Greetings!

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_

Grace and Peace,

We have come to the end of the month of July. We will also come to the full moon on August 3. It seems like the rhythm of nature continues as if there is nothing going on that is disruptive. Yet, there is much that is disruptive. Covid-19 continues to impact human life across culture and country. Protests continue as racism continues to be disruptive. I find that this is an interesting pattern of truths. The grace of the earth, the grace of God, is the truth of Divine loving embrace. The disruptions of on earth are truths we are called to live into, lean into. Disruptions are the opportunities for change. The grace is the ground of our very being.

The themes of worship during August immerse us in the grace of divine presence. July ended with a focus and reflection on the path of the Soul. We continue on that path through out August. The themes for worship this month include: Prayer-August 2, Spiritual
We will immerse ourselves in the disruption which is racism. We will be reading the book "Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US" by Lenny Duncan. We will read this book in the next two weeks, and meet on Zoom Thursday August 13 at 7 PM to discuss what we have learned. Then we will read together the book "White Fragility: Why It's So Hard for White People to Talk About Racism" which will help us to consider what racism is and is not. Both of these books will be disruptive to our way of thinking. Discomfort and disruption lead toward change. I hope we can hear the words and witness of these writers. Everyone who wants to participate please let me know by sending an email to fslangholf@gmail.com, send a text to 309-509-5241, or call me at the same number. Books are available in print or digital formats. I encourage you to purchase both books and begin reading as soon as possible.

These are the rhythms of love. Love is grace, and love is disruption. Love comforts with the divine presence. Love disrupts with the awareness of our neighbors' discomfort. We live and move and have our being in Love.

Blessings,

Pastor Frank
309-509-5241
fslangholf@gmail.com

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Dear Friend in Christ,

Grace and peace to you!

I am writing to you on behalf of Bishop Clements regarding our current transition of closing our Rockford office space. A great deal of work is being accomplished as we downsize our physical space to one office, but like all transitions, there are a few bumps. One of those bumps is that we are experiencing some disruption in having our mail forwarded correctly and the result is that some items are being returned to the sender. We apologize for this inconvenience. If you find that your mail is being returned, please let us know.

Our hope and prayer is that our synod staff member Nancy Corey, will be back in our Rock Island office space on August 3, 2020. Bishop Clements has identified the Rock Island office as our physical office within the synod, so the Rockford office will be closing permanently at the end of August. Beginning on August 3, we ask that all written correspondence be directed to the Rock Island address. Nancy will also be available to take your calls. The rest of the staff will be working from their homes. You may call them directly or Nancy will relay your message to staff if you call the Rock Island office.

Bishop Clements is committed to maintaining the excellent communication we have always
been known for in the synod office. If you experience any problems, please feel free to contact me and I will be happy to address the issue. For your convenience I have placed the Rock Island address and phone number below. Please share this information with all those who you believe may wish to communicate with us.

Again, on behalf of Bishop Clements, please accept our gratitude for your continued partnership in ministry! We are so very grateful.

Northern Illinois Synod, ELCA  
Augustana College-Sorensen Hall 322  
639 38th Street  
Rock Island, IL 61201-2210

The Rev. Pat Esker, Assistant to the Bishop  
Operations and Governance  
Office (309) 794-4004  Mobile (815) 297-5186
Outdoor Worship on July 26, 2020
There were 31 people in attendance in person and 28 by Zoom at the outdoor Labyrinth Service on Sunday, July 26th. The beautiful labyrinth was a lovely setting for the service about the Path of the Soul. All enjoyed the feeling of being back at home. David Stocker provided the music and invited friends and attendees to join with voice and drum. He told a personal story about a Southwestern version of the labyrinth-the Man in the Maze. Pastor Frank’s sermon related the design of the labyrinth to our Soul's journey.
A Message from the Treasurer

Emmanuel needs your

POP-UP COVID TESTING

Held at Emmanuel Lutheran Church
Tuesday, August 4 - 9:00-5:00pm
financial support. Just like you need an income to pay your electric, water and gas bills, the church has to pay its bills too. As we are not meeting in church, and we are not passing the offering plate, there are alternatives to give to your church:

We are now using a P.O. Box. Please use this address below for any correspondence and offerings to Emmanuel.

Emmanuel Lutheran Church
P.O. Box 4362
Rockford, IL 61110

If you prefer to donate online, click on the CLICK HERE TO DONATE TO EMMANUEL near the top of this newsletter.

You may also go to our website at www.elcrockford.org and click on the Donate button in the upper right-hand corner of the page.

Thank you for your support to your church! Questions?
Call 815-963-4815

Jack Ream, Treasurer

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**August Birthdays**

1. Allysa Lippert
2. Kathy Wright
5. Sierra Anderson
   Betty Fisher
   Jerome Johnson
   Nolan Olson
6. Carole Anderson
   Cathy Schocker
10. Betty Jepsen
11. Diane Lawe
12. Jacob Wagner
14. Carole Barnes
   Gary Gentzel
15. Terri Hotek
16. Danica Hoffman

Congratulations to Zach and Clea Arbogast on the birth of their son, Ethan Barrett Arbogast who arrived right on schedule on July 13, 2020, at 8:43am, 8 lbs 8 oz.

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**Prayer Requests - July 26 Service**

Harlan Johnson: Blessings to Xander and Noah...and their families.
Jennifer - may she be healthy.
Karen Van Howe: Jeanny Foster in her recovery.
Our country and world as we deal with Covid.
Healing for those who have the virus.
iPhone: O Lord thank you for the birds singing and the people gathered and for the safe travels of loved ones
Ruthann: Sara
Lou Ann Johnson: Healing for Jenny and Marchelle
iPhone: for those who are grieving yet hope-filled
iPhone: give us all patience and confidence that All will be well in this universe and each of our lives
carylbarnes: For Carol for the death of her mother and for Misha the death of her brother from Covid-19. For Elaine and Cynthia and Deborah and Jenny

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**Rockford MidTown Market**
17. Megan Ekwall
18. Jeff Benson
19. Jan Peterson
   Dan Vorsanger
21. Phil Seeber
24. Tim Park
   Sallyann Roberts
27. Peg Burns
28. Laura Vogl
31. Andrea Glynn
   Don Peterson

**Special Notice**
Emmanuel offers Zoom Sunday Worship Service
Tuesday Book Study and Wednesday Bible Study.
If you are interested in any of these, please call the church office at 815-963-4815 and leave a message.

Our Ministry Team and Pastor will continue to visit members and administer Holy Communion as soon as we are told it is safe.

In the meantime, if you know of anyone hospitalized or you would like to be placed on our prayer list, please call the church office at 815-963-4815 and leave a message.

**PLASTIC BAGS NEEDED FOR THE PANTRY**
Our Food Pantry is still operating on Monday and Friday mornings from 9:30 to 11:30am.

The pantry is in need of lots of plastic and paper bags. Please save your bags. Bring them to church, park in the back parking lot during pantry time and someone will come to the door to get your bags.

**A Ministry of Restoration**
**We Celebrate Youth!**

**11th Annual Stateline Community School Supply Giveaway**

**Saturday, August 8, 2020**
**10:00am - 2:00pm**
Blackhawk Park (Sections 3 & 5)
Christina St. & 15th Avenue, Rockford, IL

**ALL VISITORS MUST WEAR MASKS!**

FREE EVENT
OPEN TO THE PUBLIC

Preschool through College Packs filled with school supplies
Snack Provided
Entertainment - Drawing for Prizes

Children must be accompanied by an adult.
Adults must have school age children present.

For information:
Email: info.church@hismercysaves.com

**10 Ways Mentally Strong People Handle a Pandemic**

How you can reduce your anxiety and stress during COVID-19.

Limit news and media exposure.
Accept your feelings as normal.
Carefully choose the leaders you follow.
Limit social media and exposure.

Walking Club starts Saturday, August 1 at 9:15am in front of Katie's Cup. All are welcome.
Click on Links:
Map to Emmanuel Lutheran
http://goo.gl/maps/fA5d2

Website: www.elcrockford.org

View the listing of our monthly events by going to our website listed above and clicking on calendar on the left side of our Home page.

Emmanuel Lutheran Church,
920 Third Avenue
Rockford, IL  61104
815-963-4815
Fax: 815-963-4808
emmanuelchurch07@gmail.com
elcrockford.org
Pastor Frank Langholf
309-509-5241
fslangholf@gmail.com

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover." - Mark Twain

Focus on Facts

Meditate

Limit Toxic People

Focus on Self Care

Know your personality needs: introvert vs. extrovert.

--Published on drtracyhutchinson.com

2020 Congregation Council

Pastor Frank Langholf
President: Jennifer Olson
Vice President: Catherine Rennert
Secretary: Karen Van Howe
Treasurer: Jack Ream

Buildings & Grounds: Chuck Johnson
Caring Connections/ Social Justice: Lou Ann Johnson
Finance: Jack Ream
Membership: Dawn Johnson
Adult Education: Holly Blair-Cascio
CAS: Catherine Rennert
At Large: Caryl Barnes
Don Heckelmiller
Sally Susan
Gary Peterson
Erik Johnson

DID YOU KNOW...

Emmanuel rents space and rooms to anyone, including non-members and outside organizations. Emmanuel has a space to meet your needs!

- Weddings
- Funerals
- Receptions and parties
- Meetings of all types
- Classes and workshops
- Concerts
- Dance and exercise classes
- Recitals
- Bridal & Baby Showers

Please contact the church office, 815-963-4815, or complete the Rental Form on our website [www.elcrockford.org](http://www.elcrockford.org) to find out more information and to check on availability and pricing.