

## Worship Services

### Sundays

8:30am Traditional  
9:40 Education Hour  
10:45am Contemporary

### Office Hours

Monday—Friday  
10:00 to 3:00

### Our Mission

With the assurance of God's faithfulness, we'll  
† nurture disciples,  
† extend healing and compassion, and  
† work for justice in our communities and throughout the world.

### Our Vision

Gathered by the grace and love of Jesus Christ, the people of Mt Zion commit to know God deeply and to serve God gladly through the many and diverse gifts given to us by the Holy Spirit.

### Marks of Discipleship

† **PRAY** daily  
† **WORSHIP** weekly  
† **READ** the Bible  
† **SERVE** at Mt Zion and beyond  
† Be in **RELATIONSHIP** to encourage spiritual growth in others  
† **GIVE** of my time, talents, and resources

**ALL ARE WELCOME!**

BY THE GRACE OF GOD AND THE CALL OF THE CHURCH

*Perrie Suzanne Dralle*

*will be ordained to the  
Ministry of Word and Sacrament  
In the*

*Evangelical Lutheran Church in America  
Holy Communion and Rite of Ordination  
Saturday, May 22, 2021 at 1pm  
Mount Zion Lutheran Church  
12012 West North Avenue, Wauwatosa, WI*

*Bishop Paul Erickson  
of the Greater Milwaukee Synod will be  
preaching and presiding.*

*Please share in our prayers of joy,  
thanksgiving, and praise!*

## **FRIENDS,**

We want all of you to join us in person!

Due to Covid seating restrictions,  
we ask that you please call  
(414)759-3021

in order to confirm numbers and seating availability.

Thank you!

Join us via livestream on Mt Zion's YouTube  
[youtube.com/mtzionlutheran](https://www.youtube.com/mtzionlutheran)

# Wear Red Next Sunday!



If you're a fan of St. Paddy's green, wait until you experience Holy Spirit red! May 23 is Pentecost Sunday. Pentecost is the day the Holy Spirit was sent upon the disciples and the Christian movement originally known as "The Way" began. In the church, Sundays celebrating the Holy Spirit are marked using the color red. So get out your reddest reds and come celebrate this holy day (but don't worry – we won't pinch you if you forget to wear red).

Pentecost will kick off Spirit Week (Literally)!  
Read more on Page 5!

## Help Us Say Goodbye to Close Friends

On Sunday, May 23, we are going to be saying goodbye to some close friends: Doug and Perrie Dralle, along with their adult child Forrest. As Perrie prepares to begin serving at Pastor at Gethsemane Lutheran in Brookfield, we will be transferring their membership to their new congregation and entrusting this beloved family into their care. Help us say goodbye to this wonderful family and bless them on their journey.

(oh, and please excuse them if they are covered in soap and water – they will also be outside that day with the youth helping clean cars for their trip fundraiser).

More Information on the Car Wash  
on Page 4



# This Week at Mt Zion

<p>Sun May 16</p>	<p>8:30a <b>Traditional Worship</b> <a href="https://youtube.com/mtzionlutheran">youtube.com/mtzionlutheran</a> Meeting ID: 841 6597 2335 password 12012</p> <p>9:40a <b>Faith Formation Hour</b> (youth, Sunday School, Adult) Adult forum Meeting ID: 868 1235 8587 Passcode: 12012</p> <p>10:45a <b>Contemporary Worship</b></p>
<p>Mon May 17</p>	<p>12:12p <b>12 Minutes of Prayer on Facebook</b></p> <p>6:00p <b>Leadership Board</b></p> <p>6:00pm <b>Beta Sigma Phi Board Meeting</b> Hearth Room</p> <p>7:00p <b>NA 12-steps group</b> Mt Zion Fellowship Hall</p>
<p>Tues May 18</p>	<p>10:00a <b>Staff Meeting</b></p> <p>12:00p <b>AA 12 Steps Meeting</b> continues virtually</p> <p>6:00p <b>75th Anniversary Committee Meeting</b></p> <p>7:00p <b>Writer's Circle</b> 829 2787 8248 Passcode: 12012</p>
<p>Wed May 19</p>	<p>8:30a <b>Health Clinic at Courtyard</b> Parking Lot</p> <p>12:00p <b>Brown Bag Bible Study</b> on Zoom Meeting ID 84924897122 Password 12012</p> <p>1:00p <b>Prayer Warriors</b> (same login as Brown Bag Bible Study)</p> <p>8:00p <b>Korean Worship Service</b> on Zoom</p>
<p>Thurs May 20</p>	<p>9:00a <b>Marketing Meeting</b> 829 8412 1533 Passcode: 12012</p> <p>12:12p <b>12 Minutes of Prayer on Facebook</b></p> <p>6:00pm <b>Pub(lic) Theology</b> 835 6456 0076 Passcode: 12012</p>
<p>Fri May 21</p>	<p>7:00p <b>ACA 12-Step Group</b> [Rm 101]</p> <p>7:30p <b>Essay 12-Step Group</b> Meeting Virtually</p>
<p>Sat May 22</p>	<p>8:30a <b>Women of Heart Bible Study</b> on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p>
<p>Sun May 23</p>	<p>8:30a <b>Worship Service</b> Meeting ID: 841 6597 2335 password 12012</p> <p>9:40a <b>Faith Formation</b></p> <p>10:45a <b>Contemporary Worship</b></p>

# Car Wash

Is your vehicle crying out for some tender loving care?

Never Fear!

**On Sunday May 23**

MZY will be offering their services to wash, vacuum, and spiff up your vehicle all while you are in worship!



Just drop your car, van, or truck off on your way into the 8:30 or 10:45 worship services and while you worship we will pamper your vehicle -

all for a free will donation to pay for some expenses for our Summer 2021 Service Trip to HAZARD, KY!

Looking forward to seeing you and your dirty vehicle on May 23rd in the Mt Zion Parking Lot!



## Mission of the Month

### **Serving and Learning Together (SALT) Reformation's Summer Youth Ministry**

Helping our youth to build a positive relationship with God and with their community does not stop because school is out for the summer OR because of a pandemic. Reformation adapted the SALT program to ZOOM last summer and is doing the same this summer. The youth, elementary age through high school, will learn from home and serve in their individual neighborhoods. The day will begin with a devotion and group ZOOM activity. Then, each child will move to individual service and learning with materials supplied by Reformation. Approximately 60 students are expected to enroll this year. Continue to check Grace Notes this month for more articles on the SALT Program.



If you would like to help fund this opportunity for the youth of Reformation and youth in their neighborhood, consider a scholarship. \$225 to \$300 will fund one child for the entire program. If that is not possible for you, any amount will be helpful in purchasing necessary materials for the program. Please note SALT in the memo section of your check, or in the "note" drop down box if you donate electronically.

Please continue to pray for the youth and the leadership at Reformation, our sisters and brothers in Christ

**Andrea Cockerham, Outreach Committee**

# Washing Hands



This year, we've all been washing our hands a lot!

Do you remember on Maundy Thursday when Pastor Tyler encouraged us to wash one another's hands? Or when Jesus washed another's feet to show how much he cared and loved for his disciples?

Well, Pastor Tyler recently discovered that students at an elementary school in Harrisonburg, Virginia, take part in an annual tradition of washing one another's hands! They do this, "As a way of promising we will care for each other and try our best" (Easternmennonite.org). Students also add their names a pledge of non-violence which focuses on respecting others; communication; and forgiveness among other qualities. Read more here:

<https://bit.ly/3fa5qoT>

Let our throwback to Maundy Thursday be a reminder for our actions for our future Fridays. God made you and me with the ability to love one another just as God loves us.

# Tanzanian Coffee

**Our Partner Synod is the Meru Diocese in Tanzania  
Mt Meru Coffee supports the Meru Dioceses  
You can order this fair trade coffee online!**

Products available include regular, decaf, flavored coffees, and peaberry (which provides a less acidic taste). A portion of the order will come back to Mt Zion Lutheran Church - Wauwatosa as a thank you.

When you order, after you've clicked Add to Cart - Mention Mt Zion Lutheran- Wauwatosa in the instruction box.



Order at <https://www.mtmerucoffee.org/>



# Reformation Yard Clean Up



Grab your sunscreen and pull on your gardening gloves because on Saturday, May 29th, we will be helping two of our Reformation families to tidy-up their yards. We will be pulling weeds, trimming shrubs, raking and, if time permits, doing a little planting.

Please meet at the church parking lot in time for a 9:30 a.m. departure. We will caravan and carpool to the first home and work until about noon. Then, a quick lunch break (please bring your own lunch) and off to the second home. If you are only available in the afternoon, there will be someone at church to lead a caravan and carpool to the second home. Please be ready to leave the parking lot by noon. The plan is to spend about two hours at each home working outside with the family. We should be done no later than 3 p.m., and then you can be off to enjoy the rest of your weekend.

If you want to help but are unable to volunteer on the 29th, you could donate paper yard waste bags. Or, if you have some recently divided hosta or other perennials that you don't need, we would love to plant them at these homes. Please contact me directly for these donations. The number is in the church directory.

In addition to sunscreen, work gloves and a lunch, please bring any garden tools you have, such as hedge trimmers (extension cords), rakes, trowels, loppers and pruning shears. If you don't have any of those tools, come anyway. There will be plenty of tools to share.

Snacks and water will be provided. But if you are volunteering for both shifts, please bring your own lunch.

Sign-up via Sign-Up Genius. Follow this link: <https://www.signupgenius.com/go/904054ea8a629a46-mtzion>

You can sign-up for both shifts (9:30 a.m. to noon, 12:30 to 2:30 p.m.) or just one. Don't have a computer but still want to volunteer, just call the church and leave a message with your name, phone number and the shift(s) you are signing up for.

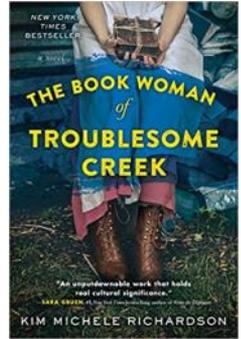
The Outreach Committee is so excited to provide this opportunity for fellowship with our Reformation partners. Please join us on the 29th!

# Book Club

Monday, May 24

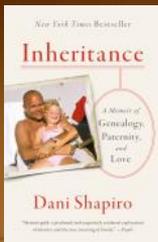
7:00pm

**The Book Woman of Troublesome Creek,**  
by Kim Michele Richardson



The hardscrabble folks of Troublesome Creek have to scarp for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler. Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home. *Host Marlene Christiansen*

## Book Club Book Shelf



June 28



July 26



August —Vacay!

# Science Tidbits

## Unexpected Drug Benefits

I have written before of drugs that were developed for a particular disease, but, surprisingly, were later found to be effective against a completely unrelated one. Perhaps the most famous is thalidomide, used in the 1950s in England as a treatment for morning sickness. Because of the horrific birth defects that resulted from its use, sales were banned. But following elucidation of its mechanism of action, thalidomide has been repurposed as an effective treatment for a number of cancers as well as leprosy (but certainly not to be taken by pregnant women!).

In Medieval Europe, herbalists prescribed French lilac to patients with polyurea (excessive urination), a condition now known as a symptom of type II diabetes. In the 20<sup>th</sup> century, doctors isolated the active ingredient from the lilac plant, and this led to the development of biguanide drugs to lower blood sugar. One of these drugs, phenformin, was first prescribed in the 1950s, but it was withdrawn in the 1970s due to potentially dangerous side effects. A safer biguanide, metformin, was approved by the FDA in 1995 and has since become the most common drug prescribed for type II diabetes in the United States. And 10 years after its approval, scientists found potent antitumor activity in the drug.

I have been taking metformin for a number of years and must admit I am delighted that the drug protects against a number of cancers. If you have watched late night television, you have probably experienced pitches for specific drugs (“Ask your doctor about...”) that usually include a dizzying list of undesirable side effects, some quite frightening. In contrast, the anti-cancer action of metformin is a rather nice “side effect” to contend with.

Lab studies have shown that both phenformin and metformin exhibit antitumor activity. However, although researchers have shown that diabetics taking metformin are statistically less likely to develop cancer, clinical trials of metformin for treating preexisting cancers have been underwhelming. A new study argues that phenformin may have greater potential, particularly in combination with immunotherapies. Though phenformin is more toxic than metformin, it is relatively safe in the context of chemotherapy (it is less toxic than several chemotherapeutic drugs). Half of melanoma skin cancers possess changes in the *BRAF* gene that leads to uncontrollable cell division. In lab-based studies, phenformin enhances the ability of BRAF inhibitor drugs to block the activity of this mutant gene.



Clinical trials are now underway with this combinational therapy against melanomas. If successful, they may be expanded to include additional drug combinations as well as testing against other cancers. A proposed mechanism for the action of phenformin on both diabetes and cancer is that it alters the gut microbiota, that important bacterial population in the digestive tract that effects so many aspects of physi-

ogy.

Steve Downs



MAY 23-MAY 28

# SPIRIT WEEK



## SUNDAY

Wear Red for Pentecost



## MONDAY

Superhero Day

## TUESDAY

Church Colors Day  
(Blue, Purple, and Green)



## WEDNESDAY

Fun Hair Day

## THURSDAY

Sports Day

## FRIDAY

Wacky Socks Day

# Writer's Circle

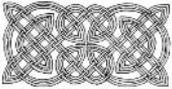
Last week, we tried our hand at Hebrew style poetry as found in the Bible. These poems are typically marked by couplets (or two lines) where the first line is a more general idea, and the second line gets more specific. Nouns and verbs tend to mirror one another for emphasis.

Here is an example from Genesis:

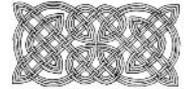
*Lamech said to his wives:  
'Adah and Zillah, hear my voice;  
you wives of Lamech, listen to what I  
say:  
I have killed a man for wounding me,  
a young man for striking me.  
If Cain is avenged sevenfold,  
truly Lamech seventy-sevenfold.'*

Here is one of our attempts based on Sunday worship:

All are welcome  
Enter here you tired, you poor,  
and you frayed  
Prepare your hearts for worship  
Get ready to make some noise to  
the Lord  
Sing to the Lord a new song  
Speak fresh life into the tunes of  
old



Join us this Tuesday at 7:00pm on Zoom  
for a Viking style poetry night.  
Meeting ID: 829 2787 8248 Passcode: 12012



# Volunteer Schedule

Here are the people who are volunteering through in May:

## AV

May 16: Caspersons  
May 23: Dralles  
May 30: Marciniaks

## Money stewards

John L and Roy D  
Engelhardts and Nancy  
Morgans/Hexts

## Assistant

May 16: Tom  
TBA  
May 23: TBA  
Mavis  
May 30: TBA

## Usher

Klepecks  
TBA  
Zareks  
Driscolls  
TBA

# May Birthdays and Anniversaries

## Birthdays

Meghann S. 5/2  
Nate E. 5/2  
Ryan M. 5/2  
Bob S. 5/3  
Linda D. 5/3  
Betsey G. 5/5  
Owen A. 5/5  
Charlie S. 5/5  
Maya S. 5/7  
Della S. 5/7  
George R. 5/7  
Arihanna H. 5/8  
Isabella R. 5/9  
Leah C. 5/14  
Pat M. 5/15

Mae E. 5/16  
Steve H. 5/18  
AJ K. 5/18  
Stephanie I 5/19  
Barbara G. 5/21  
Marleen C. 5/21  
Joyce N. 5/22  
Olivia A. 5/24  
William S. 5/23  
Finley S. 5/25  
Norma H . 5/25  
Kenny H. 5/26  
Peg P. 5/27  
Pam K. 5/29  
Jack S. 5/30

## Wedding Anniversaries

Jim and Lisa M. 5/6  
Mike and Deni M. 5/6  
Jamie D and Stephanie I 5/12  
Kurt and Debbie K. 5/15  
Jeff and Andrea C. 5/26  
Matt C and Marika M. 5/29  
Bob and Marleen C. 5/30  
Betsy and Robert G. 5/31  
Bob and Sandra H. 5/17

## Scripture Readings for This Week

Acts 1:15-17, 21-26 Psalm 1

1 John 5:9-13 John 17:6-19

## Scripture Readings for Next Week

Acts 2:1-21 Psalm 104:24-34, 35b

Romans 8:22-27 John 15:26-27; 16: 4b-15

THIS WEEK'S PRAYER LIST

<https://bit.ly/3vY4R8q>

## Mt Zion Staff

**Pastor**  
The Reverend Tyler D. Rasmussen  
[pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

**Sunday School Superintendent**  
Brenda Marciniak (volunteer)  
[sundayschool@mtzionlutheran.org](mailto:sundayschool@mtzionlutheran.org)

**Parish Administrator**  
Jess Monahan  
[parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)

**Director of Choirs**  
Patricia Eby  
[Choirs@mtzionlutheran.org](mailto:Choirs@mtzionlutheran.org)

**Office Volunteers**  
[reception@mtzionlutheran.org](mailto:reception@mtzionlutheran.org)

**Contemporary Worship Leader**  
Kristin Sponcia  
[Contemporaryworship@mtzionlutheran.org](mailto:Contemporaryworship@mtzionlutheran.org)

**Worship Volunteer Coordinator**  
Janet McCarthy (volunteer)  
[worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org)

**Website**  
Pat Campbell  
[Website@mtzionlutheran.org](http://Website@mtzionlutheran.org)

**Youth Ministry Coordinator**  
Perrie Dralle  
[youth@mtzionlutheran.org](mailto:youth@mtzionlutheran.org)

**Social Media**  
Douglas Johnson (volunteer)  
[socialmedia@mtzionlutheran.org](mailto:socialmedia@mtzionlutheran.org)

**Maintenance**  
David Ulrichsen  
[maintenance@mtzionlutheran.org](mailto:maintenance@mtzionlutheran.org)

## Leadership Board

**Matt Czervionke, President**  
[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

**David Fohr, Treasurer**  
[Treasurer@mtzionlutheran.org](mailto:Treasurer@mtzionlutheran.org)

**Lynda Yanny, Vice President**  
[VP@mtzionlutheran.org](mailto:VP@mtzionlutheran.org)

**Janet McCarthy, Acting Secretary**  
[secretary@mtzionlutheran.org](mailto:secretary@mtzionlutheran.org)

Ian Koenig

Jean Morack

Mavis Roesch

Robyn Di Giacinto

Erik Peterson

Mike Marciniak

Doug Dralle

Katie Frederick



**Mt Zion** LUTHERAN  
CHURCH ELCA

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[youtube.com/mtzionlutheran](https://youtube.com/mtzionlutheran)