



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

October 20, 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: Susan Hurley-Whitacre

Coordinator of Music Ministry: Tim Fenelon

Special Music: Emmanuel Choir

Accompanist: Clea Arbogast

Communion Assistant: Taj Guzzardo

Altar Guild: Gary & Jan Peterson

Consultant: Bill Houtkamp

Sound: Andrew Ehrhardt

Greeting Cards: Taj Guzzardo

Usher: Dan Vorsanger

Yoga With Claudette Pirrello, Mondays at 5:00 pm

Cardio Drumming With Beth Campisi Mondays at Emmanuel

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

Belly Dancing on Wednesday Nights - 6:00 – 7:00pm \$10/class

All classes are held at Emmanuel. Register with Emily Rice - 773-456-1245

Join us on Tuesdays for Spiritual Journeys Zoom 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 Van Howe at karenavanhowe@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: October 20, 2024

Theme: Opening the dungeons—Releasing the dragons

Prelude: Clea Arbogast

Welcome: Pastor Frank Langholf

Meditation: If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.—Rumi

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 Craig Mitchell

We bring who we truly are

To the God of life

Let us bring ourselves

Some weary, some energetic

Some contented some disquieted.

We bring who we truly are

To the God of truth

Let us bring ourselves

Some trusting, some doubting

Our questions and our certainties

Continued...

We bring who we truly are

To the God of light
Let us bring ourselves
Our achievements, our failures
Our public selves, our hidden selves

We bring who we truly are

To the God of hope
Let us bring ourselves
Our dreams and visions
Our despair, our yearnings

We bring who we truly are

To the God of all Creation
Let us bring ourselves
We broken, we are blessed
Made in God's image
Loved beyond measure

We bring who we truly are

Let us offer our worship
And be open to God's light and life among us.

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: Gather Us In (ELW 532)



1 Here in this place the new light is stream-ing, now is the dark - ness
2 We are the young, our lives are a mys - t'ry, we are the old who
3 Here we will take the wine and the wa - ter, here we will take the
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings
yearn for your face; we have been sung through - out all of his - t'ry,
bread of new birth, here you shall call your sons and your daugh-ters,
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.
called to be light to the whole hu - man race.
call us a - new to be salt for the earth.
now is the king - dom, and now is the day.



Gath-er us in, the lost and for - sak - en, gath-er us in, the
Gath-er us in, the rich and the haugh-ty, gath-er us in, the
Give us to drink the wine of com-pas - sion, give us to eat the
Gath-er us in and hold us for - ev - er, gath-er us in and



blind and the lame; call to us now, and we shall a - wak - en,
proud and the strong; give us a heart, so meek and so low - ly,
bread that is you; nour-ish us well, and teach us to fash - ion
make us your own; gath-er us in, all peo - ples to - geth - er,



we shall a - rise at the sound of our name.
give us the cour - age to en - ter the song.
lives that are ho - ly and hearts that are true.
fire . . of love in our flesh and our bone.

First Reading:

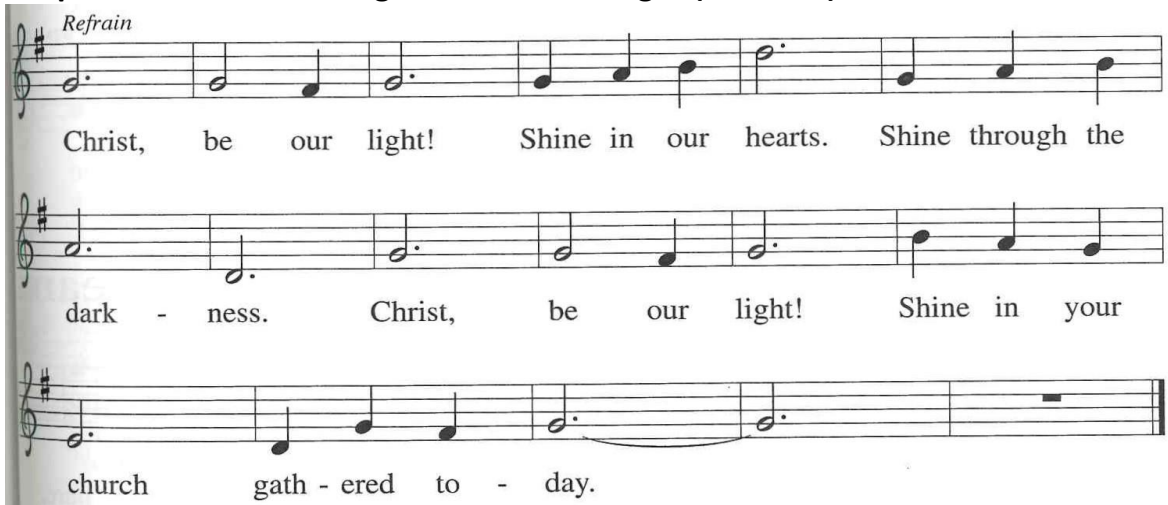
Self-emptying is the core spiritual practice in contemplation. The word in ancient Greek is kenosis, as in “Christ Jesus... emptied himself.” In contemplation, one empties oneself of ego, anxiety, resentment, judgment, logistics, desire, you name it. And then one extends self-emptying into all aspects of life.—Richard Rohr

Second Reading: —Rumi

No matter how fast you run,
your shadow more than keeps up.
Sometimes it's in front.
Only full, overhead sun
diminishes your shadow.
But that shadow has been serving you!
What hurts you, blesses you.
Darkness is your candle.
Your boundaries are your quest.
You must have shadow and light source both.
Listen, and lay your head under the tree of awe.

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 begins with a treble clef and a key signature of one sharp (F#). The melody consists of quarter and half notes. The lyrics are written below the notes. The second staff continues the melody and lyrics. The third staff concludes the phrase with a double bar line.

Scripture: Matthew 13: 24-30

He put before them another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field, but while everybody was asleep an enemy came and sowed weeds among the wheat and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, 'Master, did you not sow good seed in your field? Where, then, did these weeds come from?' He answered, 'An enemy has done this.' The slaves said to him, 'Then do you want us to go and gather them?' But he replied, 'No, for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest, and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.' "

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: Turn, Turn, Turn—by Pete Seeger. Arr. Roger Emerson
Emmanuel Choir**

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— At This Table—by Shirley Arena Murray, Allen Pote

Prayer Song and Response: Change My Heart O God (ELW 801)

Refrain

Change my heart, O God; make it ev-er true.

The first system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The music is in 3/4 time. The melody in the upper staff begins with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The bass line begins with a quarter rest, followed by a quarter note G2, a quarter note A2, a quarter note B2, a quarter note C3, a quarter note B2, a quarter note A2, a quarter note G2, and a quarter note F2. The lyrics are written below the upper staff.

Change my heart, O God; may I be like you.

End

The second system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The melody in the upper staff begins with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The bass line begins with a quarter rest, followed by a quarter note G2, a quarter note A2, a quarter note B2, a quarter note C3, a quarter note B2, a quarter note A2, a quarter note G2, and a quarter note F2. The lyrics are written below the upper staff. The system ends with a double bar line and the word "End" written above the staff.

You are the pot - ter; I am the clay.

The third system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The melody in the upper staff begins with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The bass line begins with a quarter rest, followed by a quarter note G2, a quarter note A2, a quarter note B2, a quarter note C3, a quarter note B2, a quarter note A2, a quarter note G2, and a quarter note F2. The lyrics are written below the upper staff. There are triplets indicated by a '3' above the notes in both staves.

Mold me and make me; this is what I pray.

Refrain

The fourth system of music consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The melody in the upper staff begins with a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, and a quarter note F4. The bass line begins with a quarter rest, followed by a quarter note G2, a quarter note A2, a quarter note B2, a quarter note C3, a quarter note B2, a quarter note A2, a quarter note G2, and a quarter note F2. The lyrics are written below the upper staff. There are triplets indicated by a '3' above the notes in both staves. The system ends with a double bar line and the word "Refrain" written above the staff.

Prayers of the People

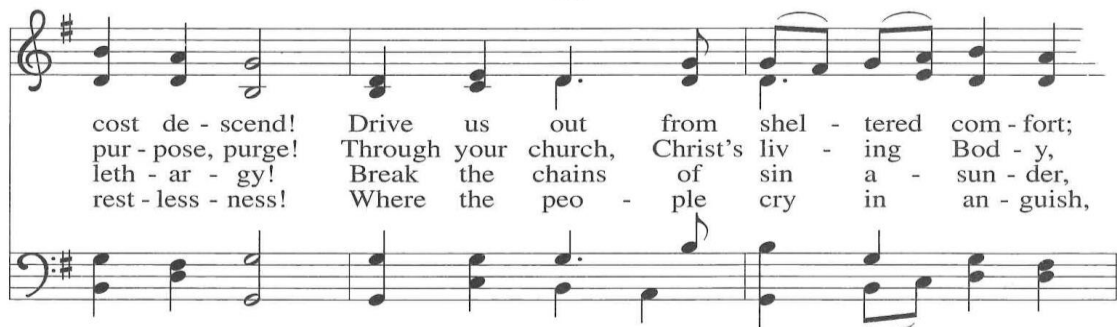
Allison, Jonathan Chell, Jeff Birch, Sally Susan,
Peg Burns, Linda, Judy, Shannon, Ian, Joel, and Rick,
Miguel, Mike, Bina Holland, Heather,
Josie Peebles, Madeleine, Todd Anderson,
Norine Mackey, "CeCe", Beverly, Brooke,
Mary Lee, Tammi, Karen & Jerry Johnson,
Lucinda & Mark, Matthew, Margie, Soren Koch,
Tom, Sophie, Tim, Vince, Ray, Merry,
Kristi Heath White, Kathy, Andrea Glynn

Announcements

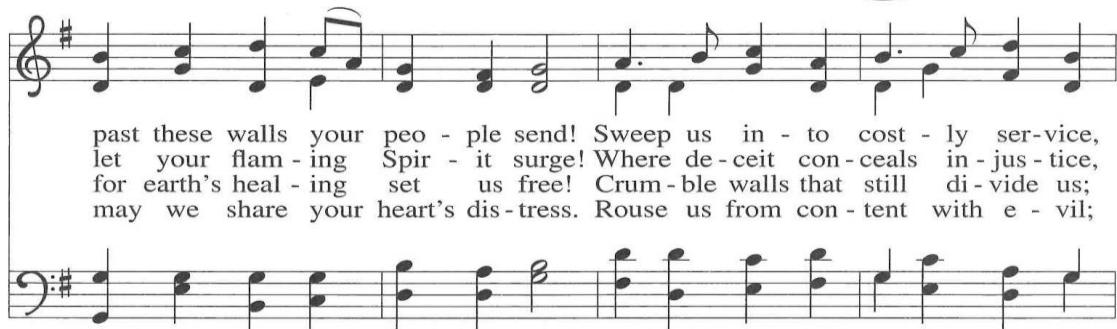
Sending Song: God of Tempest, God of Whirlwind (ELW 400)



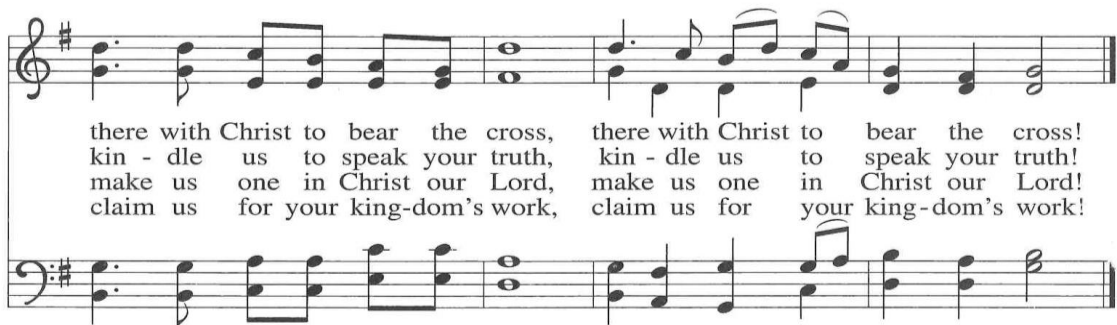
1 God of tem - pest, God of whirl-wind, as on Pen - te -
2 God of blaz - ing, God of burn - ing, all that blocks your
3 God of earth - quake, God of thun - der, shake us loose from
4 God of pas - sion, God un - sleep - ing, stir in us love's



cost de - scend! Drive us out from shel - tered com - fort;
pur - pose, purge! Through your church, Christ's liv - ing Bod - y,
leth - ar - gy! Break the chains of sin a - sun - der,
rest - less - ness! Where the peo - ple cry in an - guish,



past these walls your peo - ple send! Sweep us in - to cost - ly ser - vice,
let your flam - ing Spir - it surge! Where de - ceit con - ceals in - jus - tice,
for earth's heal - ing set us free! Crum - ble walls that still di - vide us;
may we share your heart's dis - tress. Rouse us from con - tent with e - vil;



there with Christ to bear the cross, there with Christ to bear the cross!
kin - dle us to speak your truth, kin - dle us to speak your truth!
make us one in Christ our Lord, make us one in Christ our Lord!
claim us for your king - dom's work, claim us for your king - dom's work!

Benediction/ Sharing of the Peace

Rockford Area CROP HUNGER WALK

Sunday, October 20, 2024, 711 N. Main St. (Discovery Center)

Registration: 1:00pm Step-Off: 2:00pm

This afternoon is the Rockford area CROP Walk. So far we have raised \$100. Please make your donation to help feed the hungry in Rockford. We all know how expensive groceries are these days, especially essentials such as meat, eggs, bread. One fourth of the money raised in Rockford will come back to the Coalition, of which we are one of nine pantries. So, Emmanuel's pantry does benefit. Thank you from the Pantry volunteers.

Emmanuel's goal for 2024 is \$1500. Checks should be made out to Emmanuel Lutheran Church with "Crop Walk" on the memo line and may be given to Lorraine Harding, Ann Downie, Kathlyn Wright, or Hannah Wearsch.

To give online, enter "CROP Hunger Walk 2024," type "Emmanuel Lutheran Rockford, IL" in the upper right corner in "search"

Women's Interfaith Potluck: All women are invited to the next Women's Interfaith Potluck, at 6:00 p.m. on Monday, October 28, 2024, at the Muslim Association of Greater Rockford, 5921 Darlene Dr., Rockford. Please bring a dish to pass. Plates, silverware, and beverages will be provided.

Winnebago County Forest Preserves Interest Hikes. Come hike with us.

Join Soul Garden for continued hiking experiences in the Winnebago County Forest Preserves. Dress for the weather! Text Holly if you want to join us. 815-543-1191

Saturday, October 26th - 9:00am at Blackhawk Springs Forest Preserve

5360 Mulford Rd. & 5801 Perryville Rd, Cherry Valley, IL 61016 Use Mulford Entrance

Art Gallery at Emmanuel: Arts@Emmanuel invites you to participate in an Art show called "LIFE", November 8th through January 25th, 2025. "LIFE" , is a hangable art show featuring images that illustrate life. This is open to the artist's interpretation. Painting, Photography, Mosaic, Collage, your choice! There is no fee to enter! **Artwork is due by Wed. Nov. 6th @ 12 noon.** Drop off at Emmanuel Lutheran Church, 920 Third Ave. Rockford. Church office hours: Tues-Thurs, 9-2pm. Call first. 815-963-4815. Enter church office through north door, near parking lot. Contact Susan Hurley-Whitacre if you would like to exhibit in this show.



Living into The Four Agreements
Thursday evenings, 6:00-8:00pm
Oct 17 & 2, Nov 7 & 14

The *The Four Agreements*, written by Don Miguel Ruiz in 1997, spoke to many with its four principles that reveal our self limiting beliefs that rob us of joy and keep us in misery.

These four pillars are:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best.

To this day this book speaks to the hearts of many with its ancient wisdom and code of conduct. However, awareness is just the first step. In order to capture the benefits of this wisdom and make it real in our lives the next step is to consciously practice each one. In this four week workshop we will dive deeper into each agreement, flesh out where it becomes difficult or slippery to honor these agreements, and find ways to change our habits by practicing each one intentionally.

Register with Christyn, 815-289-7110.

Class fee is \$130.

Feel free to ask about scholarships or sliding scale.

Emmanuel Lutheran Church

920 3rd Avenue, Rockford, IL 61104

Park in North lot and enter by ramp doors.

Drum Class with Helen Bond October 27th, 12:00-3:00pm at Emmanuel

Helen Bond is a dynamic percussionist, educator, and storyteller who captivates audiences of all ages with the joy, energy, and healing power of traditional West African hand drumming and songs. Learn the rhythms and techniques of traditional West African drumming. This class covers fundamental drumming skills, including hand techniques and rhythms on the djembe and dunun drums. Participants of all skill levels learn to play together. Drums provided if you let us know you need one.

Join us for a joyful drumming experience. A session is \$75. Register through Venmo@Helen-Bond-8 contact her helen@medusadrums.com or 847-306-8688