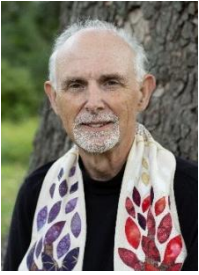


The Messenger – August, 2026



Grace and Peace,

We are moving into the final month of the summer season, the season of recreation. I hope that you have had moments to play in the summer sun, and to experience the renewal that comes through living a different rhythm. I have two offerings in this letter. The first is to share what is happening as Emmanuel continues our transition into the future. The second is to offer perspectives and practices for our spiritual journey, individually and collectively.

First, where are we in the journey of Emmanuel's emergence from the chrysalis. This process has two parallel pathways. We are proceeding down the pathway of selling our property, and we are proceeding down the pathway of discerning our identity and gifts.

Our conversation with Carpenter's Place is continuing, and we are drawing near to receiving an offer from them. When we have received an offer, we will be calling a congregational meeting to present the offer, and have a congregational discussion and decision on the sale. We will be planning further opportunities for letting go and embracing a new relationship with our building. There are letters in an offering plate on the altar in the sanctuary from our Holy Saturday Service. You are invited to write letters to the building and to God- letters of remembrance, gratitude, and grief- and place them in that offering plate. We will incorporate these letters in a service to be held after we have accepted their offer.

We are in conversation among ourselves of how we show up in the world/community. The Communication team created a survey to assist us in talking about how we show up in the community through the name we are known by, logos, fonts, and colors. All these are ways to be known.

Continued...

They also are helping us consider who we are called to be as a congregation. I have shared before that I believe that we have been in a chrysalis and ready to break out into the world. **We are going to continue this conversation in person on Saturday August 8. We will be meeting in First Lutheran's fellowship hall from 9:00 to Noon.**

We will be guided in this conversation by Rosie Santos. Rosie is a friend of mine (we are in the Ceremonial Immersion rites of passage training program), and co-founder of Perspective Guides. I hope you can be a part of this conversation. The Council will meet on Sunday August 9 to sift what we have gathered on Saturday

As I am writing it has been a stereotypical August summer day. It was hot and humid. Horses were sweating just standing around in the pasture. Many outdoor activities were transferred inside. It is August in the Midwest. The heat and humidity builds even as days are growing shorter and the night is expanding. What might this mean for soulful and spiritual practices? I have had two beautiful experiences in the last few days. I walk Jax through our neighborhood early in the morning. Sunday morning it was quiet except for the occasional birdsong. As I was attentive to the occasional bird call, I began to hear more birdsongs. The early morning was filled with the choir of birdsong. I find myself invited to rise every morning and listen to their celebration of life. I heard another chorus in the evening as the sun sets and shadows lengthened. Locusts, cicadas, have begun to sing. This is a sound of August for me, as I heard them as a child, and looked for their shells. Together the morning and evening choirs invite me to slow down and to listen as cicadas and cardinals celebrating life. I wonder what sights and sounds stir you to gratitude for Grace, God's gifts of Life and Love. Are they experiences in nature? Are they experiences of relationships? Are they experiences of worship: the sights and sounds of faith? Let's pause to attend to these experiencing in these waning days of summer.

Summer Blessings.

Pastor Frank

IMPORTANT GATHERING

We will be gathering as a community to vision together our future. Rosie Santos, co-founder of Perspective Guides, will be our guide for this time together. We will be meeting Saturday August 8 from 9 to Noon.

We will be meeting in the fellowship hall of First Lutheran Church.
225 S. 3rd St
(I am thankful they are hosting us.)

Please plan to attend if it is possible for you.

In Our Prayers

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

Shannon, Mike, Matthew, Tom, Sophie, Todd, Jeff, Peg, Mary Jo, Dr. Abu, Emi, Isaiah, Manny, Leeza, Louis, Barbie, Janine, Wade, Cindy, Billy, Denise, Netha, Raechel

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, August 31, 2026:** location TBD.
- **Monday, September 28, 2026:** location TBD.
- **Monday, October 26, 2026,** at Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.
- **Monday, November 30, 2026,** location TBD.

***** NO POTLUCK IN DECEMBER 2026. ******

Happenings at Emmanuel

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays, 4:00 – 5:00pm

Spiritual Journeys on Tuesdays, 9:30-11:30 am on Zoom

Wednesday Noon Bible Study 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 at Emmanuel.

Thursdays from 5:30 – 6:15pm – All are welcome.

Enter by parking lot entrance.

Questions or text Sara 815-742-0581.

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.

August Birthdays

8/2 Kathlyn Wright

8/5 Nolan Olson

8/14 Caryl Barnes

Gary Gentzel

8/15 Terri Hotek

8/17 Frances Wilson

8/18 Jeff Benson

8/19 Jan Peterson

Dan Vorsanger

8/24 Sallyann Roberts

8/27 Peg Burns

8/31 Andrea Glynn



From Sue Scott, **our Faith Community Nurse**

Every now and then I get a call from someone who manages chronic disease with injectable medicine (i.e. insulin,

testosterone, anti-clot medicine, to name a few.)

Disposing of the needles or "sharps" can be challenging.

The Winnebago County Health Department received grant monies and can help! Drop off your full sharps container and swap it for an empty one.

WCHD Sharps Program

Supervisor Delana Williams, Winnebago Health Dept.

815-720-4353 if have questions

555 N. Court St., Rockford, IL

Downstairs, look for Vital Records

Office 8:00 am-4:30 pm M-F

People can drop off sharps containers and pick up new ones: FREE.

4 other locations are opening, TBA.

Need help with drop-off? Call Sue, your Faith Community Nurse.

815-222-1299.



***Serving the people who live, work, worship,
and play
in the neighborhoods of Midtown***

August 2026 MLP Newsletter

Check out our Facebook page:

<https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

**Opportunities in Midtown Lutheran Parish
ALL ARE WELCOME!**

Katie's Cup is open Tuesday thru Friday 8 am - 2 pm

Katie's Walking Club—Thursdays at 9:15 a.m., weather permitting

Katie's Choice Book Club—Second Thursday of the month, 10 am.—11:15 am. Check with Katie's Cup for book selection

Katie's Cup Conversations -noon (11:30 room open)

Noon-1:15 p.m.:

September 15, 2026—Vets Roll

**Midtown Market on Thursdays from 9 a.m. to 1 p.m.
Indoors, with live music**

Cars and Coffee—the first Saturday of the month 9 a.m. til noon

**RVC Lecture Series—Please Register early through RVC's CLR
(Center for Learning in Retirement) If places available, may pay
\$5 at the door.**

**Call Tammy Lewis at 815-921-3933 or
email T.Lewis@rockvalleycollege.edu**

**October 15, 1:00-2:30pm – Mike Thomas on “Doctrine of
Discovery & Columbus Day”**

**Emmanuel Lutheran Church Pantry— Fridays 9:30-11:30 am
(closed the Fridays after Thanksgiving and Christmas)**



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

Special Guests: Nettle Curbside Compost,
Severson Dells & Nature at the Confluence

Opening Reception

Friday, August 7 5:00-8:00 pm

The Gallery at Emmanuel 920 Third Ave. Rockford

Enter North door off of parking lot

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, Ventic Houi, Drew Helge,
Annette McLean and Cherie Heck

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

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Emmanuelchurch07@gmail.com

Elrockford.org

Pastor Frank Langholf

309-509-5241

fslangholf@gmail.com