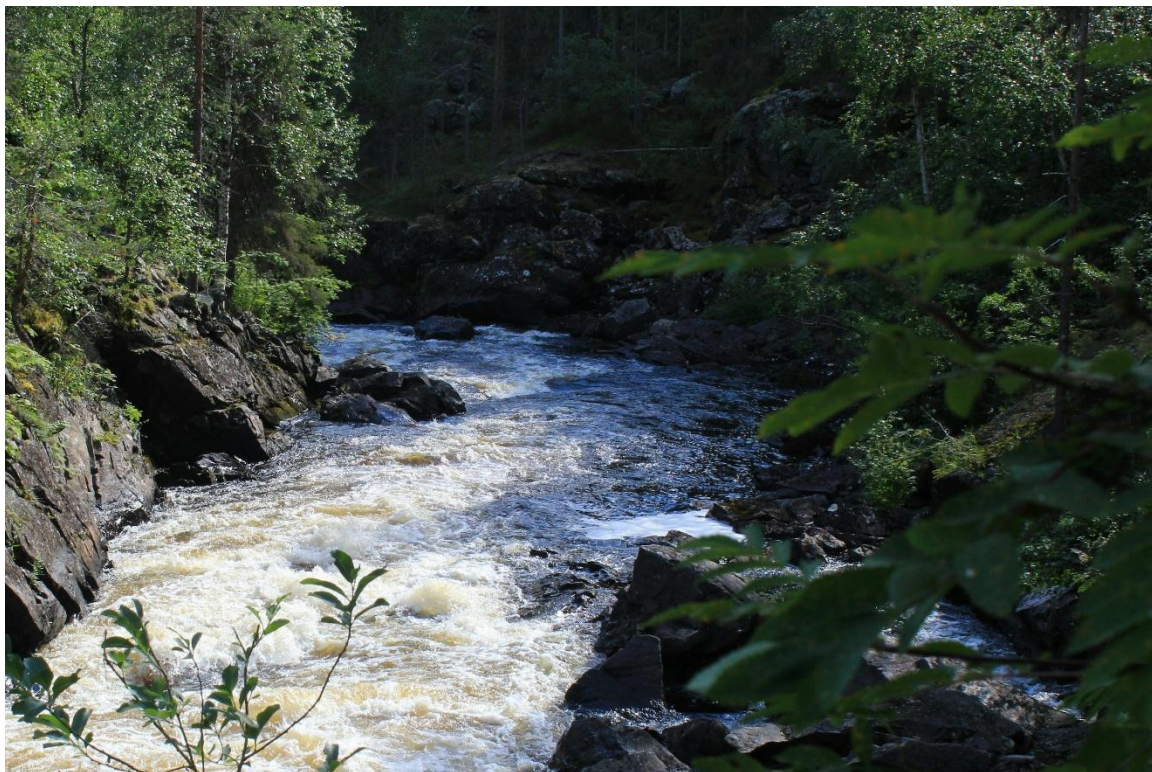




Anne Nygård <https://unsplash.com/@polarmermaid>

Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith, and Relevance to Every Soul's Heart)
August 9, 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: David Whitacre

Guest Musicians: David Stocker &

Jim Roberts

Accompanist: Clea Arbogast

Altar Guild: Brenden Nobel

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Yoga With Claudette Pirrello, Mondays at 5:00 pm

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.

August 9, 2026, in the Labyrinth
Theme: Intentions

Prelude: Come, Come, Whoever You Are (Rumi)

Welcome Pastor Frank Langholf

Meditation: Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. Carl Jung

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 from the Hopi Elders

You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. And there are things to be considered...

Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?

Know your garden.
It is time to speak your truth.
Create your community.
Be good to each other.
And do not look outside yourself for your leader.

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Then he clasped his hands together, smiled, and said, "This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

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: "Sweet Mystery" —by Jim Roberts

Refrain:

Holy holy, holy holy, holy holy...sweet mystery

Holy holy, holy holy, holy holy...come by me

1) Miriam's song, David's lyre, Baba's drum....sweet mystery
Teresa's castle, Martin's Bridge, Ghandi's march... come by me

2) Tara's dance, Rumi's fire, Hafiz laughter... sweet mystery
Rabia's temple, Buddha's tree, Jesus' garden... come by me

2) Howlin' wolf, hootin' owl, singin' frogs.... sweet mystery
(sounds of nature)

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Eastern cedar, apple blossom, fragrant prairie... come by me

- 4) Mornin' dew, brilliant sun, healin' rain sweet mystery
orange sunset, crescent moon, sacred starlight... come by me
- 5) El-shaddai, , God almighty, holy mother... sweet mystery
wa-kan-tonka, lotus jewel, ma-o-na.... come by me
- 6) The Beloved, sacred secret, Source of All Life... sweet mystery
Shining Beauty, hidden in me, everything I see.... come by me

References:

Miriam...Hebrew woman singing when the Red Sea was crossed to freedom
David...harpist who healed the King, then became King
Baba...Nigerian drummer who brought the drum to the western world
Teresa... 16th century mystic who saw the soul as a holy castle
Martin...MLK jr. leads activists across the Selma bridge for justice
Ghandi...non-violent leader leads Salt March to free India from British Rule
Tara...dancing goddess embodying compassion and wisdom/ India
Rumi & Hafiz...mystical poets of 13th/14th century Persia (now Iran)
Rabia... 8th c. woman sold into slavery, mystic poet/ teacher/ middle east
Buddha...Bodhi tree led him into enlightenment
Jesus...prophet/ mystic whose temple of prayer was a garden
El-shaddai...Hebrew for "God of the mountains"
Wakan Tonka/ Maona...Lakota and Ho-Chunk for "Sacred/Great Mystery"
Lotus Jewel...India...sacred center/ jewel within the lotus flower

Reading: Invitation by Mary Oliver

Oh do you have time
to linger
for just a little while
out of your busy

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and very important day
for the goldfinches
that have gathered
in a field of thistles

for a musical battle,
to see who can sing
the highest note,
or the lowest,

or the most expressive of mirth,
or the most tender?
Their strong, blunt beaks
drink the air

as they strive
melodiously
not for your sake
and not for mine

and not for the sake of winning
but for sheer delight and gratitude—
believe us, they say,
it is a serious thing

just to be alive
on this fresh morning
in the broken world.
I beg of you,

do not walk by
without pausing

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to attend to this
rather ridiculous performance.

It could mean something.
It could mean everything.
It could be what Rilke meant, when he wrote:
You must change your life.

Deep Listening Preparation: Don't Go Back to Sleep

Scripture: Isaiah 43: 19

¹⁹ I am about to do a new thing;
now it springs forth; do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.

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: Bring Us Home
Jim Roberts and David Stocker

Time for Gratitude

Prayer Song and Response: 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

Linda, Lorraine, Wanie, Norm, Gary, Deborah, Jerry, Vince,
Miguel, Steve, Jim, Ruth Ann, Andrea, Char, Coulter, Judy

The Lord's Prayer

Deep mystery beyond our capacity to name, sacredness at the heart of All,
that which we trust to be Love:

May we create together a kin-dom of mercy, peace and justice. May love be
done in the here and now.

May we share life in bread and hope.

May the harm of our loveless way be forgiven, just as we forgive
those who have been untrue to us; so may paths of reconciliation
be found and followed.

May we find liberation from the powers that possess our spirits and
our structures.

For it is the power of love that we seek to live and move and have
our being.

May this be so, now and forever.

Announcements

Sending Song: **Bound Together**

Bound Together, We are Woven,
All related, Part of Each Other
One Story, Each other's own
One Family, All comin' Home.

Benediction

Sharing of Peace

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, August 10, 9:00am

Hononegah - #80 Hononegah Road, Rockton, IL 61072

Saturday, August 29, 9:00am

Colored Sands -10602 Haas Road, Rockton, IL 61024

Emmanuel's Journey Continues

Yesterday, Saturday, August 8th was a gathering of the Emmanuel community for a time of discussion, discovery, and discernment . We focused on three areas of our life together: our Sunday gatherings/services, programs/activities that focus inwardly at this spiritual community, and programs/activities that focus outwardly at the community and creation beyond us.

Rosie Santos, co-founder of Perspective Guides, was our guide and facilitator for our gathering. Perspective Guides identifies their work in this way. "We quiet the noise, prioritize, and systematize, so the path becomes clear and you and your team can walk it seamlessly together." Rosie is also a friend and participant with Pastor Frank in his training for guiding rites of passage work.

Today, Emmanuel's Council members will be meeting at Josh and Kelli Luebke's home, 335 St. Louis Ave., Rockford, 61104, from 2:00 pm to 5:00 pm. Rosie will be guiding the council members in "discussing and distilling" the information obtained on Saturday.

Rummage Sale

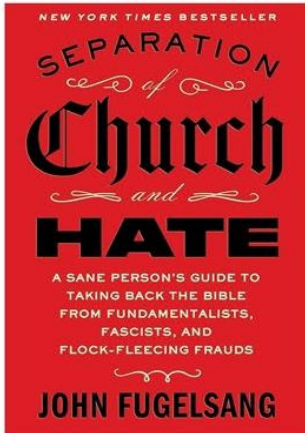
Emmanuel's church rummage sale will be coming up on Friday, the 18th and Saturday, the 19th of September, 9:00 am to 4:00 pm. Contact Taj Guzzardo or Andrea Wallace-Nobel if you have questions or are interested in volunteering. Call the church office, 815-963-4815 to get contact information.

Spiritual Journeys

started a new book, Tuesday, July 21, 2026. Please join us by Zoom at 9:30 a.m. until 11:00 a.m.

<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9lsHyRKypPv9.1>.

The new book is “Church & Hate,” by John Fugelsang. No need to read in advance. We take turns reading in our group and pause for discussion. You can join us anytime, we read and discuss the book together. Contact Karen Van Howe at karenavanhowe@gmail.com for question or if you want to join the group.

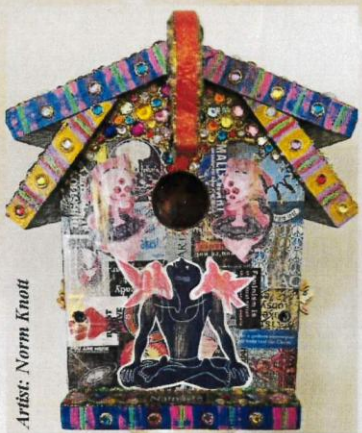


Fridays

Rockford City Market | Water Street and E. State Street Rkfd.

The Rockford City Market is held every Friday from May to late September. There are over 70 vendors at the market to provide an array of hand-crafted products, baked goods, and local growers. Try woodfire pizza or hot dogs and pair it with a fresh brew from a local brewery. Live music and socializing with friends make the market the place to be every Friday. The market is open from 4 – 8:30 p.m. until Labor Day and 4 – 7:30 p.m. after Labor Day.

Now Showing



Artist: Norm Knott

A@E invites you to join us for an evening of art & inspiration
ARTS AT EMMANUEL

Echoes of a Changing Planet

Art Show & Artisan Market

Artists Exhibiting

Norm Knott, Marsha Goodheart, Holly Blair-Cascio, Susan Berry, Julie Kennelly, Maya Simmons, Caitlyn Jahn, Paula Flanagan-Marsh, Barbara Berney, Lori Gustafson, Sadie Hoessrich, Becca Houlihan, Jose Sente, Greg LaMont, Clara Krick, Jessie Crow-Mermel, Wren Medina, Cassie Blair, Ventie Houi, Drew Helge, Annette McLean and Cherie Heck

If you would like more information, please contact Susan Hurley-Whitacre at 708-845-7207 or artsatemmanuel@gmail.com

Echoes of a Changing Planet; Art Show & Artisan Market had their opening Friday evening. Please make a point of coming to see the amazing talent of the new exhibits in Emmanuel's Celebration Room. The exhibit will be showing until November 15, 2026

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Pastor Frank Langholf, phone 309-509-5241, email: fslangholf@gmail.com