



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith,
and Relevance to Every Soul's Heart)
September 29, 2024**

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

Preside: Pastor Frank Langholf

Lector: Logan McMullen

Prayer Partner: Erick Knaus

Special Musicians: Josh and Kelli Luebke

Accompanist: Clea Arbogast

Altar Guild: Susan & David Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Usher: Dan Vorsanger

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 on Tuesdays for Spiritual Journeys Zoom group.

We are reading Wild Mercy, by Mirabai Star. Join us as we read along together and discuss. (no need to read before the session). Any questions, contact Karen Van Howe at karenvanhowe@gmail.com Join Spiritual Journeys Zoom Meeting:

<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9IsHyRKypPv9.1>

Bible Study on Wednesdays at Noon on zoom.

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

Date: September 29, 2024
Theme: Healing and Healing of the Earth

Prelude: Selection by Josh and Kelli Luebke

Welcome: Pastor Frank Langholf

Meditation: There is no difference between healing the earth and healing ourselves.
—Thich Nhat Hanh

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 Howard Thurman:

The earth beneath my feet is the great womb out of which the life upon which my
body depends comes in utter abundance.

**There is at work in the soil a mystery by which the death of one seed is reborn a
thousandfold in newness of life.**

The magic of wind, sun and rain creates a climate that nourishes every living thing.

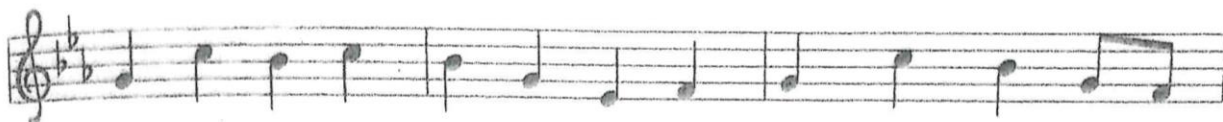
**It is law, and more than law; it is order, and more than order—there is a brooding
tenderness out of which it all comes.**

In the contemplation of the earth, I know that I am surrounded by the love of God.

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: Can You Feel the Seasons Turning (ACS 1065)



1 Can you feel the sea - sons turn - ing, winds and waves grown
2 Can you hear the crea - tures cry - ing— lynx and ot - ter,
3 Can you feel the sea - sons turn - ing? Storm clouds gath - er



wild and strange? Can you feel cre - a - tion groan - ing.
wolf and whale? Can you hear the Spir - it sigh - ing
in the skies. All a - round us signs of warn - ing



fear - ful of the com - ing change: ice - caps melt - ing,
as her chil - dren grieve and fail? Na - ture's poor, the
bid us o - pen fright - ened eyes. Called by God to



o - ceans ris - ing, homes and hab - i - ta - tions lost?
first to suf - fer, pay the price of hu - man greed.
serve as stew - ards till earth's gar - den greens and thrives,



Can you feel the sea - sons turn - ing? Can you count the bit - ter cost?
Can you hear the crea - tures cry - ing, beg - ging us to stop and heed?
can we learn in time to lis - ten? Can we turn and change our lives?

First Reading

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. I firmly believe that nature brings solace in all troubles.”

— Anne Frank

Second Reading

When you bring your attention to a stone, a tree or an animal, something of its essence transmits itself to you. You can sense how still it is and in doing so the same stillness rises within you. You can sense how deeply it rests in being, completely one with what it is and where it is, in realizing this, you too come to a place of rest deep within yourself.”

— Eckhart Tolle

Scripture/Meditation Song: As the Deer Pants For the Water



As the deer pants for the wa-ter, so my soul longs af - ter you;



you a - lone are my heart's de - sire and I long to wor - ship you.

Refrain



You a-lone are my strength and shield; to you a-lone may my spir-it yield.



You a - lone are my heart's de - sire and I long to wor - ship you.

Scripture: **Psalm 89: 8-18.** From Nan Merrill's Psalms for Praying,

O, Most High, mighty are You,
whose Grace is poured forth throughout all ages.
You have blessed us with oceans, rivers, and lakes,
to sustain our life on Earth.
Yes, You entrusted the waters into our keeping,
and in our stewardship we failed.

Forgive us, O Merciful One.

The heavens are yours, the Earth also belongs to You.
Yet we befoul the air and rape the earth.

Forgive us, O Merciful One.

The north and south, You have created them;
the east and the west as well.
With the might of of arms, we shatter the nations,
and scatter your people.

Forgive us, O Merciful One.

Righteousness and justice are the foundation of the Cosmos;
steadfast love and faithfulness go before You.

Blessed are those who know your Love,
who walk in the Light of your countenance!
Blessed are those who call upon your Name
and extol truth and justice!

For You are the glory of their strength;
You give wise counsel.

**Our very lives belong to You,
O Loving Companion Presence!**

Presider: These are the words of an early Jewish community.

All: **May we find wisdom for our living.**

Sermon: **Pastor Frank Langholf**

Offering

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

Special Music: Selection by Josh and Kelli Luebke

Time for Gratitude

Healing Prayer: People may come forward for personal prayer.

Selections by Clea Arbogast

Prayer Song and Response: Heal Us, Heal Us, Heal Us With Your Love. (Chant)

Prayers of the People

Allison, Denny, Jonathan Chell, Jeff Birch, Peg Burns, Linda, Judy, Shannon, Ian, Joel, and Rick, Miguel, Mike, Bina Holland, Heather, Josie Peebles, Madeleine, Todd Anderson, Norine Mackey, "CeCe", Beverly, Brooke, Mary Lee, Tammi, Karen & Jerry Johnson, Lucinda & Mark, Matthew, Margie, Soren Koch, Tom, Sophie, Tim, Vince, Ray, Merry, Kristi Heath White

The Lord's Prayer From New Zealand Prayer Book

Eternal Spirit, Earth-maker, Pain-Bearer, Life-giver,

Source of all that is and that shall be.

Father and Mother of us all, Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

The way of your justice be followed by peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another, forgive us.

In times of temptation and test, strengthen us.

From trials too great to endure, spare us.


From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and forever. Amen

Announcements and Temple Talk on CROP HUNGER WALK by Kathlyn Wright

Sending Song: Healer of Our Every Ill (ELW 612)


Refrain



Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear, and hope be - yond our sor - row.



1 You who know our fears and sad - ness, grace us with your
2 In the pain and joy be - hold - ing how your grace is
3 Give us strength to love each oth - er, ev - 'ry sis - ter,
4 You who know each thought and feel - ing, teach us all your



Refrain

peace and glad - ness; Spir - it of all com - fort, fill our hearts.
still un - fold - ing, give us all your vi - sion, God of love.
ev - 'ry broth - er; Spir - it of all kind - ness, be our guide.
way of heal - ing; Spir - it of com - pas - sion, fill each heart.

Benediction/Sharing of Peace

Winnebago County Forest Preserves Interest Hikes. Come hike with us.

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Dress for the weather! Text Holly if you want to join the hikes 815-543-1191. All hikes start at 9:00am

Wednesday, October 9th

Kilbuck Bluffs Forest Preserve

3061 & 3020 South Bend Road, Rkfd, IL 61109



Living into The Four Agreements
Thursday evenings, 6:00-8:00pm
Oct 17 & 2, Nov 7 & 14

The *The Four Agreements*, written by Don Miguel Ruiz in 1997, spoke to many with its four principles that reveal our self limiting beliefs that rob us of joy and keep us in misery.

These four pillars are:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best.

To this day this book speaks to the hearts of many with its ancient wisdom and code of conduct. However, awareness is just the first step. In order to capture the benefits of this wisdom and make it real in our lives the next step is to consciously practice each one. In this four week workshop we will dive deeper into each agreement, flesh out where it becomes difficult or slippery to honor these agreements, and find ways to change our habits by practicing each one intentionally.

Register with Christyn, 815-289-7110.

Class fee is \$130.

Feel free to ask about scholarships or sliding scale.

Emmanuel Lutheran Church
920 3rd Avenue, Rockford, IL 61104
Park in North lot and enter by ramp doors.

Taming the inner critic
while fanning the flames of your inner wisdom.
October 10th, 6:00-8:00pm

Just as there are three primary colors, there are 10 saboteurs. Saboteurs are the parts that create that inner dialog that is harsh, critical, and judgmental. It's that voice that wakes you at 3am to worry and adds stress to your life but no value. It is the subconscious part that demotivates you and keeps you from the things you most want in your life - like dreams, goals, and happiness. It damages relationships with others and with ourselves. Because it is subconscious, the rational mind cannot combat it. But it CAN be managed. The first step is to become familiar with them, how they show up, and what impact they have in your life.

Dragon Training is an introduction to learning how to manage these saboteurs and 'turn down their volume' while 'turning up the volume' of your inner wisdom (your 5 Sage powers), and thirdly how to strengthen your self command muscle (your PQ brain – how often you are operating from your wise/sage self vs. your saboteur) so that you are in charge of your thoughts, not the other way around. Start by taking the saboteur assessment test at www.positiveintelligence.com and get ready to start learning how to transformation your life!

Emmanuel Lutheran Church
920 Third Avenue
Park in the North lot and enter by the ramp

Register with Christyn, 815-289-7110. Class fee is \$45.
Feel free to ask about scholarships or sliding scale.



Arts at Emmanuel ("A@E") Call to Artists

- **Arts@Emmanuel** invites you to participate in an **Art show called "LIFE", November 8th through January 25th, 2025.**
- **"LIFE"** , is a **hangable art show** featuring images that illustrate life. This is open to the artist's interpretation.
- Painting, Photography, Mosaic, Collage, your choice!
- There is no fee to enter!
- **Artwork is due by Wed. Nov. 6th @ 12 noon.**
- Drop off at **Emmanuel Lutheran Church, 920 Third Ave. Rockford.**
- **Church office hours are: Tues-Thurs, 9-2pm.** Call first. (815)963-4815.
- Enter church office through north door, near parking lot.
- **Contact Susan Hurley-Whitacre** if you would like to exhibit in this show. **Susanhurley2010@gmail.com** If you have questions call Susan at **708-845-7207.**
- **Opening Reception is in the Gallery at Emmanuel, Friday, November 8th, from 6:00-8:30pm.**

Arts at Emmanuel ("A@E") Guidelines:

- Work must be ready to hang with appropriate materials, securely attached.

No saw-toothed hangers.

- With **each piece attach** this form with **the following information: (please print) title, medium, price or NFS, artist's name, also include: your address, phone number and email address.** We will provide the labels for each piece in the show.
- Any **insurance** on artwork is up to the individual artist.
- **Checks for any sales will be made out to the artist.**
- **Emmanuel** would appreciate a **25% tax deductible donation** on any sales.



Rockford Area
CROP HUNGER WALK
Sunday, October 20, 2024
711 N. Main St. (Discovery Center)
Registration: 1:00pm
Step-Off: 2:00pm

Emmanuel's goal for 2024 is \$1500.

Checks should be made out to Emmanuel Lutheran Church with "Crop Walk" on the memo line and may be given to Lorraine Harding, Ann Downie, Kathryn Wright, or Hannah Wearsch.

To give online, enter "CROP Hunger Walk 2024," type "Emmanuel Lutheran Rockford, IL" in the upper right corner in "search"



Sound Medicine Event
Sunday, September 29th, 6:30 – 7:30pm
Inscape Collective, 7th Street & 1st Avenue
Rockford is hosting this sound medicine event.
All welcome, no cost. but donations to Inscape welcome. Diverse sound fields from drones, Tibetan and crystal bowls, gongs, and breathing chant come gently through your many trillion cells and find resonance and sonic massage. Brings relaxation, slower brain wave resonance, and interior experiences. Actually, no one knows what it may bring. We are a mystery after all, but vibrational fields, is a language understood by our body and psyche.

No bad side effects... join us, jim