



August 8 & 15, 2021

Grace Notes

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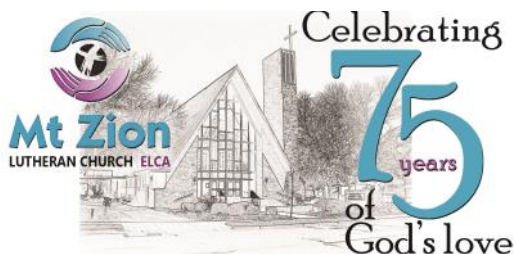
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Mark it on Your Calendar!

75th Anniversary Celebration September 19th

One combined worship service at 9:30am

We will be singing many of our favorite traditional and contemporary songs from the past 75 years as chosen by YOU the congregation! We plan to have special music from our choirs and musicians.

We have invited former members and founding members along with pastors from throughout the Synod to share in this joyous occasion.

We understand the Covid-19 situation is constantly evolving, but we hope to see you for this celebration!

[\(Read more on page 5\)](#)



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

More Dates to Save!



SEE YOU IN SEPTEMBER!

SEPTEMBER 5

Outdoor Worship

SEPTEMBER 12

Sunday School blessing
and Bible Presentations

SEPTEMBER 19

75th Anniversary Celebration

SEPTEMBER 26

Return to two worship
services and
Faith Formation Hour

August 8 — August 14

Listen to Worship
(and other events)
through Zoom

No internet? Call in through Zoom instead!
Call **312.626.6799**. When Zoom picks up...
1) Dial the **Meeting ID** (below) and press #
2) Press # again 3) Dial the **Passcode** (below) and press #

Sun Aug 8	9:30am Combined Worship Meeting ID: 841 6597 2335 Passcode 12012 12:00 Music Lessons 11:30 Korean Worship in-person
Mon Aug 9	6:00p Property Committee Meeting 7:00p NA 12-steps group Mt Zion Fellowship Hall
Tues Aug 10	12:00p AA 12 Steps Meeting continues virtually 6:00pm 75th Anniversary Committee 7:00pm Pets Helping People Fellowship Hall
Wed Aug 11	12:00p Brown Bag Bible Study Meeting ID: 389 857 048 Passcode 12012 1:00p Prayer Warriors same Zoom info as Brown Bag 4:30p Staff Meeting
Thurs Aug 12	10:00a Reformation Lutheran Church Bible Study Zoom Meeting ID 236 926-7500 Passcode: 8Q0X7t
Fri Aug 13	7:00p ACA 12-Step Group [Rm 101] 7:30p Essay 12-Step Group Meeting Virtually
Sat Aug 14	8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012 9:00a Music Lessons
Sun August 15	9:30am Combined Worship Service

August 15 —August 21

Sun August 15	9:30am Combined Worship Meeting ID: 841 6597 2335 Passcode 12012 11:30 Korean Worship in-person 12:00 Music Lessons
Mon August 16	6:00p Leadership Board Meeting 7:00p NA 12-steps group Mt Zion Fellowship Hall
Tues August 17	10:00a Staff Meeting 12:00p AA 12 Steps Meeting continues virtually 7:00pm Pets Helping People Fellowship Hall 7:00p Writer's Circle Meeting ID: 829 2787 8248 Code: 12012
Wed August 18	8:30a Health Clinic Courtyard Parking Lot 12:00p Brown Bag Bible Study Meeting ID: 389 857 048 Passcode 12012 1:00p Prayer Warriors same Zoom info as Brown Bag
Thurs August 19	10:00a Reformation Lutheran Church Bible Study Zoom Meeting ID 236 926-7500 Passcode: 8Q0X7t 5:00p Public Theology
Fri August 20	7:00p ACA 12-Step Group [Rm 101] 7:30p Essay 12-Step Group Meeting Virtually
Sat August 21	8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012 9:00a Music Lessons
Sun August 22	9:30am Combined Worship Service

**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm
 Stop by in-person, call 414-258-0456,
 or email parishadmin@mtzionlutheran.org

September 19th



While the ongoing COVID pandemic may alter the final line-up, some plans currently in the works for the outdoor celebration and festivities include:



Buffet Luncheon



Beverages and Beer



Kid's Activities!



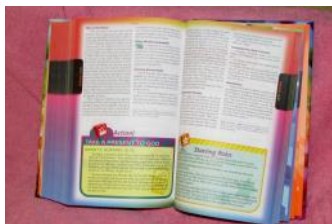
Photo Opportunities



Fellowship!

Stay tuned for more information as plans develop!

Bible Surveys



Pastor Tyler is conducting a bible survey for the congregation. He would like your input! On the tall tables in the Gathering Space there are several versions of bibles for children, youth, teens, and adults. Please look through them and decide which bible you would prefer for yourself or your child(ren). The survey uses a rank choice system to you can list your top three favorites. The top choice will be purchased for the church to use during bible studies, confirmation, or home reading. Place completed surveys in the basket.

Scripture Readings for August 8

1 Kings 19:4-8

John 6:35, 41-51 Ephesians 4:25—5:2

Scripture Readings for August 15

Proverbs 9:1-6

John 6:51-58 Ephesians 5:15-20



The Power of Prayer

Prayer Warriors
Wednesdays at 1:00pm

Prayer List July 25 to August 1

<https://bit.ly/3rRtr9Y>

Worship Volunteer Schedule

	Aug. 8 Sunday 9:30am	Aug. 15 Sunday 9:30am	Aug. 22 Sunday 9:30 am	Aug. 29 Sunday 9:30am	Sept. 5 Sunday 9:30 am
ACOLYTES	<i>Available</i>	<i>Available</i>	<i>Available</i>	<i>Available</i>	<i>Available</i>
ALTAR CARE	Wendi Hall	Nancy DiGiacinto	Edie DiGiacinto	Ellyn Steinke	Wendi Hall
ASSISTING MINISTERS	Mavis Roesch	Janet McCarthy	Donna Zarek	Mavis Roesch	Wendi Hall
GREETERS	Kent and Margie Spicer	<i>Available</i>	<i>Available</i>	<i>Available</i>	<i>Available</i>
LECTORS	Linda Ertel	Lora Marheine	Rich Robinson	Dawn Driscoll	Irene McCarthy
USHERS	Debbie & Kurt Kleppek	Dorothy Snead	Jim Zarek	Janet McCarthy	Debbie & Kurt Kleppek
OFFERING STEWARDS <u>MONDAY</u>	2ND WEEK: Tom & Pat Mor- gan / Brad & Pam Hext	3rd WEEK: Pete Peterson/John Link/Roy Durren- berg	4TH WEEK: Nancy Schu- macher / Carl & Karen Engelhardt	2ND WEEK: Tom & Pat Mor- gan / Brad & Pam Hext	1st Week Tom Ertel, Jim Goetzinger, and Gary Goll
AUDIO/VISUAL	Erik Peterson & Abby Sumiec	Merry & Mitch Casperson	Marciniak Family	Matt and Ethan Czverionke	Erik Peterson & Abby Sumiec

Woof! Bark! Meow!



Several dogs and one cat were blessed on Sunday. It was a beautiful morning worshipping with our furry friends!



Pet Blessing Pictures

Join us for our next
outdoor worship service
September 3rd!



What is Eras?

Would you like to know a little more about where our “noisy offering” is going to go? It’s going to ERAS Senior Network, and it might be an organization that you will want to get to know better.

Are you a senior citizen who could use some help with transportation to get to doctor’s appointments, or the grocery store? Are you a person looking for a new way to volunteer to help others? ERAS Senior Network has a place for you!

ERAS is a nonprofit organization that originated in Waukesha County in 1981 and has worked also in Milwaukee County since 2019, when it took on the work formerly done by Greater Tosa Interfaith. They provide services to seniors to help them meet basic needs, including transportation to medical appointments, grocery shopping, seasonal yard clean up, and weekly wellness calls. Each year over 2,600 people are helped by ERAS in these two counties! The volunteers are so very appreciated by the clients, and the clients gain peace of mind and hope. You can volunteer whenever it is convenient, in either county, and as often as you like.

Brochures are available at the table near the entrance to the Gathering Space and at the front desk in the office. To become a volunteer or client in Milwaukee County, call (414) 488-6500. In Waukesha County call (262) 522-2402 to volunteer, or (262) 549-3348 to become a client. Or go to Eras.org for more information.



Science Tidbits

Someone Else's Waste Could Be Your Saving Grace

In my last tidbits, I discussed the importance of the gut microbiome in health and disease. I thought I'd follow that up by providing a specific example of this relationship that recently surfaced in the news involving our favorite health topic, COVID-19. As it affects just about everything else going on in our body, the microbiome also appears to influence the progression of COVID infections.

One of the most dreaded infections one can develop is *Clostridioides Difficile*, often referred to as *C diff*, a nasty, persistent antibiotic-resistant bacterium. It causes nausea, fever, stomach pain and diarrhea and can be life-threatening if left untreated. People most susceptible are those over 65-years-old undergoing long-term antibiotic therapy, because the treatment kills the beneficial bacteria while allowing undesirable bacteria like *C diff* to flourish. The increased risk in the elderly to this, as well as other infections and diseases, is thought to be due to the shift in our microbiome composition as we age.

Gaining in popularity in battling *C diff* is the reintroduction of healthy bacteria via a fecal microbiota transfer, usually from a younger donor who presumably has a healthier microbiome. Two cases highlight this approach. In the first, an 80-year-old person with recurring *C diff* infections, accompanied by pneumonia and sepsis (overreaction of the immune system), received a stool transplant from a healthy donor. At the same time, a positive swab test revealed a COVID-19 infection. Two days later, the pneumonia had stabilized and COVID-related symptoms disappeared.

The second case involved a 19-year-old patient with recurrent *C diff* infections being treated for ulcerative colitis (chronic intestinal infection). Fifteen hours after a fecal transplant, the patient also tested positive for COVID-19. While there were two brief periods of a fever, COVID-19 symptoms soon resolved without further treatment.

These transfers had a significant positive impact on each patient's recovery from a serious *C diff* infection and is a. But important to note is the fact that, although both patients were, additionally, at risk of severe COVID-19 progression, just the opposite occurred following fecal transfer. This strongly suggests a positive therapeutic effect on the COVID-19 viral infection as well.

These exciting preliminary results indicate that a two-pronged approach to fighting COVID-19 infections, using conventional anti-viral treatments in concert with fecal transfer, may offer an even more effective option in battling these serious viral infections. During the COVID pandemic, there has been a hesitance to allow public discussion of alternative therapeutic approaches beyond the prevailing solutions proffered by the powers that be. With the impressive advances of our understanding of microbiome function, let's hope that this promising therapy will be welcomed into the public discourse, not to mention aggressively pursued in greatly expanded clinical trials. Sounds like a good idea to follow THIS science. And just think—it incurs absolutely NO cost for drug development!

Yummy Stories



S'more Stories, Please!

Tuesday, September 7th
7:00pm
MT Zion Courtyard

Spend an evening sharing stories around the fire.
Enjoy s'mores and toasted marshmallows.
Everyone is welcome to this family friendly event!

Oh No! Bible Mix Up!

Uh oh! There was a mix up during bible study! Can you help our volunteers match the correct belongings to each staff member? The volunteers can remember some of the information, but need your help piecing it all together.



		Staff				Bookmark				Book Color			
		Pastor Tyler	Pat	Brenda	Jess	metal	store receipt	plastic	sticky note	red	blue	green	purple
	carrots												
	pretzels												
SNACK	cheese												
	popcorn												
Book Color	Red												
	blue												
	green												
	purple												
Bookmark	metal												
	store receipt												
	plastic												
	sticky note												

Clues

- 1) Pat's bible is not red or blue
- 2) The four staff are Brenda; the staff who has the purple bible; the staff who eats carrots; and the staff who uses a plastic bookmark
- 3) Neither Pastor Tyler nor Jess use a sticky note for a bookmark
- 4) Brenda's snack is not cheese or popcorn but her bible is blue
- 5) The purple bible has a store receipt for a bookmark
- 6) While Pat's snack is cheese, her bookmark is not a receipt
- 7) The sticky note bookmark goes with the staff who eats pretzels but does not go with the red bible
- 8) The popcorn is the snack of the staff with the purple bible. Popcorn does not go with the metal bookmark
- 9) Pastor Tyler's snack does not start with the letter P
- 10) The plastic bookmark belongs to the staff who eats cheese

Answers will be shared in the next edition of the Grace Notes!

Birthdays & Anniversaries

Birthdays

Angie C. 8/2	McKenzie T. 8/19
Jada G. 8/4	Chris K. 8/19
Edie D. 8/5	Bob H. 8/20
Kay H. 8/6	Brad F. 8/20
Doris J. 8/6	Susan T. 8/21
Jesse M. 8/6	Carter C. 8/21
Natalia H. 8/7	Taylor U. 8/21
Quintin P. 8/8	Katie F. 8/21
Barb C. 8/9	Megan B. 8/22
Jennifer S. 8/9	Mickey F. 8/22
Refilwe G. 8/10	Jennifer P. 8/24
Mia B. 8/13	Kaiden C. 8/25
Kiera K. 8/16	Spencer J. 8/26
Jennifer D. 8/17	David J. 8/26
	Lauren C. 8/26

Wedding Anniversaries

Brad F and Sara B. 8/1
Sara and Dave B. 8/2
Doug and Perrie D. 8/5
Greg and Robyn Z. 8/7
Elizabeth and Adam F 8/8
Meghann and Brad S. 8/11
Susan and Todd M. 8/13
Roger and Nancy S. 8/14
Liz and Keith A. 8/15

Super Charge Your Back-To-School!

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/>





Mt Zion Staff**Pastor****The Reverend Tyler D. Rasmussen**pastor@mtzionlutheran.org**Parish Administrator****Jess Monahan**parishadmin@mtzionlutheran.org**Office Volunteers**reception@mtzionlutheran.org**Worship Volunteer Coordinator****Janet McCarthy** (volunteer)worshipvol@mtzionlutheran.org**Youth Ministry Coordinator****Perrie Dralle**youth@mtzionlutheran.org**Maintenance****David Ulrichsen**maintenance@mtzionlutheran.org**Sunday School Superintendent****Brenda Marciniak** (volunteer)sundayschool@mtzionlutheran.org**Director of Choirs****Patricia Eby**Choirs@mtzionlutheran.org**Contemporary Worship Leader****Kristin Sponcia**Contemporaryworship@mtzionlutheran.org**Website****Pat Campbell**Website@mtzionlutheran.org**Social Media****Douglas Johnson** (volunteer)socialmedia@mtzionlutheran.org**Leadership Board****Matt Czervionke, President**president@mtzionlutheran.org**David Fohr, Treasurer**Treasurer@mtzionlutheran.org**Lynda Yanny, Vice President**VP@mtzionlutheran.org**Janet McCarthy, Acting Secretary**secretary@mtzionlutheran.org**Ian Koenig****Jean Morack****Mavis Roesch****Robyn Di Giacinto****Erik Peterson****Mike Marciniak****Doug Dralle****Jeremy Goss****Katie Frederick**





At Mt Zion we are
Joyfully growing
disciples in Christ

So that
Everyone we meet comes to
know themselves as a
reflection of God's image,
worthy of life and love



By prioritizing
Faith Community
Hospitality Justice



Joyfully Growing Disciples in Christ

12012 West North Avenue
Wauwatosa, WI 53226
(414) 258-0456
parishadmin@mtzionlutheran.org



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