



September 2024

The deadline to submit newsletter articles for the next newsletter is September 15, 2024

Dear Catherine,

Emmanuel's message comes from a passion for searching and studying sacred scriptures. Wisdom and inspiration is also drawn from a variety of other traditions, prophets, and all women and men who have a deeply personal and intimate relationship with God.

*Everyone is welcome at Emmanuel.*

[CLICK HERE TO DONATE TO EMMANUEL](#)

## An September Message from Pastor Frank



Grace and Peace

As I am writing, it is the middle of August, but the weather, especially early mornings feels like September. As I am writing some children are returning to school, while others are preparing to do so before you have read this article. As I am writing, the church is buzzing with the sounds of children and instruments as the World Groove Drum Camp is happening. We have had a full house this

week. Our hope and plan is to continue to offer this to the youth of our community. As I am writing, I am making final preparation for a camping retreat in the mountains of Colorado. The retreat lasts for five days. I have had a practice of attending one retreat a year to intentionally and intensively connect with soul and spirit. Following the retreat Kathy will join me in Denver for a week of vacation. We will return on August 29. Kathy will be back to work on Saturday August 31, and I will be in worship on Sunday September 1. By the time you are reading this we will have shifted from our summer rhythm to that of autumn. We will shift from the rhythm of renewal and recreation to that work.

September begins with our national holiday of Labor Day, and marks the shift to a work and education rhythm. Labor Day was established to honor work that is represented by various forms of organized labor within our nation. I think this gives us an opportunity to reflect on all forms of work and labor.

We will reflect on work and vocation on Sundays, September 1 and September 8. We will begin by considering work and labor. Are there forms of labor which are overlooked in our culture? Are there forms of labor which are not valued as much as others? What experience of work have you had in your life? What is or was your means of making a living? Martin Luther's explanation of seventh commandment (in the 10 Commandments), *you shall not steal* includes the following; *We are to... help them (our neighbors) to improve and protect their property and income.* We lift the dignity of all forms of work.

The ELCA designates the second Sunday in September as the God's Work Our Hands Sunday. We will be reflecting on what it means to do God's work with our hands in the world. Martin Luther referred to something he called the priesthood of all believers? What do you think of when you hear "priesthood of all believers? When you read. "God's work our hands" what kinds of work come to mind?" I wonder how many people think first of work within the church. Perhaps, God's work includes more than we imagine it does.

September will bring an increase in the harvest of this year's fruitfulness. Throughout this month we will be experience an increase of harvest both in domestic fields and gardens, and the wild ones. What is being harvested in your life both at the physical and spiritual levels? As you may gather the harvest of gardens and fruit trees, consider what you are gathering in the work of both Soul and Spirit. What has arisen from the depths of your inner life, out of the Soul? What has come to you from beyond, the movement of Spirit?

Wild Blessings of the Spirit

*Pastor Frank*

---

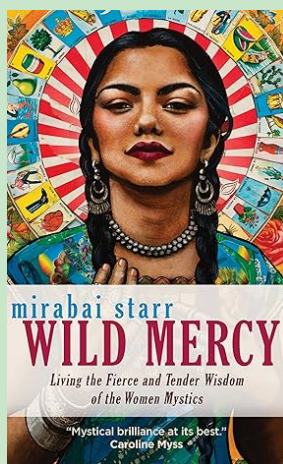
---



## Breathe - September 14 - 5:00pm at Emmanuel

At Emmanuel's Breathe Meditation Service, we gather for one hour to enter a sacred time -- the "thin place" between the worlds -- and Breathe. We listen to sacred scriptures and poetry from many traditions, we chant, and we sit in silence as we open ourselves to the Great Mystery. Enter by the North, parking lot entrance. Breathe is held the second Saturday at 5:00pm, every other month, at Emmanuel, September thru May. All are welcome.

---



## Spiritual Journeys Tuesday Book Study Group - 9:30 - 11:00am

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 at [karenavanhowe@gmail.com](mailto:karenavanhowe@gmail.com)

The NEW zoom link is <https://us02web.zoom.us/j/82445830943?pwd=NkFTY2htRHZVSG9lTFpNT3ZtZzJlJUT09>

---



All female members of the ELCA are considered a part of WELCA and are invited to join us on the third Thursday of each month (except July and August) at 9:30am at Emmanuel. **Our next meeting will be September 19<sup>th</sup> at 9:30am in the Celebration Room.** Leader: Sue Scott, Faith Community Nurse

Hope to see you there.

---



## Meditative Walk

*Take a quiet twilight stroll in the forest.  
Relax your mind;  
Open your heart;  
Stretch your spirit.  
Reach into new dimensions;  
realize something that you have not understood before,  
and you will not return the same.*

Twilight is that liminal time that divides light from darkness; the seen from the unseen; the known from the unknown. Join in on this silent, meditative time in nature where twilight will offer the opportunity to see deeper into all things, and where you might find that state of knowing in which both light and shadows blend, and all things appear as one. Listen for the owls to speak. Join the birds as they settle for the night. Smell the dampness of the forest floor as it rises up to greet you.

Wear footwear suitable for trail walking and dress appropriately for whatever the weather might bring. Bring hiking poles if you wish. Because this is an after hours program and the arboretum will be closed to the general public, **please plan to arrive a few minutes early** as the gates will close promptly at 5:30 PM. Group size will be limited, so register early to be sure to secure a spot!

Also, the Soul Garden leadership invites you to stay after the walk to share some wine and cheese - on the deck if weather permits, or indoors if the weather requires.

**Date: Thursday, September 26, 2024**

**Time: 5:30 - 7:30 PM**

**Location: Klehm Arboretum, 2715 S. Main St., Rockford, IL**

**To Register use this link:**

<https://www.simpletix.com/e/soul-garden-tranquility-walk-private-tickets-183749>

**or contact Jessica McDonald @ Klehm Arboretum - 815-965-8146**

---

**Something for Everyone at  
Emmanuel**

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>

Bible Study on Wednesdays  
at Noon on zoom.  
Dial 312-626-6799  
Meeting ID: 893 5688 8344  
Everyone welcome to join  
the Bible Study

Spiritual Journeys Book Study  
"Wild Mercy"  
Tuesday group 9:30 - 11:00am

Join Beth Campisi  
Cardio Drumming Mondays,  
Adaptive 4:00 - 5:00 pm  
Regular 6:00 - 7:00pm

Emmanuel Food Pantry  
Fridays, 9:30 - 11:30am

"Nature or Nurture"  
all-media art show will run through  
October 30th.  
Gallery/Church hours are  
T/W/TH 8:00 - 2:00pm  
815-963-4815  
Enter Gallery through  
North Parking Lot entrance.

Winnebago County Forest Preserves  
Interest Hikes  
See Article Below

Women's Interfaith Potluck  
See Article Below

All are welcome @ Emmanuel!!

Emmanuel's Prairie Garden is growing beautifully but unfortunately so are the weeds. Help is needed to pull the weeds. If you can give a little of your time to come over and help get rid of the weeds, please call Taj Guzzardo at 779-770-3520. Thank you.

---

## Women's Interfaith Potluck

All women are invited to the Women's Interfaith Potlucks

- Monday, September 30, 2024, at Shepherd of the Valley Lutheran Church, 2715 S. Mulford, Rockford. Linda Bailey of Elgin, a children's author and retired registered nurse, will speak about the four children's books she has written.

- Monday, October 28, 2024, at the Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford.

- Monday, November 25, 2024, at Unitarian Universalist Church, 4848 Turner St., Rockford.

Hope to see you soon!  
Susan Goldberg





### We Pray for Healing

Allison  
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

We pray for the family and friends of Miriam Ring who died on Friday, August 16<sup>th</sup> in Wisconsin.

---

### ***Hop on the MealTrain For Allison Downie***

This is the MealTrain link or Allison: <https://mealtrain.com/ed76ze>

---

Sue Scott, our Faith Community Nurse will be in her office to do Blood Pressure screening on Sunday, September 8, 8:30 – 10:30am.

Stop in to get your blood pressure checked or if you have any medical questions.

Also, mark your calendar for Lifescape Senior Expo September 21, 9:00 – 2:00pm.

### LIFESCAPE SENIOR EXPO

Saturday, Sept. 21 - 9:00 am - 2:00 pm

FREE ADMISSION

Rock Valley College PE Center,  
3301 N. Mulford Rd.- Rockford

Over 70 vendor booths with representatives in health care, home health, senior living, insurance, wealth management, estate planning, funeral planning, government services, social services, and community organizations! Flu and COVID-19 vaccinations provided by Walgreens!

OSF OnCall Connect on the Go Van onsite!

9:45 am - Chair Yoga provided by the YMCA Rock River Valley

10:30 am - S.A.F.E. Presentation (Situational Awareness for Everyone)

provided by Frank Ingardona, Winnebago County Sheriff's Office Training Director and Master Instructor through the Police Training Institute at the University of IL.

12:30 pm - "Growing Old is No Joke, or Is It?" presented by SAK Healthcare

1:00 pm - Chair Yoga provided by the YMCA Rock River Valley

For more information or to register or sponsor, please call Lifescape at 815-963-1609 or visit [www.lifescapeservices.org](http://www.lifescapeservices.org)!

---

What is Meal Train? There are times in our lives when friends and family ask, "What can I do to help out?" The answer is usually to help them with a meal. When many friends provide support through a meal, Meal Train keeps everyone organized.

MealTrain.com is a free meal calendar tool that makes planning meals among a wide group easy and less stressful.

**Here is an update from Allison:**  
Goblet Cell Adenocarcinoma produces two types of cancer cells. One causes tumors, the other one creates a cancerous biofilm. Thankfully I only have two tumors, but the spread into my abdominal cavity is extensive, and is why it's classified as stage 4, even though it hasn't spread into my lungs. The cancer has spread into my peritoneum (secondary peritoneal carcinomatosis) and into my omentum. Thankfully, it has not reached my lymph nodes, but I am dealing with malignant ascites, which is a backup of lymphatic fluid in the abdominal cavity.

As you can imagine, it's a bit painful.

Your Love, prayers, and support are very much appreciated, by myself, my son, and my mother.



### September Birthdays

9/4 Jason Birch  
9/15 Susan Goldberg  
9/15 Jean Welker  
9/20 Gwen Fleming  
9/20 Philip Seeber  
9/21 Eli Hoffman  
9/25 Debbie Roose



Connecting you to care, wherever you are  
OSF OnCall Connect On the Go

Visit us at Emmanuel Lutheran Church Food Pantry  
920 3rd Ave | Rockford, IL 61104

Every 4<sup>th</sup> Friday of the Month | 9 AM – 11:30 AM

**Our services:**

- Health screenings
- Health care navigation
- Technology assistance
- Connection to resources
- Program enrollment

No appointment needed.

Visit [osfoncall.org/onthego](https://osfoncall.org/onthego)  
or scan the QR code.



\* An 8-12 hour fast is required for blood glucose and total cholesterol screenings.

OSF OnCall  
CONNECT

An advertisement for a book club meeting. It features two mugs of coffee on a bed of coffee beans, a white daisy flower, and a book cover for "Mad Honey" by Jodi Picoult and Jennifer Finney Boylan. The text reads: "Katie's Choice Book Club, Thursday, September 12, 10 am, Mad Honey, By Jodi Picoult &amp; Jennifer Finney Boylan, Free and open to all - Discussion at Katie's Cup".

Everybody welcome as we engage in "Mad Honey" by Jodi Picoult and Jennifer Finney Boylan for September's Book Club. No reservations are necessary; books are available to purchase at Katie's Cup.

Katie's Cup is located at the corner of 7th Street and 4th Avenue in Rockford.



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

Check out our Facebook page:  
<https://www.facebook.com/Midtown-Lutheran-Parish-101030175425386>

9/26 Alex Novak  
9/26 Victoria Schiess  
9/29 Fran Hamm

**Opportunities in MLP—ALL ARE WELCOME!**  
*Katie's Cup follows CDC, State,  
and County Covid protocols.*



**Winnebago County Forest  
Preserves  
Interest Hikes**

**Come hike with us.**

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

**Wednesday, September 4th, 9:00am  
Espenscheid Memorial Forest Preserve  
4800 South Perryville Road, Cherry  
Valley, IL 61016**

**Saturday, September 21st  
Severson Dells Forest Preserve  
8786 Montague Road, Rockford, IL  
61102**

Link to Descriptions of all 44 Forest Preserves  
<https://www.winnebagoforest.org/items>

Katie's Cup open Tuesday thru Friday 8am -3 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

**Thursday Rockford Midtown Market from  
9 a.m. to 1 p.m.**

Midtown Market Music:

**Sept 5—The Magtones**

**Sept 12—Brian Wood**

**Sept 19—Paul Heisel**

**Sept 26—Randy Nicholson—American  
Songbook**

Cars 'n Coffee—First Saturday of the month  
through October, 9 a.m. till noon. Musicians:  
July 6—Brian Wood

RVC Lecture Series—**Please Register through  
RVC's CLR (Center for Learning in Retirement)**  
Call 815-921-3933 or email  
[T.Lewis@rockvalleycollege.edu](mailto:T.Lewis@rockvalleycollege.edu)

**Strong Block Party at Inscape Collective—  
September 7, 2024**

**Ruthie's Kitchen  
925 Fifth Avenue**

Ruthie's Kitchen will only be open on the  
fourth Saturday of August for the 1:00-  
3:00pm meal. We are looking for more  
groups to help serve each Saturday. We  
need more volunteers because we don't  
have enough folks. We have been serving  
70-90 people every Saturday and your help  
is needed. Please contact Janice Forrest,  
the Outreach Coordinator, about  
volunteering at 815-964-4609. Any group  
from a church, service group or company  
can help. We are scheduling for the fall  
over the next few months so please  
consider helping. Even if you just serve 1-4  
times a year, you are needed. The food  
cost is about \$200-\$300 for a meal.  
Donations can be sent to Zion Lutheran  
Church or donated through our website.  
Peace,  
Pastor Michael Thomas,





**Join Beth Campisi  
for Cardio Drumming**

**Adaptive Cardio Drumming  
Every Monday 4:00-5:00pm**

This class provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous cardio, however it provides a multitude of benefits for the participant! No drumming experience needed. All levels welcome!

**Regular Cardio Drumming  
Every Monday 6:00-7:00pm**

Cardio drumming combines cardio exercise and drumming to music to provide an easy but effective workout. Using an exercise ball, a bucket and drumsticks, cardio drumming is a fun, fast paced way to increase your heart rate, burn calories and improve your coordination. It even helps to improve brain function and you don't need to be a drummer to do it! Cardio drumming is fun, engaging and accessible to everyone. All fitness levels welcome!

Contact Holly Blair-Cascio if you would like to Cardio drum with us!

815-543-1191 [hollyblair@mac.com](mailto:hollyblair@mac.com)

**Emmanuel needs your  
financial support.**

Just like you need an income to pay your electric, water and gas bills, the church also has to pay its bills. You may place your donation in the offering plate on Sundays or mail your offering to

Emmanuel Lutheran Church  
P.O. Box 4362

Zion Lutheran Church  
925 Fifth Avenue, Rockford, IL 61104  
815-964-4609 (work)  
[www.zionrockford.com](http://www.zionrockford.com)



ALL Men are invited to the Men's Banquet at Salem Lutheran, 1629 S. Sixth St, Rockford.

Call 815-965-5131 by September 8<sup>th</sup> to make a reservation.

You do not have to be a member of Salem to attend.

**Our 2024 Council Officers  
and  
Congregational Council  
Members**

Karen Van Howe, President  
Holly Blair Cascio, Vice President  
Jack Ream, Treasurer  
Kathlyn Wright, Secretary  
Dan Goldberg  
Taj Guzzardo  
Susan Hurley-Whitacre  
Rich Lundin  
Sally Susan  
Marcia Terrill

Northern Illinois Synod Voting Members from Emmanuel:

Lay Voting Members:

Linda Aldana, Rocio Aldana

Rostered Voting Member: Pastor Frank Langholf

**EMMANUEL LUTHERAN**

Rockford, IL 61110

## CHURCH

If you prefer to donate online, go to our website at [www.elcrockford.org](http://www.elcrockford.org) and click on the Donate button in the upper right-hand corner of the page.

920 Third Avenue P.O. Box 4362  
Rockford, Illinois 61104  
815-963-4815 Fax 815-963-4808  
Email: [emmanuelchurch07@gmail.com](mailto:emmanuelchurch07@gmail.com)  
[www.elcrockford.org](http://www.elcrockford.org)

Thank you for supporting your church!

Emmanuel Lutheran Church, P. O. Box 4362, Rockford, IL 61110  
815-963-4815 Fax: 815-963-4808  
[emmanuelchurch07@gmail.com](mailto:emmanuelchurch07@gmail.com) [elcrockford.org](http://elcrockford.org)  
Pastor Frank Langholf 309-509-5241 [fslangholf@gmail.com](mailto:fslangholf@gmail.com)



Emmanuel Lutheran Church | 920 Third Ave | Rockford, IL 61104 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!