

## Worship Services

### Sundays

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

## Office Hours

Parish Administrator in  
the office Tuesday,  
Wednesday, Friday

## 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, tal-  
ents, and resources

**ALL ARE  
WELCOME!**

# Midweek Lenten Worship

## Midweek Lenten Reflection

In place of a full midweek Lenten service, Lent we will re-lease a **guided reflection video on YouTube each week**. These videos will embrace the power of art in faith, with short guided reflections on the 5 Biblical covenants we will hear about throughout the Sundays in Lent: The covenants God made through Noah, Abraham, Moses, David, and Christ. Look for them every Wednesday, and bring your own art supplies if you like!

## Lenten Devotionals

We are providing two Lenten devotions this year: "**Growing Faith**" for families with children, as simple devotion that takes only about 10 minutes each week and includes short videos posted on YouTube each week, and "**Follow Me**" for teens and adults, a daily devotion with stunning art. Both can be picked up at church at the Welcome Desk any time the building is open, and will be included in the Grace Notes email. In addition to these options, Outreach for Hope is offering a dual video/print devotional called "**What does it mean to give?**" (<https://outreachforhope.org/lenten-devotions/>).

## Sunday Faith Formation

In addition to all this, on Sundays teens will be exploring **Justice Unbound** (<https://justiceunbound.org/queerlent/>) and adult forum will be looking at a **Season of Hope with Lutheran World Relief** (<https://lwr.org/lent>).

## Don't Forget to Compost

Imagine if a family of 5 only created one bag of trash per week? That's still more trash than most of the world, but for an American, it would be a miracle! Composting is one way we are trying to reduce our waste this year. Will you join us in this project? If you'd like help getting started, contact Doug and Perrie Dralle!

## So Many Ways to Grow

Composting, devotion, family time, reflection through art, and group study. Simply faith practices, some taking as little as a few minutes each week. With all these opportunities, how will your faith grow this Lent?

# Lenten Giving Cross

We often think of Lent as the time to “give something up.” In terms of this year’s Lenten Giving Cross, let’s think “give something” instead! As in the past, Reformation Lutheran Church, our partner congregation, will be the recipient of these gifts. The needs they have asked assistance with include:



- ♦ Peer Ministry - \$25 - \$50 gifts to provide income supplements for those who assist at church.
- ♦ Serve and Learn Together (SALT) Youth Ministry - \$60 to scholarship a youth for one week; \$300 to scholarship for the entire program.
- ♦ Family Support - \$100 - \$250 to help a family with rent and other living expenses.

If you are attending services in-person, you can pick an envelope from the cross, put your donation in the envelope, designate the need(s) you choose to support, and place it in the offering plate located outside the sanctuary doors; or you can mail your donation to Mt. Zion, noting the gift is for the Reformation Lenten Giving Cross in the memo section of the check; or you can use the Lenten Giving Cross envelope provided with your Mt. Zion offering envelopes.

Thank you for keeping our partners at Reformation in your thoughts and prayers. Your generosity is greatly appreciated and will keep Reformation’s vital ministry to our sisters and brothers in Milwaukee alive.

**Andrea Cockerham**  
**Outreach Committee**

## Volunteer Schedule

Here are the people who are volunteering through in February and March

### **AV**

Feb. 21: Dralle  
Feb. 28: Czervionke  
March 7: Douglas J  
March 14: Erik and Abby  
March 21: Marciniaks  
March 28: Caspersons

### **Money stewards**

Pete P, John L, and Roy D  
Engelhardt  
Tom E., Jim G., and Gary G  
Morgans and Hexts  
Pete P., John L., and Roy D  
Engelhardts and Nancy S.

# This Week at Mt Zion

Sun February 21	<p>8:30a <b>Traditional Worship</b> <a href="https://www.youtube.com/mtzionlutheran">youtube.com/mtzionlutheran</a> Meeting ID: 841 6597 2335 password 12012</p> <p>9:40a <b>Faith Formation</b> (Youth, Adult, and Sunday School)</p> <p>10:45a <b>Contemporary Worship</b> <a href="https://www.youtube.com/mtzionlutheran">www.youtube.com/mtzionlutheran</a> Meeting ID 875 7308 8960 password 12012</p>
Mon February 22	<p>12:12p <b>12 Minutes of Prayer</b> on <a href="https://www.facebook.com/mtzionlutheran">Facebook</a></p> <p>7:00pm <b>Book Club</b>—See page 7 for more information</p> <p>7:00p <b>NA 12-steps group</b> alternate location while closed</p>
Tues February 23	<p>10:00a Staff Meeting</p> <p>12:00p <b>AA 12 Steps Meeting</b> continues virtually</p> <p>3:00p <b>Library Open and Curbside Communion Carry-Out</b></p>
Wed February 24	<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>3:00p <b>Library Open and Curbside Communion Carry-out</b></p>
Thurs February 25	<p>12:12p <b>12 Minutes of Prayer</b> on <a href="https://www.facebook.com/mtzionlutheran">Facebook</a></p>
Fri February 26	<p>7:00p <b>ACA 12-Step Group</b> Meeting Remotely</p> <p>7:30p <b>Essay 12-Step Group</b> Meeting Virtually</p>
Sat February 27	<p>8:30a <b>Women of Heart Bible Study</b> on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p>
Sun February 28	<p>8:30a <b>Traditional Worship</b> YouTube</p> <p>9:40a <b>Faith Formation</b></p> <p>10:45a <b>Contemporary Worship</b> YouTube</p> <p>5:00p <b>Confirmation</b></p>



# Youth - Led Worship

The MZY will be leading worship using stories, poems, and readings that fit into the theme of, "Take up your cross and follow me!"



February 28th

8:30 and 10:45am

75 years of MTZ Youth! More pictures on page 10!



## **Youth Summer Trip**

YES! There will be a youth summer trip this summer and WE WANT YOU WITH US! Our trip this year will be a work trip to Eastern Tennessee with an organized group called ASP (Appalachian Service Project [www.asphome.org](http://www.asphome.org)). Please reach out to Perrie for details – we need to get the plans under-way ASAP!!

Thank you so much! BIG, HUGE BLESSINGS on your week everyone!

**Peace, Perrie**

# Sunday School

I hope your children enjoyed last week's science lesson Walking on Water. We are continuing our lesson again this week with an cooking project.

We will be making butter. Because of the temperatures, it will be best if you are able to pick up your own supplies. Ingredients needed are a cup of heavy whipping cream and a container such as a jar or small ziploc container to shake it in and a plastic knife to spread the butter. Please reach out to Brenda ahead of time if you would still like a take home bag prepared. Brenda's contact: SundaySchool@mtzionlutheran.org. Or, call/text at 414-460-7294



This will be a COMBINED lesson for all youth ages 3 years old through 5th grade.

WHO: ALL children ages 3 years old through 5th Grade

WHEN: Sunday February 21, 2021

TIME: 9:40-10:25 a.m.

ZOOM login ID: 752 6656 7262

ZOOM Passcode: Gf3avC

Remember your catechism emphasis:

3-year-old through 2nd grade: The Lord's Prayer

3rd through 5th grade: The Ten Commandments

**Brenda**

## Lenten Devotional Materials

### Get Your Copies Now!

Devotional materials can be picked up during the Library hours  
Tuesdays and Wednesdays  
from 3:00 to 5:00p.

Materials will also be available to pick up on Sunday mornings in the North Narthex.



Kid's Journal



Teen/Adult Devotional

# Call Me an American Hero



“Please know that because I could not stoop before the sovereigns of Europe, I came to America to fight for liberty.”

- Casimir Pulaski



As a kid growing up in the Chicago area, we all knew about General Casimir Pulaski. We celebrated Casimir Pulaski Day. Pulaski was born in Poland, trained in military horsemanship, tried to drive out Russian invaders from his own country, but driven into exile and, on the suggestion of Benjamin Franklin, came to the United States in 1777. Pulaski led patrol raids and is reported to have saved the life of General George Washington at the Battle of Brandywine during the American Revolutionary War.

But what I recently learned about Pulaski was absolutely revolutionary!

While watching a series called **America's Hidden Stories** produced by the Smithsonian Channel (2019), scientists and historians explored the life of the person many consider to be the “Father of the American Cavalry”. But, was Pulaski, in fact, a woman?

The question of whether Pulaski was a woman or not arose when a set of bones was found at a crumbling monument in Savannah, Georgia. The pelvic bone found appeared to be biologically female. So, who was buried there? Was it Pulaski? Was it someone else? Or was Pulaski a woman?

The research indicates Pulaski may have, almost certainly, been intersex.

“Personally, I think that Pulaski being intersex doesn’t impact or change his legacy at all. If anything, I think it enhances it,” said author Hida Viloria, who appeared in the episode.

Casimir Pulaski day is March 1. Perhaps this year, in addition to *acknowledging* the contributions Pulaski made to American history and military history, I will **celebrate** how an intersex immigrant contributed to the diversity of our fledgling nation.

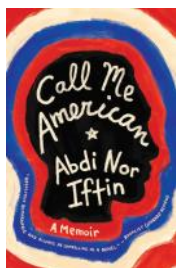
Jessica Monahan

## Photo of the Week

Won't it be great when it gets warmer and we can gather outside in the courtyard again? Thanks to Karen Engelhardt for this great photo!



## Book Club



Mt Zion's Book Club will be hosting the Tosa's All City Reads discussion on Monday, February 22 from 7:00-8:30am.

"If you'd like to talk about Call Me American with your fellow Tosans, join us in person (socially distanced, masks required) at Mt. Zion Lutheran Church. In-person attendance is limited to 25 people.

You may also join this discussion online. Open up your Zoom app and select "Join Meeting." The meeting ID is 862 1576 4558 and the Password is 12012.

No advance registration is required for the in-person discussion. If you have questions, call Mt. Zion Lutheran Church at 414-258-0456." - Tosa's All City Read

## Book Club's Book Shelf



March 22



April 26



May 7

## Blood Drive Results

Versiti officially registered 12 donors and collected 10 units of blood which will go to help save 30 lives and every unit is deeply appreciated! So many blood drives are being canceled due to Covid-19 amongst our high schools, colleges and businesses.

We look forward to our next Mt. Zion blood drive on Monday April 26.



# MICAH

Previously, I mentioned the work that MICAH has done in the realm of education to follow the call of Micah, God's prophet who lived around 750 to 686BC and called out to the people of Judah and Israel to see the problems with which the people of their communities were afflicted. Micah, in chapter 6, vs. 8 calls out, *"He has told you, O man, what is good and what the Lord requires of you, but to do justice and love kindness, and to walk humbly with your God."* The thing that I like about MICAH, Milwaukee Inner City Congregations Allied for Hope, is that the organization realizes that there is not only one way to promote God's Justice. Because of the different task forces within MICAH, each person can pick out which ever direction is best suited for their interests and put their efforts there. As I mentioned last week, my main interest is in education, but there certainly are others that might better suit you. Perhaps your interest is in youth, but not particularly in education. There are options to help youth in other directions as well.

One option is COLE, (Coalition on Lead Emergency). MICAH is a founding member of Cole, which is based at our sister congregation, Hephatha Lutheran Church. COLE is a coalition of organizations and community leaders who are organizing and educating to make the Milwaukee area free of lead exposure and lead poisoning. The primary cause of lead poisoning is in lead in paint, soil and water. Even low levels of lead in the blood of children can result in behavior and learning difficulties, lower IQ, hyperactivity, slowed growth, hearing problems and anemia. In 2016, 10.8% of City of Milwaukee children who were tested for lead levels showed levels above CDC actionable levels of lead poisoning. In the Hephatha neighborhood, 23% of tested children had lead poisoning at or above the CDC actionable level.

In 2019, I and over 200 others attended a COLE summit held at Hephatha. Deanna Branch, a Hephatha member and mother of a severely lead poisoned child, gave testimony to those attending, including alderpersons and the Health Commissioner. Commitments were made in support of a proposal for a Birthing Moms Pilot Project. Because of that meeting and the support that it received for the project, \$240,000 was added to the City of Milwaukee 2020 budget to provide for free lead education kits, including lead filter water pitchers and replacement cartridges for approximately 2400 birthing moms in the Hephatha area as well as zip codes 53204, 53206, 53208 and 53210, which are most affected. Pastor Dennis Jacobsen of Hephatha and one of the MICAH founders is also working with WISDOM for statewide protection of children.

COLE has been working closely with the Health Department. Home visits have been curtailed because of the COVID-19 epidemic and the strain that it has put on the Health Department, but plans are in action to be initiated as soon as it can be done safely. The COLE Education Committee, chaired by Hephatha's parish nurse, has conducted several lead safe events and is working to develop training sessions for trainers. Besides this, Conor Williams of MICAH is working to develop a plan to connect Transitional Jobs workers to be trained in lead abatement and lead education for a win – win situation.

COLE is another reason why I am glad that Mt. Zion has designated MICAH as the February Mission of the Month and I ask that you give toward this most worthy cause toward God's Justice.

**Jerry Roesch**



# Science Tidbits

## *The Timing of Eating*

A significant number of people struggle with weight their entire lives, while on a never-ending quest for the perfect weight-loss diet. And there are a dizzying array of diet plans vying for their attention, all claiming to be the answer to losing weight. Most focus on the types and quantities of food one should eat, and research is ongoing, but there is a new trend in dieting that is gaining in popularity called time-restricted eating (TRE).

The idea of intermittent fasting (IF) has been around awhile and centers on extensive periods of non-consumption. The emphasis is not on what a person eats but when they eat it. In one plan, the individual follows 24-hour periods of fasting (no foods, but non-caloric liquids allowed) two or more times per week. Although this approach has been proven effective, one major drawback is that most people don't have the self-discipline to adhere to the protocol. For some, a more manageable variety of IF is time-restricted eating.

An attractive aspect of the TRE diet is the simplicity of approach. A diet that's easy to follow will be one that is easier to adhere to and the TRE approach is certainly simple in concept. People do not have to count calories or limit their consumption to "permitted" foods, but they need to be consistent in following the restriction schedule and embrace it as part of a long-term eating lifestyle.

The idea behind TRE is to restrict all eating of calories to a window of about 8 hours. Some people following this approach skip breakfast and only eat food at lunch and supper (plus any snacks) between the hours of, say, 12 noon and 8 pm. A recent pilot study investigated the effectiveness of such a scheme.

There were 50 participants in the study, and they all attempted to restrict their calorie consumption to an 8-hour window each day. It can be challenging to adhere to such a schedule, and on average, the participants were able to follow TRE on 5 or 6 days of the week. Those who succeeded in following TRE on at least 5 days lost appreciably more weight than those who did not. In the study, 26% of the participants lost at least 5% of their body mass. They confessed that the biggest drawback to maintaining the diet were social occasions that involved eating and drinking, but 69% said they would recommend the diet to a friend.



I realized that I have actually been following a modified version of TRE, and I can attest to the challenges. I have a different motivating health concern, namely, type II diabetes, but TRE is well suited for attacking this challenge as well. I always try to eat my last meal of the day (or any food for that matter) by 6-7 pm if possible and my food consumption period does not usually exceed 10 hours. It has done wonders for control of blood sugar levels.



Sunday School circa 1960s



2004 Rescue Mission



2003 Spring Musical



Sunday School circa 1960s



2012 Corn Maze



Faith Formation circa 1980s



2000 Church Picnic Egg Toss

# February Birthdays and Anniversaries

## Birthdays

Dave F. 2/1	Trentin E. 2/16
Linda H. 2/1	Franklin B. 2/17
Debbie F. 2/2	Tony S. 2/18
Robert J. 2/2	Alan S. 2/19
Mara M. 2/2	Jim S. 2/19
Evelyn S. 2/3	Roger S. 2/20
Patricia S. 2/3	Michael F. 2/20
Loretta B. 2/2	Harper P. 2/20
Sherry D. 2/6	Eloise K. 2/21
Eliza F. 2/6	Margie S. 2/21
Kate W. 2/9	Yvonne K. 2/21
Dean S. 2/9	Logan W. 2/22
Erica M. 2/11	Brian W. 2/24
Amanda S. 2/11	Alex H. 2/24
Wyatt S. 2/12	Kathryn M. 2/25
Gwenivere A. 2/12	Kristin M. 2/25
Aharon G. 2/13	Joe D. 2/25
Dick H. 2/13	Garret J. 2/25
Lynn K. 2/16	Grace H. 2/27



## Wedding Anniversaries

Keith and Peg P. 2/8
James and Tina K. 2/17
Jolie K. and Sara S. 2/18
Carole and Kenneth S. 2/21
Andrew and Kelsey F. 2/23

## Scripture Readings for This Week

Genesis 9:8-17 Psalm 25:1-10

1 Peter 3:18-22 Mark 1:9-15

## Scripture Readings for Next Week

Genesis 17:1-7, 15-16 Psalm 22:23-31

Romans 4:13-25 Mark 8:31-38



## This Week's Prayer List



<https://bit.ly/37iAgic>



## Mt Zion Staff

**Pastor**  
**The Reverend Tyler D. Rasmussen**  
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**Worship Volunteer Coordinator**  
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## Leadership Board

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**Lynda Yanny, Vice President**  
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**Sara Bailey, Secretary**  
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**Robyn Di Giacinto**  
**Doug Dralle**

**Janet McCarthy**  
**Jean Morack**  
**Erik Peterson**  
**Mavis Roesch**

**Jeremy Goss**  
**Mike Marciniak**  
**Katie Frederick**



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