

WELCOME TO EMMANUEL

Welcome to worship at Emmanuel Lutheran Church! The grace of God has brought us together to be light and leaven in and for the world. As a congregation, Emmanuel is committed to following the path of Jesus' spirituality, serving as an oasis of healing, and promoting unity and understanding among religious traditions. Our food pantry and soup kitchen reach out to the needs of our brothers and sisters in the Rockford community. "There is a place...Emmanuel."

Welcome Visitors! We extend a special welcome to our visitors. Thank you for worshiping with us. Emmanuel strives to live as a safe and healing community for all who come, regardless of economic conditions, race, sexual orientation, or Spiritual struggle. All are welcome in this holy space. We invite you to worship with us on Sundays at the 8:15am Traditional Lutheran Service or our Emerging 10:30am Worship Service.

Rockford Christian Unity Group cordially invites you to

SECOND ANNUAL UNITY PICNIC

Saturday, August 13, 2016, 2:00-6:00pm - Held at Camp Winnebago YMCA
5804 N. Main St., Rockford

Enjoy Archery, Bingo, Bean Bag, Food,
FREE FELLOWSHIP FOR ALL

Mission: *To promote relationships among people from all ethnic backgrounds in the Christian Community within the Rockford Region.*

HOT TUNES AND COOL TREATS

Sunday, August 14, 2016, 3:00pm

Held at Second Cong/First Presbyterian, 318 N. Church St., Rockford
(Please use North Church St. Entrance)

A combination of folk, blues jazz and country music, all with a gospel flavor served with ice cream treats, to raise free will offering for Rockford Urban Ministries.

Dorothy Paige Turner leads the afternoon program.

The Trinadora duo (Jannie Nelson and Ron Holm)

will also perform. Also joining them will be
Ron's son, Andrew Jacob Holm and Betty Pumphrey.

This program is free and open to everyone. Free will offering will be taken for the work of Rockford Urban Ministries, including materials for their volunteers who, with Jeremiah Development, will be working in the Haskell-Coronado neighborhood.

ASSISTING IN WORSHIP

Celebrant/Officiant:	Pastor TroyAnn Pouloupoulos
Lector:	Gerry Oehring
Vocalist/Cantor:	Jan Lundin
Musician:	Kristen Nelson
Communion Servers:	Fran Hamm, Phil Potaczek, Jay Schnepfel
Sound Technician:	Nolan Olson
Greeting Cards:	Ann Downie
Hospitality:	Jan Lundin
Altar Guild:	Lois Ference, Jan Lundin
Usher:	David Ekwall & Family

Scheduled for the Week of Sunday August 7, 2016

Sunday, August 7

8:15am Traditional Lutheran Service
9:30am Calvary Worship Service
9:30am Outreach
10:30am Emerging Worship
4:00pm Gay Men Gathering (GMG)

Monday, August 8

9:30am Food Pantry
6:00pm Yoga

Tuesday, August 9

9:30am Spiritual Journeys
5:00pm Finance
6:30pm CAS
6:30pm Soul Warriors

Wednesday, August 10

7:00pm Discussion Group with
Reid Ferguson

Thursday, August 11

9:00am Worship & Music
Noon: Yoga

4:00pm Membership

6:30pm Men's Group

Friday, August 12: 9:30am Food Pantry

Saturday, August 13

Sunday, August 14

8:15am Traditional Lutheran Service
9:30am Calvary Worship Service
10:30am Emerging Worship
11:30am Buildings & Grounds

Emmanuel Lutheran Church, 920 Third Avenue, Rockford, IL 61104
815-963-4815 email: Office@EmmanuelLutheranRockford.org
www.EmmanuelLutheranRockford.org FAX: 815-963-4808
Rev. TroyAnn Pouloupoulos: email: revtroyann@gmail.com
Telephone: 815-963-4815

Emmanuel Lutheran Church

August 7, 2016

Theme: Awakening to our true nature: May I be healthy in mind, body, and spirit.

Meditation: The rhythm of the body, the melody of the mind,
and the harmony of the soul create
the symphony of life. —B.K.S. Iyengar

Welcome: Pastor TroyAnn Pouloupoulos

(Please stand as you are able.)

Centering Song: **Blessing to the World —Karen Drucker**
verse 2 “We are”, verse 3 “I am”

♩ = 145

Cmi

You are the heart, you are the hands.

Fmi Gmi

you are the voice of Spir - it on earth.

Cmi

And who you are, and all you do, is a

Fmi Gmi Cmi Ab Bb

bless - ing to the world.

Opening of the Heart —Repeat each line after the Pastor

May I be happy and filled with loving kindness.

May I be peaceful and at ease.

May I be healthy in body, mind and spirit.

May I be free from suffering and fear.

May I live in safety protected from all harm.

**May I realize the Beauty of my own True Nature,
awaken to the Light within and live in freedom and joy.**

(Please be Seated.)


Silence

Proclamation of Grace: *(Please stand as you are able.)*

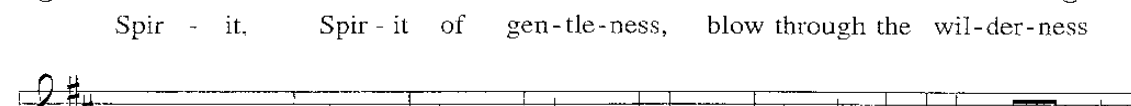
Leader: The Good News is we are beloved children of God.
We live in the promise of Christ, and
NOTHING can ever separate us from God's love.

Song of Affirmation: Spirit of Gentleness (ELW #396) verses 1, 4

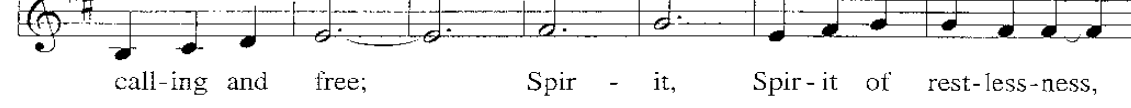
Refrain



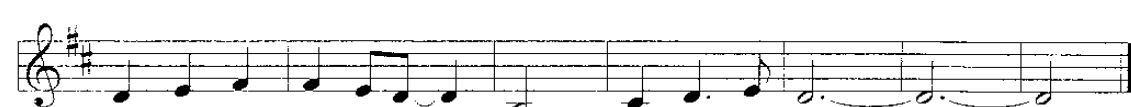
Spir - it, Spir - it of gen - tle - ness, blow through the wil - der - ness



call - ing and free; Spir - it, Spir - it of rest - less - ness,



stir me from plac - id - ness, wind, wind on the sea.



1 You moved on the wa - ters, you called to the deep,
2 You swept through the des - ert, you stung with the sand,
3 You sang in a sta - ble, you cried from a hill,
4 You call from to - mor - row, you break an - cient schemes.




then you coaxed up the moun - tains from the val - leys of sleep;
and you goad - ed your peo - ple with a law and a land;
then you whis - pered in si - lence when the whole world was still;
From the bond - age of sor - row all the cap - tives dream dreams;



and o - ver the e - ons you called to each thing:
and when they were blind - ed with i - dols and lies,
and down in the cit - y you called once a - gain,
our wom - en see vi - sions, our men clear their eyes.



Refrain



"A - wake from your slum - bers and rise on your wings."
then you spoke through your proph - ets to o - pen their eyes.
when you blew through your peo - ple on the rush of the wind.
With . . . bold new de - ci - sions your peo - ple a - rise.

(Please be seated.)

Readings:

I build my physical health upon a spiritual basis. As I turn my attention to the God-force within me, my spiritual health improves, and as it does, it strengthens my physical vitality. All sense of strain and exhaustion, all sense of being overwhelmed or fatigued, washes away as I remind myself that God is the source of my energy, the source of my power. God is the great creator. With God within me, I create radiant good health. I create beauty and serenity within my body. With God within me, I release all negative thoughts and conditions which weaken me physically and spiritually. Remembering that my body is a gift from God, I care for it with loving attention and it responds with radiant health.

—Julia Cameron

Gospel Song: (Please stand as you are able.) Change My Heart, O God



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



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



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



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



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



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

Gospel: Romans 12: 1-2

So, brothers and sisters, because of God’s mercies, I encourage you to present your **bodies** as a living sacrifice that is holy and pleasing to God. This is your **spiritual** service of worship. Don’t be conformed to the patterns of this world, but be transformed by the renewing of your **minds** so that you can figure out what God’s will is—what is good and pleasing and mature.

Leader: This is the Gospel of our Lord

All: Thanks be to God.

(Please be seated.)

Personal reflection: Karen Ream Buchen

Reflection on the Word: Pastor TroyAnn

Offering

Leader: We take this time now to offer our gifts and prayers.

(Ushers collect offering.)

Special Music :

Blessing of the Gifts *(Please stand as you are able.)*

Congregation: I Am So Blessed—Karen Drucker

I am so blessed, I am so blessed,
I am so grateful for all that I have.
I am so blessed I am so blessed
I am so grateful I am so blessed.

Celebration of Communion

Leader: The peace of Jesus Christ be with us all.

All: May his peace rule in our hearts and minds.

Leader: We lift up our hearts.

All: With thanksgiving and praise we lift up our hearts to you, O God.

Words of Institution

Prayer of Consecration

The Lord’s Prayer: -Interpretation by Neil Douglas Klotz

O cosmic Birther of all radiance and vibration.

Soften the ground of our being and carve out a space within us where your Presence can abide.

Fill us with your creativity so that we may be empowered to bear the fruit of your mission.

Let each of our actions bear fruit in accordance with our desire.

Endow us with the wisdom to produce and share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes.

Do not let us be seduced by that which would divert us from our true purpose, but illuminate the opportunities of the present moment.

For you are the ground and the fruitful vision, the birth, power and fulfillment, as all is gathered and made whole once again.

It is sealed in trust.

(Please be seated.)

Welcome to the Table

*Communion by intinction at the altar rail (Please come forward as ushers direct you.
(Darker wafers are gluten-free. Grape juice is in the smaller section of the chalice.)*

Communion Music: Healing is Remembering -Kim-Char Meredith

Congregation joins in on the refrain:

I accept my perfection, perfection shaped by Spirit's hand.

I embrace my wholeness, and in my wholeness here I stand.

Healing is Remembering, Healing is remembering,

Healing is remembering who I am.

Gather Around the Christ Candle

Leader: Please stand and gather around the Christ candle as we sing and offer our prayers.

Prayers of the People

Prayer Song and Response: Sacred Fire —Jan Novotka

Sacred fire, burning before me,

Burning within me, deep in my soul,

Sacred fire, transforming fire,

Recreate me, make me whole.

Sending Song:

What a Wonderful World

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself what a wonderful world.

I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself what a wonderful world.

The colors of the rainbow so pretty in the sky
Are also on the faces of people going by
I see friends shaking hands saying how do you do
They're really saying I love you.

I hear babies cry, I watch them grow
They'll learn much more than I'll never know
And I think to myself what a wonderful world
Yes I think to myself what a wonderful world.

Benediction/Sharing of the peace:

Leader: May the Peace of the Lord be with you...

Congregation: ...and also with you.

Leader: Let us share God's peace with one another.

Postlude:

Selection by Kristen Nelson

Following the service, everyone is invited to the Celebration Room
for fellowship and refreshments.