



**Welcome to ReFresh at Emmanuel
(Restoring Energy, Faith,
and Relevance to Every Soul's Heart)
September 15, 2024**

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

Preside: Pastor Frank Langholf

Lector: Steve Terrill

Coordinator of Adult Music Min.: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Communion Assistant: Kristie Heath White

Altar Guild: Susan & David Whitacre

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Usher: Rich Lundin

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays at Emmanuel

Adaptive Cardio Drumming--Mondays 4:00-5:00

Regular Cardio Drumming--Mondays 6:00-7:00

Spiritual Journeys - Tuesdays - 9:30 - 11:00am.

Join us on Tuesdays for Spiritual Journeys Zoom group.

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 Van Howe at karenvanhowe@gmail.com Join Spiritual Journeys Zoom Meeting:

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

Bible Study on Wednesdays at Noon on zoom.

Dial 312-626-6799 Meeting ID: 893 5688 8344

Date: September 15, 2024

Theme: Music

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: The one who sings prays twice. —attributed to St. Augustine

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: We Are the Music by Renee Ruchotzke

Our first breath is followed by our first song

Lusty, loud and primal

A solo that announces to the world, "I have arrived!" **We are the music.**

As toddlers hearing our first reggae beat

We let our spines and hips bend and sway in response

As natural as the beat of our hearts **We are the music.**

The drone of the bass notes of the church organ

A vibration in our chests

Tense muscles relax, the breath deepens. **We are the music.**

As we push the air from our bellies

Out through the chest and throat

Our changing expressions shape the sound. **We are the music.**

As we sing together

Voices blend to create a harmony

Each voice enriched by its connection to the next. **We are the music.**

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: Oh, Sing to the Lord (WOV 795)



1 *Can - tad al Se - ñor un cán - ti - co nue - vo.*
1 Oh, sing to the Lord, oh, sing God a new song.
2 For God is the Lord, and God has done won - ders.
3 So dance for our God, and blow all the trum - pets.
4 Oh, shout to our God, who gave us the Spir - it.
5 For Je - sus is Lord! A - men! Al - le - lu - ia!



Can - tad al Se - ñor un cán - ti - co nue - vo.
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¡Can - tad al Se - ñor; can - tad al Se - ñor!
Oh, sing to our God, oh, sing to our God.
Oh, sing to our God, oh, sing to our God.
Oh, sing to our God, oh, sing to our God.
Oh, sing to our God, oh, sing to our God.
Oh, sing to our God, oh, sing to our God.

First Reading: by Rumi

Don't worry about saving these songs!
And if one of our instruments breaks,
it doesn't matter.

We have fallen into the place
where everything is music.

The strumming and the flute notes
rise into the atmosphere,
and even if the whole world's harp
should burn up, there will still be
hidden instruments playing.

So the candle flickers and goes out.
We have a piece of flint, and a spark.

This singing art is sea foam.
The graceful movements come from a pearl
somewhere on the ocean floor.

Poems reach up like spindrift and the edge
of driftwood along the beach, wanting!

They derive
from a slow and powerful root
that we can't see.

Stop the words now.
Open the window in the center of your chest,
and let the spirit fly in and out.

Second Reading: by Pete Seeger

“Once upon a time singing was a part of everyday life
as much as talking, physical exercise and religion.

Our distant ancestors, wherever they were in this world,
sang while pounding grain, paddling canoes or walking long journeys.

Can we begin to make our lives once more all of a piece?

Finding the right songs and singing them over and over
is a way to start.

And when one person taps out a beat

while another leads into the melody

or three people discover a harmony they never knew existed,

or a crowd joins in on a chorus

as though to raise the ceiling a few feet higher,

then they also know there is hope for the world.”

Scripture/Meditation Song: Lord, Let My Heart Be Good Soil (ELW 512)

The image shows a musical score for the song "Lord, Let My Heart Be Good Soil" in the key of D major (two sharps). The score is arranged in three systems, each with a bass line and a treble line. The lyrics are written below the treble line.

System 1:
Bass line: D4, E4, F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4.
Treble line: Cdim7, C#m, A, Am, E/B, A/B.
Lyrics: When my heart is lost, lead me on your way. Lord, let my heart,

System 2:
Bass line: D4, E4, F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4.
Treble line: E, A/B, E, A/B, F#m/E, E.
Lyrics: Lord, let my heart, Lord, let my heart be good soil.

Time of Gratitude —Give Thanks (the Covenant Hymnal74)

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

And now let the weak say, "I am strong"

Let the poor say, "I am rich

Because of what the Lord has done for us"

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son

Give thanks!

Thanksgiving at the Table

The Lord's Prayer—traditional

**Communion Music: As We Break the Bread—Jay Althouse
Emmanuel Choir**

Prayer Song: The Lord is My Song (ELW 751) Verse 2

O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.
OR *The Lord is my song, the Lord is my praise: all my hope comes from God.*

O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.
The Lord is my song, the Lord is my praise: God, the well-spring of life.

The image shows two systems of musical notation for a prayer song. Each system consists of a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#). The first system includes the lyrics 'O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.' followed by an alternative line in italics: 'OR The Lord is my song, the Lord is my praise: all my hope comes from God.' The second system includes the lyrics 'O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.' followed by an alternative line in italics: 'The Lord is my song, the Lord is my praise: God, the well-spring of life.'

Prayers of the People—Blessing for those returning to school

Allison, Denny, 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

Announcements

Sending Song: Sing out Earth and Skies (Gather)



1. Come, O God of all the earth: Come to us, O Right- eous One;
2. Come O God of wind and flame: Fill the earth with right- eous- ness;
3. Come, O God of flash- ing light: Twin- kling star and burn- ing sun;
4. Come, O God of snow and rain: Show- er down up- on the earth;
5. Come, O Jus- tice, Come, O Peace: Come and shape our hearts a- new;



Come, and bring our love to birth: In the glo- ry of your Son.
Teach us all to sing your name: May our lives your love con- fess.
God of day and God of night: In your light we all are one.
Come, O God of joy and pain: God of sor- row, God of mirth.
Come and make op- pres- sion cease: Bring us all to life in you.



Sing out, earth and skies! Sing of the God who loves you! Raise your



joy- ful cries! Dance to the life a- round you!

Benediction:/Sharing of the Peace



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 19th at 9:30am in the Celebration Room at Emmanuel.. Hope to see you there.

Mabon: Autumn Equinox Celebration

Friday, September 20th, 6:00 – 8:00pm at Severson Dells, 8786 Montague Rd., Rkfd., IL

Celebrate the abundance of harvest season with an inclusive, inter-faith event hosted by Emmanuel Lutheran at Severson Dells Nature Center. Engage in ceremony, wander through the woods, create cute fall charms, and enjoy a harvest potluck. We'll spend some time outside and some time inside, so dress for the weather! Folks of all spiritual paths are welcome to attend and we are happy to answer any questions you may have in advance.

We ask that attendees bring an item from their garden or other food to share in a potluck. Recommended donation is \$10 a person, although monetary donations are not an expectation and should not restrict people from participating. Donations go toward supporting future gatherings!

Due to the limited space of the venue, we are going to limit registration to the first 40 people who register. If you are not in the first 40 folks, fear not- we'll have a wait list and more Wheel of the Year events coming up around the corner!

Here is the link to register. Please comment or text Pastor Frank, 309-509-5241, with any questions

https://docs.google.com/forms/d/e/1FAIpQLSdlg4hm65odCm1_LVmPgV5fybY0fTzFvmgAKG3c5lscToV7_g/viewform?usp=sf_link

Wild Church Gathering

Our second Wild Church gathering will be held on Saturday September 21, 9:00 am to 11:00 am in the Severson Dells Forest Preserve (8786 Montague Rd, Rkfd, IL 61102).

Wild Church gatherings provide the opportunity to hear the Spirit whisper in nature, and in the sharing of others. We will begin with song and acknowledgement of the Sacred presence in all things, and within us. After instructions and a poem, we will wander the land listening for Mystery to whisper or stir in nature. Then, we gather again to share in council what or who has spoken to us. I will offer the opportunity for those who share to experience the mirroring of their story. Mirroring is a practice to deepen into the story and experiencing. Our gathering ends with a blessing. There will be a greeter in the parking lot to direct you to our circle. Please bring a chair, a journal and pen, and an open heart. Invite a friend (or stranger). Please text Pastor Frank at 309-509-5241 if you plan on coming.

We can't wait to celebrate with you!



***Special Meditative Walk
for Emmanuel
led by Randy Zimmerman***

*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