camper is \$50-\$100 for the weeklong camp. There will be a family discount available, and cost should never be a barrier to participants. People may also sign up to sponsor a camper or campers.

Please contact the church office to register or with questions with an email to emmanuelchurch07@gmail.com 815-963-4815 Please continue to watch for further information.



A@E Art Show Opening Invitation

Friday, August 2nd

6:00-8:30 pm

Snacks and Refreshments will be served.

Arts @ Emmanuel invites you to attend the opening reception of **"Nature or Nurture"**

an **all-media** art show, featuring **2-D** images,(painting, photography, drawings, etc.) or **3-D** artwork, (sculpture, mosaic, glass, etc.) inspired by nature or evoking a feeling of being nurtured. This is open to the artist's interpretation.

Art Show will run through October 30, 2024.

Gallery/Church hours are T-Th 9am-2pm (815)963-4815

Enter gallery through north door, near parking lot.

Contact Susan Hurley-Whitacre if you would like to exhibit in this show or if you have any questions [**Susanhurley2010@gmail.com**](mailto:Susanhurley2010@gmail.com)



IMPORTANT NOTICE
TO ALL MEMBERS AND FRIENDS OF EMMAUEL

We are in the midst of summer. Along with that comes the heat and humidity that seems to be worse and longer lasting in recent years. As we attempted to start up the air conditioner at Emmanuel, the air compressor would not function. Every attempt failed. Without the air, temperatures inside can rise up to 90 Deg. It is uncomfortable for worshippers on Sunday and groups that meet in other rooms throughout the building. We had no other alternative but to replace the AC compressor. The cost is significant, \$ 15,000 but we feel that with the help of our members and friends, we will have this cost taken care of.

You may give to the Air Conditioner Fund by....

Placing your donation in the offering plate or

**Mailing your donation to Emmanuel Lutheran Church
P. O. Box 4362
Rockford, IL 61110**

If you prefer to donate online, go to our website at www.elcrockford.org and click on the Donate button in the upper right-hand corner of the page. Thank you for your support to keep your church operating smoothly and staying cool.

Jack Ream, Treasurer



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