



Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
February 1, 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: Pastor Frank Langholf

Lector: Marcia Terrill

Special Music: Emmanuel's Choir

Coordinator of Adult Music Ministry: Tim Fenelon

Accompanist: Clea Arbogast

Communion Assistant: Andrea Wallace Noble

Altar Guild: Susan Hurley-Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm

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

A person can join the Bible Study with a cell phone or land line. To join by a land line or cell phone, dial the number below and then enter the meeting ID and passcode when prompted.

Belly Dancing will resume in the spring.

February 1, 2026
Theme: Imbolc/Candlemas

Today is the celebration of the sun's waxing light, called both Candlemas and Imbolc. The young light and hope that were reborn at the Winter Solstice have begun to manifest, and the lengthening of the days brings the promise of spring.

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: An Imbolc Blessing

May we take time to nurture our seed dreams,
listening closely and choosing wisely.
May we create with patience and with love.

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: Candlemas Directions

We celebrate a Spirit that moves through air,
in the wind that whips through and tugs at our clothing,
in the breath that flows in and out of our lungs,
in the wings of the dove that came down to bless Jesus.

Spirit of air, we welcome you.

We celebrate a Spirit that moves through fire,
in the light of the sun that warms the earth,
in the heat of our bodies as we dance and play,
in the tongues of flame that inspired the disciples.

Spirit of fire, we welcome you.

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We celebrate a Spirit that moves through water,
in the current of the ocean that ebbs and flows,
in the pulse of the blood that throbs in our veins,
in the moment of baptism when we know God's love.

Spirit of water, we welcome you.

We celebrate a Spirit that moves through earth,
in the rumble of thunder on a stormy night,
in the pleasure of our mouths when we eat our food,
in the loaf that we break for Christ's holy meal.

Spirit of earth, we welcome you.

We celebrate a Spirit that never rests,
who in the stillness of winter turns our faces toward spring,*
who awakens our creativity with tongues of flame.
Spirit within all that contains all,
move through us to bring justice to our troubled world.

We honor you. Blessed be

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 does the Lord Require of You? (ACS 1057)

Part I

What does the Lord re - quire of you?

Part II

Jus - tice, kind - ness,

Part III

To seek jus - tice and love kind - ness

What does the Lord re - quire of you?

walk hum - bly with your God.

and walk hum - bly with your God.

The musical score is written for three parts (Part I, Part II, and Part III) in a key of B-flat major (two flats) and 4/4 time. The melody is simple and hymn-like. The lyrics are: 'What does the Lord re - quire of you? Jus - tice, kind - ness, To seek jus - tice and love kind - ness'. The score is divided into two systems. The first system contains the first three parts. The second system contains the continuation of the melody for all three parts, ending with a double bar line. The lyrics for the second system are: 'What does the Lord re - quire of you? walk hum - bly with your God. and walk hum - bly with your God.'

First Reading: IMBOLC, by Caroline Mellor

I am the dream of awakening.

I am the returning of the night.

I am the tough green shoot pushing up through the paper stones.

I am the first case of sunlight on the unfurling petals of the snowdrop.

I am the wind which whispers the gentle pull of home to the migratory bird.

I am the drop of ice melting on the mountainside with its great dream of the ocean.

I am the sap rising in the blossom tree just before it reveals its sticky buns to the sky; I am the riotous celebration humming away beneath the earth's mantle of frozen sleep.

I am the rousing of the bear from its winter slumber, and the soft pad of the mother wolf's paw on the snow as she prepares to birth her pups.

I am hope, potential, rebirth and promise. I am the kindling beneath which transforms the flicker of inspiration in your creative core into a blazing torch.

Give me the silent crescent moon rising over the sea and I will build you a bridge of silver light so you can walk up and lie in it.

Give me the frost-hardened wilderness and I will breathe radiant green life over it.

Give me the healer, the writer, the crafts person in the storyteller and I will replenish her essence and make her new again.

...I am the fierce protectress in the sacred fire.

Tonight I bestow my gifts of power encourage at the hearth of your soul: power to step out of the shadows of self-doubt and negativity which I've held you in darkness for too long, power to shed all that would no longer serve you, and crude to clear your heart in mind for the dawn of that awaits you.

I am the time to honor your unique gifts for their true worth it to protect and nurture your true self as you would a child. I am the deep longing of the spirit which refuses to be deemed by narrative of fear and choose instead to place itself vivaciously on the side of love.

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I am stirring in your belly which knows exactly what you are capable - and that it's time the world found out.

I am the fire within which will not be contained any longer.

I am the quickening, I am the serpent uncoiling, I am Imbolc.

I am the dream of awakening.

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

The musical score is written for a three-part setting (Soprano, Alto, and Bass) in 4/4 time. The key signature has one sharp (F#). The melody is primarily in the soprano part, with the alto and bass parts providing harmonic support. The lyrics are written below the staves, with three parts of the text corresponding to the three parts of the setting. The score is divided into three systems. The first system covers the first line of lyrics. The second system covers the second and third lines of lyrics. The third system covers the fourth and fifth lines of lyrics. The score ends with a double bar line and a final chord in the bass part.

1 O - pen your hearts, all you who hear this, o - pen your
2 We have come to greet the Sav - ior, we have
3 Je - sus is here, we bow be - fore him, Je - sus is

hearts to know God's love, o - pen your hearts to
come to wor - ship him, we have come to
here with - in this place. Je - sus is here a -

hear his mes - sage: Je - sus makes us one.
sing God's prais - es; wor - thy is his name.
mong his peo - ple, chil - dren of his grace.

F E

Dm E

#8

Scripture: Micah 6:6-8

⁶“With what shall I come before the Lord
and bow myself before God on high?
Shall I come before him with burnt offerings,
with calves a year old?

⁷Will the Lord be pleased with thousands of rams,
with ten thousands of rivers of oil?
Shall I give my firstborn for my transgression,
the fruit of my body for the sin of my soul?”

⁸He has told you, O mortal, what is good,
and what does the Lord require of you
but to do justice and to love kindness
and to walk humbly with your God?

Presider: These are the words of an early Jewish 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. The Voice—Words and music by Brendan Graham,
arr. Roger Emerson

Emmanuel Choir

Time of Gratitude We Are an Offering (ELW 692)

The musical score is written on six staves of music. The melody is in treble clef with a key signature of one flat (Bb). The time signature is 7/8. The lyrics are written below the notes. There are three triplet markings (indicated by a '3' over a group of notes) on the first, third, and sixth staves. The lyrics are: 'We lift our voic-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our lives, they are yours: we are an of-fer-ing. All that we have, all that we are, all that we hope to be, we give to you, we give to you. We lift our voic-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing, we are an of-fer-ing.'

We lift our voic-es, we lift our hands, we lift our lives up to you: we are an
of-fer-ing. Lord, use our voic-es, Lord, use our hands, Lord, use our
lives, they are yours: we are an of-fer-ing. All that we have, all that we are,
all that we hope to be, we give to you, we give to you.
We lift our voic-es, we lift our hands, we lift our lives up to you:
we are an of-fer-ing, we are an of-fer-ing.

Thanksgiving at the Table

The Lord's Prayer Traditional

Communion Music: Ave Verum Corpus—by Mozart
Emmanuel Choir

Prayer Song: 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, Bob, Norm, Jennie,
Deborah, Jerry, Miguel, Kathy, David

Jimmy and Family who lost their apartment, belongings, & family pets in a fire.

Judy, Shannon, Mike, Matthew, Tom, Sophie, Vince, Todd, Bina, Jeff, Peg, Karen
& Jerry, Mary Jo, Dr. Abu, Emi, Isaiah, Manny, Leeza, Louis, Barbie, Janine, Mike,
Wade, Cindy, Billy, Denise, Jonathan

Announcements

Sending Song: Light Dawns on a Weary World (ELW 726)



1 Light dawns on a wea - ry world when eyes be - gin to
2 Love grows in a wea - ry world when hun - gry hearts find
3 Hope blooms in a wea - ry world when crea-tures, once for -



see all peo - ple's dig - ni - ty. Light dawns on a
bread and chil - dren's dreams are fed. Love grows in a
lorn, find wil - der - ness re - born. Hope blooms in a



wea - ry world: the prom-ised day of jus - tice comes.
wea - ry world: the prom-ised feast of plen - ty comes.
wea - ry world: the prom-ised green of E - den comes.



The trees shall clap their hands; the dry lands, gush with springs;



the hills and moun-tains shall break forth with sing - ing!



We shall go out in joy, and be led forth in peace,



as all the world in won - der ech - oes sha - lom.

Benediction/Sharing of the Peace

Other Upcoming Events

Breathe In-Between,
Saturday, February
14th.

Ash Wednesday is
February 18th.

Monday, February 23,
2026, at the Bah'ai
Center, 1650 N.
Alpine, Rockford. Judy
Moe will talk about
her friendships and
experiences with a
Bah'ai community in
Kenya.

Congregational
Resourcing Event(CRE)
Saturday, March 7th

Arts at Emmanuel A@E
invites you to participate in the art exhibit

Love is ...

Feb 2026—Apr 2026
Opening Reception in the Gallery at Emmanuel
Friday, February 6, 5:00-8:30 pm
920 Third Ave. Rockford

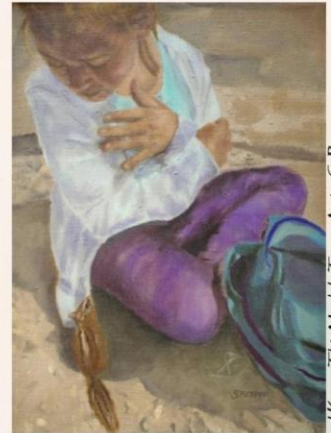
Calling all Artists

Arts at Emmanuel invites artists to explore the concept *Love is*, and express their interpretation through art. Artists are encouraged to pull from collective wisdom, entering into imagination what this concept inspires.

- To have your name included on promotional materials, your commitment is needed by January 1, 2026.

Art due: Wednesday, Feb 4 drop off 10:00am-12:00pm
Emmanuel Lutheran Church, 920 Third Ave. Rockford
Enter at church office north door (off alley, near parking lot.)
If you need to drop off work earlier in the week, please contact the office to make appt 815-963-4815.

If you would like to exhibit, contact Susan Hurley-Whitacre
at 708-845-7207 or susanhurley2010@gmail.com.



I Know This Much Is True Artist: S. Berman

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

Soul Garden Hikes

Wednesday, Feb 11th 10:00am
Blackhawk Springs Forest Preserve
5360 Mulford Road entrance, Cherry Valley, IL 61016

Saturday, February 28th 10:00am
Sugar River Forest Preserve
10127 Forest Preserve Road, Durand, IL 61024
Meet at shelter on top of hill

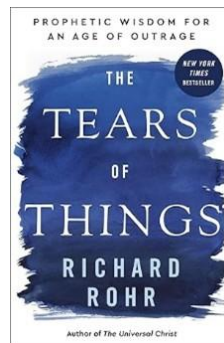
Thank you to all the artists who participated in the Arts@Emmanuel show, “Thresholds”. The pick-up dates for your work is Tuesdays through Thursdays, January 27th – the 29th. 9:00 am to 1:00 pm and Tuesday, February 3rd, 9-1, and Wednesday, February 4th, 9am to 12 noon. We will be hanging the new show, “Love Is...” starting February 4th at noon. If you have any questions, please call Susan Hurley-Whitacre @ 708-845-7207.

Plastic Recycling

You can each continue to recycle your plastic film at several outlets--**Meijer, Kohls, Schnucks, and Save-a-Lot**. PLEASE do not include HARD plastic or other plastic that is not mentioned in the flyer.

Spiritual Journeys

We will be starting a new book in Spiritual Journeys
We meet Tuesdays by Zoom from 9:30 a.m. until
This is Richard Rohr's latest book: The Tears of
Prophetic Wisdom for an Age of Outrage.



on February 3rd.
11:00 a.m..
Things:

The Bus Trip to Milwaukee and the Black Museum

Scheduled for February 9th, has been cancelled.

Holocaust

Heart Strings: Canjo Workshop with David Stocker

Saturday, February 7th, 10:00 am to 1:00 pm

At Nature At the Confluence in South Beloit



Warm your heart by crafting a unique up-cycled instrument! Last year we made frame drums. This year, artist-in-residence, Dave Stocker is back to lead Origins of Music workshop #2: The CANJO, also known as a diddly-bow, is related to the Berimbau of Afro-Brazilian roots. We will provide tools,

materials and art supplies. Please bring a cleaned out can 14 oz-30 oz, a limited number will be available. Children under 10 need parent assistance to decorate and assemble.

Please register for the number of canjos that you or your group would like to make so we can prepare supplies. This is a come-and-go event from 10:00am-1:00pm. Canjo creation takes approximately one hour.

We invite you to choose the participation fee that is most accessible to you, either \$15, \$25 or \$35 for your instrument. Your participation fee helps offset our cost of supplies and staff time.

Please visit natureattheconfluence.com
or call 815-200-6910 to register.

***Nature At The Confluence is located at
306 Dickop St in South Beloit, IL***