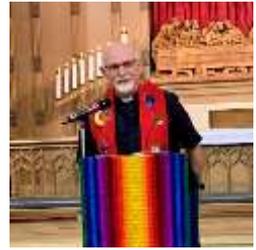


## ***Christ is Risen! Christ is Risen, Indeed!***

We celebrate the Resurrection of Christ on Easter Sunday, April 17. Easter proclaims the good news that Christ is Risen. The resurrection promise is that in Christ all things are made new. I would like to share the meditation I shared with the Council.



There have been many images and metaphors for resurrection and renewal. Snakes and Butterflies have been associated with renewal and resurrection. Let's take some time to reflect on the difference between snakes and butterflies.

Ancient folk have seen the snake as a sign and symbol of new life, because as it grows it sheds its skin. It leaves behind the skin that it has out-grown. Snake have been seen a metaphor because they shed their skin as they grow. The snake grows continuously. Their outer layer does not grow and must be shed as they grow. Leaving behind what was once useful living because it no longer. The snake becomes an image of growth which includes leaving behind what no longer fits, or is useful. Is resurrection the out growing of our 'old skin'? Is resurrection new wineskins for new wine? Does this image resonate with you? How has growth happened in your life, or the life Emmanuel, or the communities in which we live? What might need to be left behind to free what is growing?



The caterpillar has also been the symbol of resurrection. In this case not because it sheds its skin as it grows, though it does so as well. Instead, the caterpillar spins a cocoon, enters into a time of dissolution, only then to emerge in a completely new form. The cells of the caterpillar metaphorize into new creature. Is resurrection emerging from endings, losses, in a completely new form? Is about an identity long hidden that suddenly



emerges? Does this image resonate with you? Have you experienced transformation, perhaps after a time loss? Does this speak of hope when life seems to be falling apart around us or within? How is new life present though hidden?

I am wondering if there is yet another expression of the good news of Jesus' resurrection. The promise that we shall all be taken up into the fullness of God's Life and Love. The promise that our destiny is Life, and that all things are made new.

*in Christ, there is a new creation: everything old has passed away; see, everything has become new! 2 Corinthians 5;17b*

Easter Blessings  
Pastor Frank



## **Midtown Lenten Services**

**2022 Midtown Midweek Lenten Worship at Noon**

**All the Lenten Services will be in person at the churches as stated, on Facebook Live, and recorded on Facebook.**

We have one more opportunity for a Wednesday Lenten Service before Holy Week

April 6 at Katies Cup & hosted by Calvary Lutheran Church  
Preacher: Pastor Bill Dahlberg  
Theme: Church as a Multicultural Community

## **Palm Sunday, April 10, 2022**

Palm Sunday, the start of Holy Week, is on April 10th this year. You may attend the Traditional Service at 9:00 am in person in the Chapel or you may attend the ReFresh Service at 10:30 am either in person, on ZOOM, or recorded on Facebook.



## Holy Week:

**Maundy Thursday, 4/14,** Service will be in the Sanctuary at 7:00 pm and will include washing of feet.



**4/15, Good Friday** will be at 6:00 pm. We will walk through the neighborhood with stops to reflect upon each of the "Stations of the Cross." Wear walking shoes and clothing appropriate to the weather.

Calvary will be holding Good Friday services in the Chapel at 7:00 pm.



**On 4/16, "Holy Saturday: Full Moon in the Tomb"** Sat. April 16 at 7pm in Emmanuel's Sanctuary. This is a very significant, but overlooked, experience on the journey of Jesus... the tomb...the night in the Underworld, on Easter Eve. We will dare to go into the Underworld as well, but less painfully, and as Jesus did, return with a gift and a passion.

Bring comfortable clothes and a mat , or use a pew for the Underworld part. Come early, as doors will be locked around 7:10pm. Turn off phones, bring notebook if you like. The sanctuary will darken as the Full moon rises while the sun sets at 7:32pm as we descend, into the dark, getting a taste of the tomb, and returning less afraid of what we have trouble speaking of.

Questions/ concerns, contact Jim Roberts @ 815-398-1634

## Easter Sunday

Emmanuel will be having two services on Easter morning to celebrate Christ's rising.



There will be a Sunrise Service, in the labyrinth, at 6:00 am.

The ReFresh Service will be at 10:30 in the Sanctuary in person, on Zoom, and recorded on Facebook.

Calvary will have the Traditional Easter Service in the Chapel at 9:00.

## April Birthdays



4/1 Paula Wittke-Anderson  
4/1 Susan Hurley-Whitacre  
4/3 Gary Johnson  
4/7 Betty Ralston  
4/9 Sarah Seeber  
4/9 Karen Van Howe  
4/13 Andrea Mahon  
4/15 Zander Olson

4/18 Beth Gleichman  
4/21 Magdalena Aldana  
4/23 Tom Balhatchet  
4/25 Timothy Fenelon  
4/26 Ann Canton  
4/27 Eva Marie Helge  
4/29 Mary Seeber  
4/30 William Schulz

### We Pray for Healing

Holly Blair-Cascio, Lucio Aldana,  
Andrea Glynn, Charlotte,  
Karen Johnson, Mel  
Jeff Birch Todd Anderson

Jim Burcham



Please pray for Merry Tassoni and her family on the death of Merry's husband, Richard, on 2/16/22. Services were held March 26, 2022 at Fitzgerald Funeral Home.



### 2021 CROP Walk Even Better

Emmanuel's pantry would like to thank everyone who supported our 2021 CROP Walk in October. Emmanuel raised \$1,230, 00 and our pantry received \$1530.00 as our portion of the 25% that the Rockford Coalition received from the \$41,467.79 that the 27 Rockford groups raised.





Sue Scott

## **Faith Community Nurse**

An emergency happens without warning, leaving little or no time for you and your family to plan what to do next. Therefore, it is important to take steps to be better prepared in the event of an emergency or disaster.

### **Making an Emergency Plan**

Talk with your family about why and how you need to prepare for disaster emergencies:

- Discuss the types of disasters that are most likely to happen and what to do in each case.
- Keep a list of emergency phone numbers.
  - Keep important documents and records in a secure location.
  - Get an Emergency Kit ready (see checklist that follows).
- Teach children how and when to dial 911.
- Purchase a NOAA Weather Radio that automatically alerts when a severe weather watch or warning is issued.
- Find out about the disaster plans at your workplace, children's school or child care center, and other places where your family spends time away from home.
  - Make sure your child's school or child care center has your current emergency contact number.
- Pick two places to meet if something happens: one that is right outside your home in case of a sudden emergency like a fire; and a second one outside of your neighborhood in case you can't return home.
- Ask a friend or relative to be your emergency contact person. Make sure everyone has this person's address and phone number; list them on the emergency contact page of this booklet and by each phone. If your family members get separated, they should call this person to tell them where they can be reached.

- Think about the special safety needs of small children, elderly or disabled relatives or neighbors , and pets.

## **Putting Together an Emergency Preparedness Kit**

Preparing an Emergency Kit ahead of time can save you time in case you must leave home quickly or go without power or water for a while. Put your Kit together with items you may need after a disaster, and if you can, try to keep enough supplies on hand to meet your needs for at least three days. Store them in sturdy, waterproof, easy to carry containers such as backpacks, duffel bags or clear covered trash cans.

Things you might try to include or have on hand are:

- A three-day supply of water (one gallon per person per day) for drinking and cooking – store in clean plastic soda bottles (milk containers will break down and leak).
- Food that won't spoil or need much cooking (e.g., canned fruits and vegetables, cereals, peanut butter, crackers or cookies and dry mixes like instant oatmeal or soups, rice or noodles). Use or replace them every 6 months if possible.
- One change of sturdy clothes and shoes, and one blanket or sleeping bag per person.
- Small household tools or items such as a battery powered radio, flashlight with extra batteries, utility knife, bowls and cups, silverware, can opener, lighter or matches, dishtowel, etc. Know where your camping supplies are!
- An extra set of car and house keys, personal identification, and credit cards, cash or traveler's checks. Keep important family papers (e.g., birth certificates, passports, special medical information, etc.) in a waterproof container or plastic bag.
- Sanitation supplies such as toilet paper, hand wipes, diapers, tampons or sanitary pads, plastic trash bags.

- Special items for young children, elderly or disabled family members, and pets (e.g., special foods, medications, aid devices, carriers, etc.).
- A basic first aid kit that includes your prescription medications, bandages in assorted sizes, safety pins, cleanser/soap, latex gloves, gauze pads, scissors, tweezers, sewing needle, thread, alcohol wipes, burn cream, oral thermometer, non- aspirin pain reliever, antacid, cotton balls or swabs.
- A battery-operated radio.

### **Responding to an emergency**

If an emergency or disaster happens, there are a few things that you should do right away:

- Stay Calm: Try not to panic, take time to understand what has happened and think about what you can do to stay safe or avoid worse injury.
- Check the Scene: Pay attention to your surroundings to see whether you are safe where you are, and whether anyone around you needs help; if you think you are in danger, get to a safer place as soon as you can.
- Give and get help: If you or others are hurt or still in danger, call 911; explain what has happened, where you are, what injuries people have, and whether the danger still exists.
- Listen for official emergency announcements: Local radio and television stations will give emergency updates and instructions. This is your best source of information.
- Get prepared to evacuate if told to by local authorities: If told to leave your home or work, do so right away, follow exact evacuation routes, and go to the specified shelter or safe area. If you can, bring your Emergency Kit with you, and get in touch with your family's designated emergency contact person as soon as you can to let them know how and where you are.

**Tornado season will be here before we know it. Be prepared!**

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  
Pastor Frank Langholf  
309-509-5241 fslangholf@gmail.com

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