



Welcome to ReFresh at Emmanuel

(Restoring Energy, Faith, and Relevance to Every Soul's Heart)

October 11, 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 8:30 am 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: Susan Hurley-Whitacre

Special Music: Emily and Tim Austin,
Fran and Tom Wilson

Altar Guild: Susan & Dave Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

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.

Silent meditation practice in the Benson Room:

Thursdays from 5:30 – 6:15pm. All are welcome. Enter by parking lot entrance.
Questions or text Sara 815-742-0581.

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104
Mailing address, P. O. Box 4362, Rockford, IL 61110 815-963-4815 Fax: 815-963-4808
emmanuelchurch07@ gmail.com elcrockford.org
Pastor Frank Langholf, phone 309-509-5241, email: fslangholf@gmail.com

Date: October 11, 2026—in labyrinth, weather permitting
Theme: Land

Prelude: He Knows My Name —by Tommy Walker

Welcome Pastor Frank Langholf

Meditation : Mother Earth is not a resource, she is an heirloom.—Yurok Tribe

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: What A Wonderful World

—by Bob Thiele & George David Weiss

I see trees of green, red roses too
I watch them bloom for me and you
And I think to myself: What a wonderful world

I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself: What a wonderful world

The colors of the rainbow, so pretty in the sky
Are also on the faces of people passing by
I see friends shaking hands, Saying, "How do you do?"
They're really saying, I...I love you

I hear babies cry and I watch them grow
They'll learn much more than we'll know
And I think to myself: What a wonderful world

And I think to myself: What a wonderful world

Reading: from Bless This Land—by Joy Harjo.

...Bless the arms and hands of this land, for they remake and restore beauty in this land

***We were held in the circle around these lands by song, and
reminded by the knowers that not one is over the other, no
human above the bird, no bird above the insect, no wind above the grass***

Continued...

Bless the heart of this land on its knees planting food beneath the eternal circle of breathing, swimming and walking this land

The heart is a poetry maker. There is one heart, said the poetry maker, one body and all poems make one poem and we do not use words to make war on this land

Bless the gut labyrinth of this land, for it is the center of unknowing in this land
Bless the femaleness and maleness of this land, for each holds the fluent power of becoming in this land

When it was decided to be in this manner here in this place, this land, all the birds made a birdly racket from indigo sky holds

Bless the two legs and two feet of this land, for the sacred always walks beside the profane in this land

These words walk the backbone of this land, massaging the tissue around the cord of life, which is the tree of life, upon which this land stands

Bless the destruction of this land, for new shoots will rise up from fire, floods, earthquakes and fierce winds to make new this land

We are land on turtle's back—when the weight of greed overturns us, who will recall the upright song of this land

Bless the creation of new land, for out of chaos we will be compelled to remember to bless this land

The smallest one remembered, the most humble one, the one whose voice you'd have to lean in a thousand years to hear—we will begin there

Bless us, these lands, said the rememberer. These lands aren't our lands. These lands aren't your lands. We are this land.

And the blessing began a graceful moving through the grasses of time, from the beginning, to the circling around place of time, always moving, always

Scripture/Meditation Song: Open Your Hearts (Covenant 336) Verse 1

**Open your hearts, all you who hear this,
Open your hearts to know God's love.
Open your hearts to hear His message,
Jesus makes us one.
Praise the Lord for he has loved us. Alleluia (2X)**

Scripture: Psalm 24: 1-6— From Nan Merrill's Psalms for Praying

The earth is yours, O Giver of Life,
in all its fulness and glory,
the world and all those who dwell therein;
For You have founded it upon the seas,
And established it upon the rivers.

Who shall ascend your hill, O Gracious One?
and who shall stand in your holy place?
All who have clean hands and pure hearts,
who do not lift up their souls to what is false,
nor make vows deceitfully.
All these will be blessed by the Heart of Love,
and renewed through forgiveness.
Such is the promise to those who seek Love's face.

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: Turn the World Around —by Harry Belafonte,
Tom Wilson arrangement & chorus

Time for Gratitude

Prayer Song and Response:

Lord, Listen to Your Children Praying (ELW 752)

Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;

Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace.

The musical score is written for two staves, treble and bass clef, in the key of D major (two sharps). The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics are written below the notes. The first line of music corresponds to the first line of lyrics, and the second line of music corresponds to the second line of lyrics. The score ends with a double bar line.

Prayers of the People

Lorraine, Deborah, Jerry, Vince, Miguel, Jim, Andrea,
Ruth Ann, Char, Coulter, Judy, Julaine, Jeff

The Lord's Prayer The Lord's Prayer – for two voices

Our Father, who art in heaven... **You are also at home in the air, the soil, the forests and the oceans,**

Hallowed be Your name... **by the care we take of your creation,**

Your kingdom come... **all that you see is good,**

Your will be done on earth as it is in heaven... **Your will to till and care,**

Give us this day our daily bread... **that all may have sufficient to live life in fullness,**

Forgive us our trespasses... **our greed, our exploitation, our lack of concern for other species and for future generations,**

As we forgive those who trespass against us... **by reconciliation with justice and peace,**

Lead us not into temptation... **the temptation to equate dominion with exploitation,**

And deliver us from evil... **the evil of destroying your gift of creation,**

For Yours is the Kingdom... **Yours Lord, not ours,**

The Power and the Glory... **in the cross and the resurrection,**

For ever and ever... **And so be it.**

Amen.

Announcements

Sending Song: This Land is Your Land -- by Woody Guthrie

**This land is your land This land is my land
From California to the New York island;
From the red wood forest to the Gulf Stream waters
This land was made for you and Me.**

**As I was walking that ribbon of highway,
I saw above me that endless skyway:
I saw below me that golden valley:
This land was made for you and me.**

**I've roamed and rambled and I followed my footsteps
To the sparkling sands of her diamond deserts;
And all around me a voice was sounding:
This land was made for you and me.**

**When the sun came shining, and I was strolling,
And the wheat fields waving and the dust clouds rolling,
As the fog was lifting a voice was chanting:
This land was made for you and me.**

**As I went walking I saw a sign there
And on the sign it said "No Trespassing."**

**But on the other side it didn't say nothing,
That side was made for you and me.**

**In the shadow of the steeple I saw my people,
By the relief office I seen my people;
As they stood there hungry, I stood there asking
Is this land made for you and me?**

**Nobody living can ever stop me,
As I go walking that freedom highway;
Nobody living can ever make me turn back
This land was made for you and me.**

Benediction/Sharing of Peace

Women's Interfaith Potluck

All; women are invited to attend the interfaith potlucks, listed below, 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.

- Monday, October 26, 2026, at Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.

Soul Garden Forest Preserve Walks

Come hike for an hour in Winnebago Counties Forest preserves. Text Holly if you want to join the hikes: 815-543-1191. Meet at the Forest preserve entrances unless otherwise instructed.

Monday, October 19 10:00am
Deer Run - 5691 River Road,
Cherry Valley, IL 61016

Halloween Hike! Ghosts and Goblins!
Saturday, October 31, 10:00am
Seward Bluffs – 16999 Comly Road,
Seward, IL

Emmanuel Lutheran Church Pantry

Hello from Emmanuel's Pantry,

Believe it or not, the Holidays are almost upon us and the pantry is gearing up to give out Holiday Food to our neighbors. If you can help us out, we are asking for stuffing, turkey gravy, dry mashed potatoes, hot cocoa mix, Jello, and instant pudding. If there is anything else you want to bring, we will be grateful. There will be a cart outside of the celebration room on Sundays and through the week for you to put your offering into. We will be collecting food through October, November, and December. Also, we can use plastic bags. If you shop at Woodman's, their plastic bags are the best for carrying a paper bag full of food, but any plastic grocery bags are welcome. Thank you for supporting the Food Pantry



FIX -IT-FAIR – Mark your calendar.

We are collaborating with Sustain Rockford
October 17th – 9:00am – 12:00pm.

Bring your damaged items to be repaired
by professionals at no cost!

Love your Mother [Earth] Repair, don't replace.
Held at Emmanuel Lutheran Church

The 2026 CROP HUNGER WALK is Sunday, October 18th.

We will gather at the Rockford Museum/Discovery Center at noon with step off at 1:00pm. There will be snacks and entertainment.

To donate on-line, go to 2026 Crop Hunger Walk enter "Rockford Area" and donate under my name "Kathlyn Wright" so the donation is credited to Emmanuel.

If you want to write a check, write it out to Emmanuel and put Crop Walk in the memo. Also, there will be a donation option on Emmanuel's web site.

Remember 25% of the money collected in Rockford will come back to the Greater Rockford Pantry Coalition and Emmanuel's pantry will benefit.

Thank you.

WELCA – Women of the ELCA

Ladies, what a great kick-off we had on September 17th—Delicious feast, wonderful company, and important message from our Faith Community Nurse, Sue Scott. Thank you, all!

Future meetings will be from 9:30 a.m. until 11 a.m. on the third Thursday of the month in the Celebration room. Feel free to bring a guest.

People have signed up to bring treats for some the future meetings. I'll send out a reminder before the meeting.

For the **treat sign up sheet** (just bring something to share such as coffee cake or a favorite snack or dessert, fruit, cheese—your choice. Keep it simple)

October 15—Terri Eckberg

November 19—Karen Van Howe

December 17—?

January 21—?

February 18—?

March 18—Kathy Langholf

April 15—Ann Downie

May 20—?

For the **Facilitator sign up**—Facilitators would simply be sure to read the Bible passages ahead of time about the selected women of the Bible, and at the least, read the 4 areas of questions for the group to discuss. If you choose to do more research or have other resources, that is fine. If you would like to co-facilitate a session, that is find also. If you have special books or resources for any of the women, please bring them to the discussions.

The only one missing a facilitator is December (Mary the Mother of Jesus). Maybe we can all share this one.

October 15—The Bleeding Woman—Karen Van Howe

November 19— Mary Magdalene—Josie Peebles

December 17—Mary, the Mother of Jesus—all of us?

January 21—The Syrophoenecian Woman—Karen Van Howe

February 18—Ruth—Ann Downie

March 18—The Woman at the Well—Terri Eckberg

April 15—Miriam—Jan Peterson

May 20—Mary and Martha of Bethany—Kathy Langholf