



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

**January 19, 2025**

## **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

Special Musicians: Emmanuel's Choir

Lectors: Karen Van Howe & Taj Guzzardo

Accompanist: Clea Arbogast

Communion Assistant: Bobbie Walter

Altar Guild: Gary & Jan Peterson

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

### **Yoga With Claudette Pirrello, Mondays at 5:00 pm**

### **Cardio Drumming With Beth Campisi Mondays at Emmanuel**

**Adaptive Cardio Drumming-- 4:00-5:00pm    Regular Cardio Drumming-- 6:00-7:00pm**

### **Join us on Tuesdays for Spiritual Journeys Zoom Group - 9:30 - 11:00am.**

We are reading "Essential Spirituality: The 7 Central Practices to Awaken Heart and Mind," by Roger Walsh. Any questions, contact Karen Van Howe

at [karenvanhowe@gmail.com](mailto:karenvanhowe@gmail.com) Join Spiritual Journeys Zoom Meeting:

<https://us02web.zoom.us/j/89838350099?pwd=O4Hu08ruXp2VHLOZLm9IsHyRKypPv9.1>

### **Bible Study on Wednesdays at Noon on zoom.**

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

### **Young Adult Book Study: Tuesdays, 4:50 to 7:50**

**Emmanuel's library, January 7<sup>th</sup> to March 4<sup>th</sup>.**

January 19, 2025  
Living into the Stories

**Prelude:** Clea Arbogast

**Welcome:** Pastor Frank Langholz

**Meditation:** We are our stories. We tell them to stay alive or keep alive those who only live now in the telling. —Niall Williams

**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:** by Dan Senter

We are community

Embraced by the mystery of God's love for all creation

**We are a community that looks for the light of Christ**

**The light that shines in every time, every place and every life**

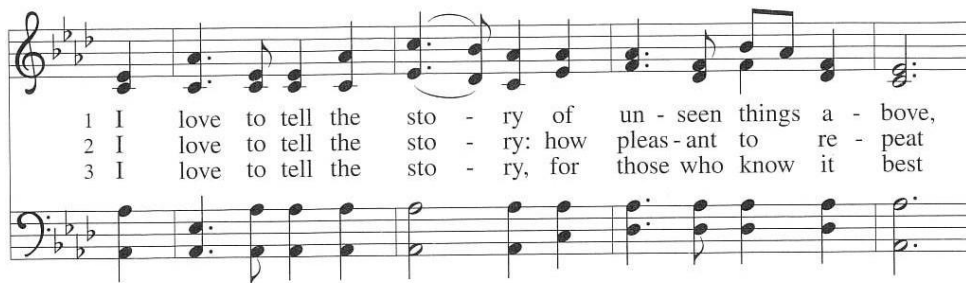
Within this dynamic community we foster connections and experiences that bring meaning to life and help us face the issues of our day.

**Together, we strive to live with loving hearts, open minds and hands extended to all. We are community bathed in the love of God.**

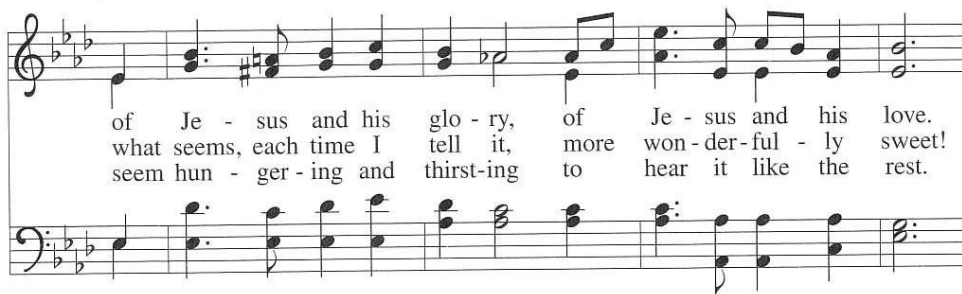
**Proclamation of Grace:**

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.

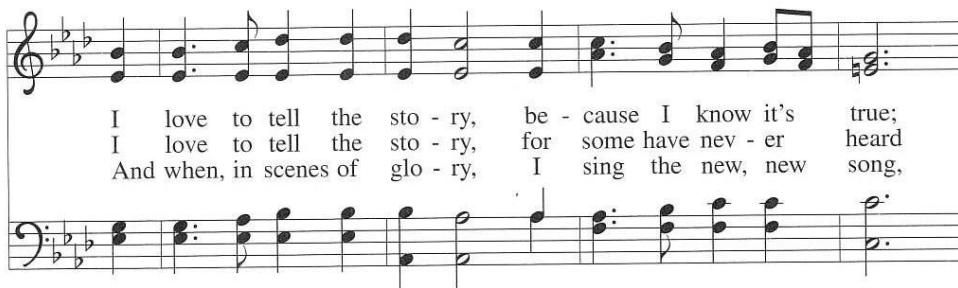
## Gathering Song: I Love to Tell the Story (ELW 661)



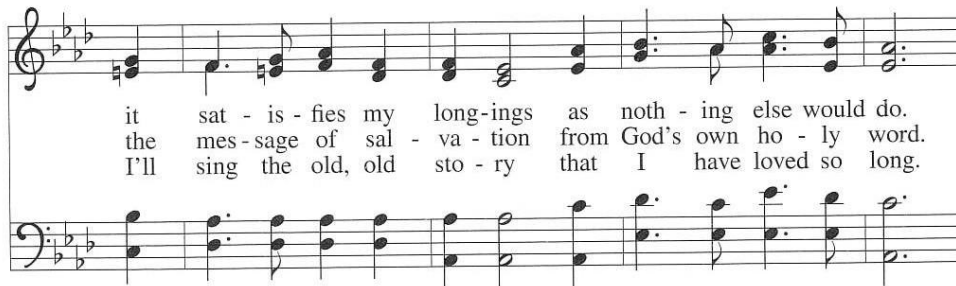
1 I love to tell the sto - ry of un - seen things a - bove,  
2 I love to tell the sto - ry: how pleas - ant to re - peat  
3 I love to tell the sto - ry, for those who know it best



of Je - sus and his glo - ry, of Je - sus and his love.  
what seems, each time I tell it, more won - der - ful - ly sweet!  
seem hun - ger - ing and thirst - ing to hear it like the rest.




I love to tell the sto - ry, be - cause I know it's true;  
I love to tell the sto - ry, for some have nev - er heard  
And when, in scenes of glo - ry, I sing the new, new song,



it sat - is - fies my long - ings as noth - ing else would do.  
the mes - sage of sal - va - tion from God's own ho - ly word.  
I'll sing the old, old sto - ry that I have loved so long.

*Refrain*



I love to tell the sto - ry; 'twill be my theme in glo - ry  
to tell the old, old sto - ry of Je - sus and his love.

### **Readings:**

We tell stories because we are human. But we are also made more human because we tell stories. When we do this, we tap into an ancient power that makes us, and the world, more of who we are: a single race looking for reasons, searching for purpose, seeking to find ourselves.

Amanda Gorman

Myths are public dreams, dreams are private myths. Myth is not about what happened in past times; myth is about what happens to people all of the time. Both dreams and myths are important communications from ourselves to ourselves.

Joseph Campbell

I like to think that the universe is a story that exists from start to finish, all at once. The page has fallen open to this moment you are experiencing now, but all the other pages still exist. The whole story is contained in every point, even the tiny point of space and time in which you are reading this. We are all in this story together, for all of space and time. Let's try to make it a good one.

Dr. Michelle Thaller

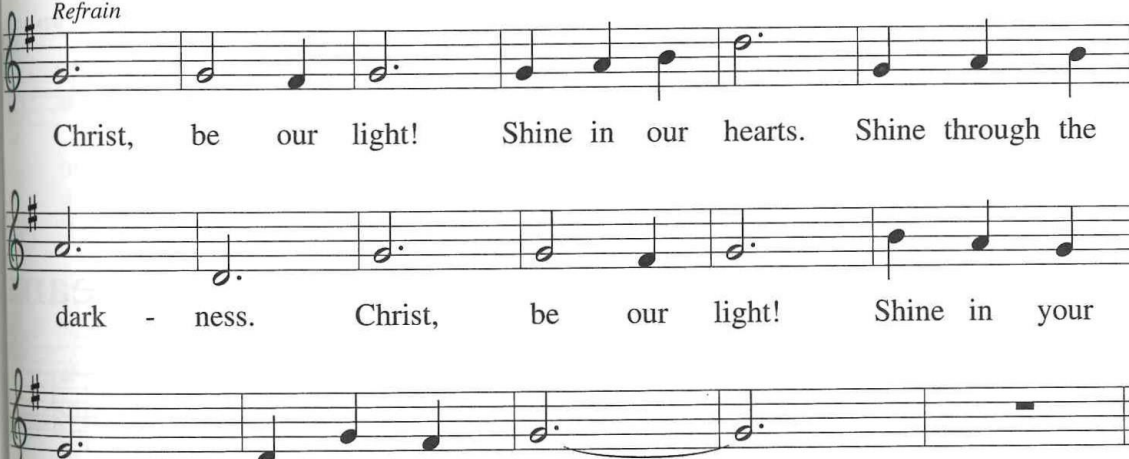
Patterns are the logic of both the material and the spiritual worlds, and stories are how we make that logic evident to one another. Each pattern explains and connects, fills in a blank, and provides a steppingstone to something more.

Stories are how we make ourselves whole.

Diana Gabaldon

**Scripture/Meditation Song:** Christ Be Our Light (ELW 715) refrain

*Refrain*



Christ, be our light! Shine in our hearts. Shine through the  
dark - ness. Christ, be our light! Shine in your  
church gath - ered to - day.

The image shows three staves of musical notation in G major (one sharp). The first staff contains the melody for the first line of the refrain. The second staff contains the melody for the second line. The third staff contains the melody for the third line. The lyrics are written below the notes, with hyphens indicating syllables that span across two notes.

**Scripture:** Luke 4: 14-21

<sup>14</sup>Then Jesus, in the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding region. <sup>15</sup>He began to teach in their synagogues and was praised by everyone. <sup>16</sup>When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, <sup>17</sup>and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

<sup>18</sup>“The Spirit of the Lord is upon me,  
because he has anointed me  
to bring good news to the poor.  
He has sent me to proclaim release to the captives  
and recovery of sight to the blind,  
to set free those who are oppressed,  
<sup>19</sup>to proclaim the year of the Lord’s favor.”

<sup>20</sup>And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. <sup>21</sup>Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

Presider: This is the witness of an early Christian 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:** For Good (from Wicked; Stephen Schwartz; Arr.: Mac Huff)  
Emmanuel Choir

**Time of Gratitude:** We Are an Offering (ELW 692)

The image shows a musical score for the hymn 'We Are an Offering' (ELW 692). It consists of six staves of music in a single system, all written in treble clef with a 7/8 time signature. The lyrics are written below the notes. The score includes several triplet markings (indicated by a '3' above the notes) and rests. The lyrics are: 'We lift our voice-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing. Lord, use our voice-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 voice-es, we lift our hands, we lift our lives up to you: we are an of-fer-ing, we are an of-fer-ing.'





## Announcements

### Sending Song: Go, Tell It On The Mountain (ELW 290)

*Refrain*



Go tell it on the moun - tain, o-ver the hills and ev - 'ry - where;



go tell it on the moun - tain that Je - sus Christ is born!



1 While shep-herds kept their watch-ing o'er si - lent flocks by night,  
2 The shep-herds feared and trem-bled when, lo, a - bove the earth  
3 Down in a lone - ly man - ger the hum - ble Christ was born;



*Refrain*



be - hold, through-out the heav-ens there shone a ho - ly light.  
rang out the an - gel cho - rus that hailed our Sav - ior's birth.  
and God sent us sal - va - tion that bless-ed Christ-mas morn.



## Benediction

### Sharing of the Peace

**ANNUAL MEETING OF THE CONGREGATION  
JANUARY 26, 2025  
FOLLOWING THE 10:30 AM SERVICE.**

The Annual Reports are ready. For an email copy, contact Karen Van Howe. Printed copies will be available in the church office during office hours (Tuesday, Wednesday and Thursdays-8:30 to 1:30, Fridays-9:00 to 12:00 and Sundays during services.

**January 19<sup>th</sup>, Today, @ Three Ravens Pottery**

*Soul Garden* has arranged with *Three Ravens Pottery* studio to host a beginning wheel throwing pottery workshop. Please join us Sunday afternoon January 19<sup>th</sup> from 1:00 – 3:00pm for a fun and rewarding pottery experience in this artful studio space near our church! Three Ravens Pottery, 1009 5<sup>th</sup> Ave., Rkfd. 61104 Cost \$45 paid to *Three Ravens Pottery*. Please call or text Holly if you would like a space for the workshop. Space is limited to 9 people. 815-543-1191

**UPCOMING WOMEN'S INTERFAITH POTLUCK**

Monday, January 27, 2025, at Grace Lutheran Church, 343 Grand Ave., Loves Park. Sarah Catalfu, Literacy Coordinator for the Literacy Council/YWCA will speak about tutoring adults. *\*\*\*NOTE: The potlucks always begin at 6:00 p.m., and are always on the LAST Monday of the month, UNLESS that is a holiday, in which case it will likely be the preceding Monday.* Hope to see you soon! Susan Goldberg

**January Hikes**

Saturday, January 18, **1:00pm**  
**Clayton Andrews Forest Preserve**  
8399 Kiowa Crossing, Roscoe, IL  
61073

Monday, Jan 27, 1:00pm  
**Roland Olsen Forest Preserve**  
9669 Atwood Road, Roscoe, IL 61073

**From the Food Pantry: THANK YOU!**

Thank you, thank you, thank you, to everyone who came to help unload the Northern IL Food Bank pantry delivery, move the food into the pantry, and get it out of the boxes and onto the shelves. We had a huge delivery and we were missing a couple regulars.

Our shelves are now full for the first time in many months.

Our food delivery is always on the second Wednesday starting at 8:00 am and we can always use extra help. Call or text Kathlyn, 815-519-7965, with questions or to verify a deliver is being made.

### **Seeds of Hope Retreat**

You are invited to *Seeds of Hope*, Emmanuel's Imbolc retreat, Friday January 31 and February 1st.

Join us for a bi-annual retreat filled with music, meditation, thoughtful crafts, self-guided altars, workshops, and a vibrant community! This retreat holds space for the celebration of Imbolc as well as any other holidays or spiritual traditions.

This retreat will start at 7:00 pm on Friday, January 31st and end at 2:00 pm on Saturday, February 1st with the option to stay overnight. Attendees are welcome to participate in any portion of the retreat. Activity schedule will be posted soon, including Tarot Reading and Reiki Healing appointment slots with Rootz and Branches!

Suggested donation is \$25 for both days or \$15 for one day. No person will be turned away for ability to donate, all are welcome. The RSVP link will be posted on Emmanuel's website and "Seeds of Hope" Constant Contact mailing.

### **Ways to Donate to the Southern California Relief**

The Southern California fires are still burning and one of the fires that was declared under control has flared up again. There are many ways to donate to give immediate help to those affected by the fires. Below are two opportunities.

#### **Lutheran Disaster Response**

Your gifts to the ELCA Disaster Response equip them to respond quickly and generously, wherever and whenever disaster may strike. When you donate, you may designate to where you would like your donation to go.

Website: <https://give.elca.org/page/73064/donate>

To give by phone, call **800-638-3522**.

Checks or money orders can be mailed to:

**Lutheran Disaster Response**

**P.O. Box 1809**

**Merrifield, VA 22116-8009**

- Read Bishop Eaton's statement about the LA wildfires here. <https://www.elca.org/news-and-events/a-message-from-bishop-eaton-on-the-california-wildfires>
- Learn more about wildfire response at [ELCA.org/wildfires](https://www.elca.org/wildfires).
- Find current updates from the Lutheran Disaster Response team at [facebook.com/ELCALDR](https://www.facebook.com/ELCALDR).

During this time of crisis in LA, **World Central Kitchen** is on the ground, delivering fresh, hot meals to families and first responders impacted by this disaster. These meals provide not only nourishment but also a vital source of comfort and hope.

**The need is immense and growing. World Central Kitchen must expand its operations to meet the growing demand for meals in the days, weeks, and months ahead—and they can't do it without us.**

Website: <https://secure.actblue.com/donate/moveon-la-wck?akid>

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[elcrockford.org](http://elcrockford.org)

Pastor Frank Langholf 309-509-5241 [fslangholf@gmail.com](mailto:fslangholf@gmail.com)