



**August 1, 2020**

**The deadline to submit newsletter articles for the next newsletter is August 15, 2020**

## **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***

**[CLICK HERE TO DONATE TO 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

Direction/Companionship-August 9, Mary the mother of Jesus-August 16, Becoming-August 23. Our attention shifts as the month comes to an end for Servanthood is the theme for August 31.

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](mailto: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](mailto:fslangholf@gmail.com)



**Northern Illinois Synod**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.

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

# SYNOD SUMMER MINISTRY CONVERSATION



Northern Illinois Synod  
Evangelical Lutheran Church in America  
God's work. Our hands.

Good Summer Day!

I am writing to you to invite you to be part of our third "Summer Ministry Conversation," an two hour-long informational event being held on Thursday, August 6, 2020 at 10 a.m. via Zoom. This Conversation, "All Questions, No Answers: Navigating Change in an Uncertain World" will be led by the Rev. Louise Johnson, Director for Leadership Development for LEAD [Living Every day As Disciples]. Pastor Johnson had been scheduled to be one of our keynote speakers at the 2020 Synod Assembly, and we are glad that she is able to be with us for this webinar. This event is open to all and is limited to 100 registrants. From the description of the event: *"There are no easy answers, but there are effective ways of working through our challenges together and becoming stronger witnesses to the faith."*

**Why should you come?** *Because you want to find new ways to be the church in the midst of a challenging time.*

**Why would you be interested in attending this event?** *If you are part of a congregation, especially if you are a leader and you want to learn more about how to move forward in a challenging time, this is an event for you.*

**What can you expect to learn?** *You can expect to gain some insight into the dynamics of discipleship and leadership in a challenging time, learn a few things about how to move forward, and hear about more opportunities to learn.*

For more information and to register for this event please click here: [Summer Ministry Conversations](#). The deadline to register is August 4. There is a fee of \$10.50 to participate in this event.. We hope that you are able to join us! If you have any questions, please let me know.

In Christ,

Deacon Cheryl A. Erdmann (she/her/hers)  
Minister of Word and Service  
Assistant to the Bishop  
Northern Illinois Synod, ELCA  
Mobile-815-236-6657

Mailing address, as of August 3, 2020 will be:  
Augustana College-Sorenson Hall  
322, 639 38th Street,  
Rock Island, IL 61201-2210  
Telephone: 309.794.4004



## 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.







# COVID-19 RISK LEVEL by Activity



## HIGH RISK

- Going to a crowded bar or party
- Concerts or large events

- Shopping at a big box store
- Group playdate (10 or more)



## MEDIUM RISK

- Dining at a restaurant indoors
- Working out in a gym

- Attending a small dinner party (indoors)
- Air travel



## LOW RISK

- Dining at a restaurant outdoors
- Car travel
- Attending a backyard BBQ

- Going to the grocery store
- Sleepover (less than 5 children)
- Pool or splash pads (less than 10 people)
- Salons or barbershops
- Visiting a library



## LOWEST RISK

- Ordering food for takeout or delivery
- Working out at home
- Exercising on a trail or in a park
- Going to the doctor

- Getting groceries delivered
- Outdoor play dates (less than 5 children)

**NOTE:** These rankings are based on the expert opinion of an infectious disease physician, and reflect the general risk of an activity under typical circumstances. Many factors, including the environment, number of people present, behaviors of individuals present and personal risk factors, affect the level of risk for any specific person or activity.



Like Us On  
Facebook

### POP-UP COVID TESTING

Held at Emmanuel Lutheran Church  
Tuesday, August 4 - 9:00-5:00pm

### A Message from the Treasurer

Emmanuel needs your

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](http://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

### 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



### 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

carylarnes: 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



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.

### 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

The first 2020 MidTown Market opening will be  
Saturday, August 1, 9:00am-1:00pm  
Stop over and enjoy the ethnic food, farm produce,  
coffee drinks, etc.  
501 7th Street  
in the RPS205 Administration building parking lot.

**Walking Club starts Saturday, August 1 at 9:15am**  
**in front of Katie's Cup.**  
**All are welcome.**

### **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](mailto: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.

**Click on Links:**

Map to Emmanuel Lutheran  
<http://goo.gl/maps/fA5d2>

Website: [www.elcrockford.org](http://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](mailto:emmanuelchurch07@gmail.com)  
[elcrockford.org](http://elcrockford.org)

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

Display self-compassion for lack of productivity.

Focus on Facts

Meditate

Limit Toxic People

Focus on Self Care

Know your personality needs: introvert vs. extrovert.

--Published on  
[drtracyhutchinson.com](http://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  
nA Downie  
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.

---