



Grace Notes

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Two Services Return

Traditional Hymns Contemporary Band

On Sunday, September 26 we will resume two worship services. Our traditional service will begin at 8:30 and the contemporary service will begin at 10:45. We are excited to announce the contemporary service will feature accompanist musicians to enrich our worship music!

Come joyfully lift up your praises however you prefer to worship.

Our faith formation hour will also resume next Sunday. For more information on the upcoming adult forum topic, turn to pages 6 and 7.



mtzionlutheran.org

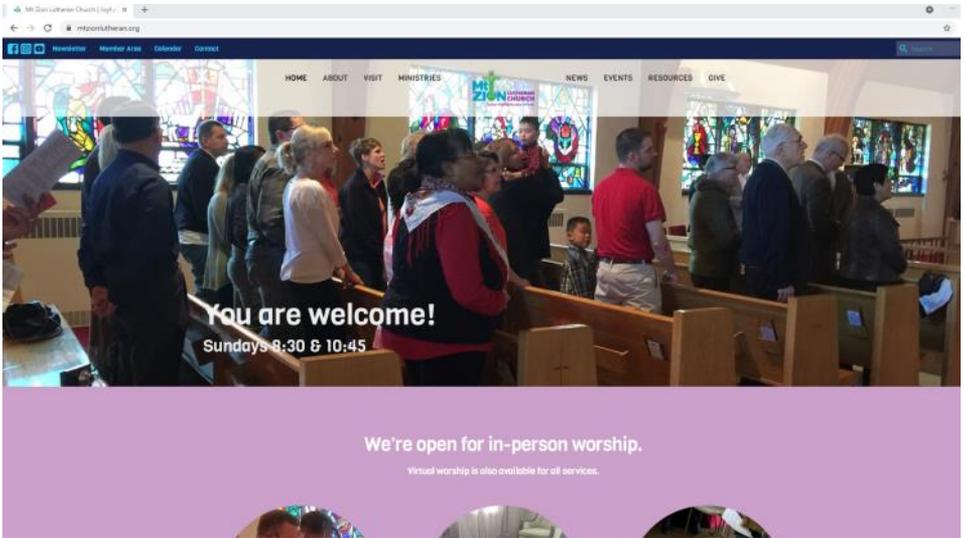
(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

New Website!



Check out our brand new website:

<https://mtzionlutheran.org/>



Great work, Pat Campbell!
Nice job, Pastor Tyler!
Awesome assist, Mavis Roesch!

Call in to Worship

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 #

September 19 to September 26

<p>Sun Sept 19</p>	<p>9:30a 75th Anniversary Worship Service Meeting ID: 841 6597 2335 Passcode 12012 11:30 Korean Worship in-person</p>	
<p>Mon Sept 13</p>	<p>5:00p Leadership Board Meeting 7:00p NA 12-steps group Mt Zion Fellowship Hall</p>	
<p>Tues Sept 14</p>	<p>All Day Lifeline Screening Fellowship Hall 10:00a Staff Meeting 12:00p AA 12 Steps Meeting continues virtually 6:00p 75th Anniversary Committee Meeting 7:00pm Pets Helping People Fellowship Hall</p>	
<p>Wed Sept 15</p>	<p>12:00p Brown Bag Bible Study Meeting ID: 389 857 048 Passcode 12012 1:00p Prayer Warriors same Zoom info as Brown Bag 6:30p Knightwind Ensemble Rehearsal Fellowship Hall</p>	
<p>Thurs Sept 16</p>	<p>6:30p Voices of Zion Choir Rehearsal 7:30p Festival Bells Hand Bell Rehearsal</p>	
<p>Fri Sept 17</p>	<p>7:00p ACA 12-Step Group [Rm 101] 7:30p Essay 12-Step Group Meeting Virtually</p>	
<p>Sat Sept 18</p>	<p>8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p>	
<p>Sun Sept 19</p>	<p>8:30a Traditional Worship Service 9:40a Faith Formation Hour (Adult Forum, Youth, Sunday School) 10:45a Contemporary Worship Service</p>	

**Church Office
Hours**

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

At Lake Park Lutheran Church



coming out
BELOVED



WORSHIP SERVICE

SATURDAY
OCTOBER 9, 2021
10:30 AM

Bring your family & friends
lawn chairs & blankets
(outside service, weather permitting)
BYO bag lunch & drinks

Lake Park Lutheran Church
2647 N. Stowell Ave.
Milwaukee, WI 53211

**WEARING OF MASKS IS
STRONGLY ENCOURAGED**

Sponsored by:
Greater Milwaukee Synod
Reconciling in Christ
Ministry Team

Sign up by September 9



Saturday, September 25, 2021

OFHRRW.org

Join all of your friends on the morning of Saturday, September 25 for the Outreach for Hope 2021 Ride Run Walk (formerly the Family Bike Ride), and help FUNdraise \$150K for grants to central city congregations in the Greater Milwaukee Synod!

SITE OPTIONS:

Each site offers a walk, and road and trail rides unless otherwise noted.

- **Waukesha County:** Dousman/Glacial Drumlin Trail
- **Ozaukee County:** Grafton/Ozaukee Interurban Trail
- **Racine/Kenosha County:** Kenosha/North Shore Bike Trail
- **NEW! Milwaukee County:** Washington Park - walk only
- **Virtual Only:** Ride, run, walk, and/or fundraise on your own schedule (7/15 - 9/25)

Registration includes a free event t-shirt, access to our online mileage tracker and fundraising platform, and boxed picnic lunch for in-person events. Pay what you can: there's no set registration fee!

Registration opens July 15: OFHRRW.org

Sign up to volunteer:

tinyurl.com/OFHRRWvolunteer



SCAN ME

Adult Forums



Join us at Adult Forum
starting September 26
to talk together about how
we might continue building
God's loving community of
all people.

Scripture Readings for September 19

Jeremiah 11:18-20 James 3:13—4:3,7-8a

Mark 9:30-37

Scripture Readings for September 26

Numbers 11:4-6, 10-16, 24-29

James 5:13-20 Mark 9:38-50

The Power of Prayer

Prayer Warriors
Wednesdays
1:00 pm

Weekly Prayers

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

Negative Outcome

We are all working on, to quote Dr. King, “not judging people by the color of their skin but the content of their character. Nancy Di Giacinto, one of the members of Mt Zion’s Justice Team, is continuing to do that work herself. Listen to her story.

“One morning, I was walking to grocery store. I was a couple weeks shy of turning 18 years old. While walking, a young black guy came out of nowhere and approached me. He grabbed my purse, but I wouldn’t let it go. As we struggled, he said to me: “I don’t want to hurt you. Give me your purse.” Before I knew it, he pulled out a gun and hit me on my nose. I was so shocked, I let go of my purse. I started to cry and turn around to go home. The strange thing is that there were 3-4 white men who witnessed the incident but did nothing to stop it. After it was over, they insisted I call the police & my dad. So I actually had two negative experiences, a black man robbing and hurting me, and 3-4 white men who stood around and did nothing. But mostly, this incident increased my prejudice to black people...they are all out to rob us blind.”

Nancy had a traumatic experience with a person who looked different than she did, and she did what all humans do naturally: That moment came to frame her understanding of people who look similar to the man who harmed her. This natural response is built to keep us safe (a bird bit me, so I need to be careful around all birds), but sometimes it causes us to build a false reality. Continue listening to Nancy’s story.

“A year or two later, I remember walking home very late at night from a USO activity. As I was walking down the final street before I would get to my house, I noticed that a car was following me slowly. I couldn’t see too much; the windows were tinted. Because of the model of the car and location, I assumed the occupants were black. What would I do if the car pulled in front me? Where could I run? Was anyone close enough to help? Then I saw someone come down the sidewalk coming toward me: another black man! I thought, “It’s over now.” But as the man got closer, I realized it was my next-door neighbor. He came up to me and escorted me to my house. I am glad he was there, but it was surprising to discover my unrealized prejudice made me afraid of someone I knew so well, one of my angels.”

On September 26, Nancy and the rest of the Justice Team will be leading the congregation in Dialogues on Race. We all are growing together and learning to welcome all the children of God. Join us at Adult Forum as we learn from one another how to unlearn our prejudice and open our hearts to all our neighbors.

Mission of the Month

REFORMATION LUTHERAN CHURCH

One of Reformation's missions mentioned in the previous article In Grace Notes is the SONshine Pantry. The idea formed when Reformation's leadership recognized a need within their neighborhood: many food pantries existed, but there was nowhere for people to go for cleaning and personal hygiene products. So began the SONshine Pantry. You see, the SNAP program (sometimes referred to as food stamps) doesn't cover these items, only food. So, if a family needs toilet paper, dish soap, bathroom cleaners, tampons or the like, they have to buy them, and you know how expensive those items can be.

Reformation holds distributions about every two months, serving between 40 and 60 families. The distributions are usually held in conjunction with another event, like the Strong Women Strong Babies Fair. Sometimes, a carry-out meal is included. (The meal is cooked and packaged in collaboration with one of Reformation's partners.) Because of Reformation's commitment to its neighbors, the items from the SONshine Pantry are always available to people in need, just for the asking.

The next event will be held later this month or early in October and will target the families of the kids that attended SALT (Serving and Learning Together) and VBS this summer. If you would like to help out, the items currently needed are:

- Bathroom cleaners
- Powered cleansers (like Ajax or Comet)
- Tampons

These can be placed in the Reformation donation bin located between the Gathering Space and the Sanctuary. Or, if you prefer, you can make a financial donation through Mt. Zion by designating Reformation Mission of the Month.

You may never know whose life you touched with your generosity to Reformation's work. But do know that through that gift, God's love is being shared with our neighbors in central city Milwaukee.

Andrea Cockerham, Outreach Committee

Mail from Prison Ministry

Hi Jean and All,

Thanx yet again for your staying in touch, and prayful support. I truly appreciate all you do.

Our first two in-person worship services were a bit sparce in attendance, but it's so good to be in community again- Be well

Gratefully, Ziggy

Pictures from the Week

Bell choir demonstrations in the Upper Room



Acolyte Training in the sanctuary



We got that really tall ladder! Jess went all the way to the top to put up signs for our library and preschool rooms.



Kid Friendly Worship

“It was beautiful seeing all the returning faces at worship yesterday!”

Pastor Tyler

On Sunday, September 12 we welcomed back children, youth and teachers in-person for a kid-friendly worship service. Abby Peterson and Pastor Tyler provided a wonderful (and wonderfully hilarious) take on the Genesis story of creation. The altar area hosted over a dozen children for a message by Pastor Tyler. Students and teachers received blessings as they head back to school and resume Sunday School. Backpack tags were handed out with the message “We are all worthy of love” in three different designs.

Thanks to everyone who masked up to make the service a success!



Photo courtesy of Debbie Kleppek

Sept. Birthdays & Anniversaries

Birthdays

	Aiden T. 9/14
	Devin T. 9/14
Carol C. 9/1	Carter D. 9/15
Sara B. 9/3	Eric B. 9/15
Kim L. 9/3	Gary G. 9/15
Talula J. 9/4	Misty S. 9/16
PJ B. 9/5	Ron V. 9/16
Elizabeth M. 9/6	Nora P. 9/17
Jessie M. 9/7	Marja K. 9/17
Cynthia R. 9/7	Jessica P. 9/18
Dave B. 9/7	Mike M. 9/18
Dave N. 9/7	Charlotte W. 9/19
Dan S. 9/8	Joe D. 9/19
Dave M. 9/12	Jessie C. 9/21
Elena E. 9/13	Jena N. 9/21
Marissa H. 9/14	Jena N. 9/21
Erik H. 9/14	Robyn Z. 9/21

Tina K. 9/21

Brent D. 9/21

Andrew W. 9/23

9/23

Jordan T. 9/24

Abby P. 9/24

Karen E. 9/26

Jamie D. 9/27

Andrew F. 9/27

Francesca R. 9/27

Joey S. 9/28

Pete P. 9/28

Erin P. 9/28

Wedding Anniversaries

Dick and Judy M. 9/3

Dave and Vicki N. 9/8

John and Laurel P. 9/6

Erin and Jayson P. 9/9

Mark and Marsha S. 9/11

Joe and Dawn D. 9/19

Bob and Nancy S. 9/20

Christopher and Susan T. 9/22

Angela and James R. 9/26

Rich D. and Rondi R-D. 9/27

John and Donna W. 9/27

Perk Up for Faith Formation Hour

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/>



Science Tidbits

Mouse Models for Alzheimer's Disease

Succumbing to Alzheimer's Disease is one of the greatest fears of an aging individual. Such a possibility hits close to home, for I helplessly witnessed Alzheimer's tragic and heartbreaking progression during the last eight years of my mother's life. The battle against this disease is intense. The yearly cost to the country in caring for patients has been estimated at \$305 billion, and that does NOT include care from non-paid caregivers.



The three most important risk factors for developing Alzheimer's Disease are:

- (1) Age (the most important). Risk doubles every five years after age 65. And the most frustrating aspect is that the disease is usually well settled in by the time it is diagnosed;
- (2) Genetic background. Because of the variability among different individuals, there is a wide range in the age of onset; and
- (3) Environmental lifestyle modifiers. These include educational status, diet, extent of social isolation/depression, physical activity and mental stimulation.

There currently are few effective options for treating the disease. Medications aimed at slowing its progression have been minimally effective. But recently there have been some very exciting advances in research involving mice.

Because of the ease of genetic manipulation, mouse models have been created that recapitulate Alzheimer's. Subsequent research then focuses on treatments that, once shown to limit, or even better, reverse, the disease symptoms in these mice, can then be adapted for human use.

Groundbreaking work has focused on understanding the relationship between genetic background and environment, with emphasis on the effects of a high fat diet that leads to obesity (a definite risk factor). Comparison between lean controls and experimental obese mice has shown significant differences in protein expression in the hippocampus, a major memory center in the brain. Researchers discovered that as levels of the ion channel protein trpC3 rose, cognitive ability in the mice fell. Even more exciting was the finding that when they down-regulated trpC3 levels, cognition improved.

Two different conditions showed this relationship: (1) poor memory resulting from the genetically impaired Alzheimer's mouse model, and (2) memory decline manifested in much older, 26-month-old control mice (when age-related decline happens spontaneously in nature).

A hallmark feature of Alzheimer's Disease is the accumulation of beta-amyloid protein plaques in brain tissue that are unique to the disease. Lowering the levels of trpC3 consistently caused the beta-amyloid plaques to disappear!

Thus, trpC3 is of central importance in the progression of Alzheimer's. The beauty of the mouse model is that individual environmental factors can be tested in isolation to rapidly determine how each is involved, due to the much shorter mouse life span. The next major push will be the effects of exercise on preventing Alzheimer's progression.

Steve Downs

Leadership across the ELCA

Megan Rohrer was [installed as bishop of the Sierra Pacific Synod Sept. 11, 2021](#), at Grace Cathedral in San Francisco.

Rohrer's path in the church hasn't always been an easy one—but they never doubted their Lutheranism. Rohrer, the first openly transgender pastor on the ELCA roster, was ordained extraordinarily by the Extraordinary Candidacy Project (which became Extraordinary Lutheran Ministries) in 2006, when the ELCA did not yet allow LGBTQIA+ rostered ministers to serve openly. In 2010, Rohrer was one of the first seven pastors received into the ELCA after the 2009 Churchwide Assembly voted to change that policy.



“When we say all are welcome, we mean all are welcome, and we believe God creates humanity in diversity,” said Elizabeth Eaton, presiding bishop of the ELCA. “This is historic, and as Bishop-elect Rohrer mentioned following their election, this points people to the unconditional love of Jesus.”

(Source ELCA.org)

The Executive Committee of the Evangelical Lutheran Church in America (ELCA) Church Council has acted on Presiding Bishop Elizabeth Eaton's recommendation to appoint Carlos Peña as the ELCA's interim vice president, effective immediately.

Peña previously served as vice president for two terms, having first been elected by the 2003 ELCA Churchwide Assembly. He decided not to seek reelection and was succeeded by William "Bill" Horne II at the 2016 Churchwide Assembly. Horne passed away on Aug. 14 in Clearwater, Fla.

Peña will serve as interim until Oct. 31, 2022. The new vice president will be elected by the 2022 ELCA Churchwide Assembly, with the six-year term beginning Nov. 1, 2022.

(source ELCA.org)



Volunteer Schedule

	Sept. 19 Sunday 9:30 am	Sept. 26 Sunday 8:30 am	Sept. 26 Sunday 10:45am	Oct. 3 Sunday 8:30 am	Oct. 3 Sunday 10:45am	Oct. 10 Sunday 8:30 am	Oct. 10 Sunday 10:45am
ALTAR CARE	Edie DiGiacinto	Edie DiGiacinto		Wendi Hall		Nancy DiGiacinto	
ASSISTING MINISTERS	Lynda Yanny	Donna Zarek	Lora Marheine	Linda Ertel	Mavis Roesch	Rich Robinson	Janet McCarthy
COMMUNION DEACONS	Lynda Yanny,						
GREETERS	Volunteers needed	Volunteers needed	Volunteers needed				
LECTORS	Rich Robinson	Lora Marheine	Dawn Driscoll	Donna Zarek	Janet McCarthy	Lynda Yanny	
USHERS	John Yanny	Dorothy Snead	Joe Driscoll	Jim and Donna Zarek	Janet McCarthy	John Yanny	Janet McCarthy
OFFERING STEWARDS <u>MONDAY</u>	3rd WEEK: Pete Peterson/John Link/Roy Durrenberg	4th WEEK: Pete Peterson/John Link/Roy Durrenberg		1st Week Tom Ertel, Jim Goetzinger, and Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	
AUDIO/ VISUAL	Merry & Mitch Casperson	Merry & Mitch Casperson	Marciniak Family	Douglas Johnson	Douglas Johnson	Matt and Ethan Czverionke	Matt and Ethan Czverionke

Coming soon! Sunday School teachers and hospitality volunteers

Mt Zion Staff**Pastor**

The Reverend Tyler D. Rasmussen
pastor@mtzionlutheran.org

Maintenance

David Ulrichsen
maintenance@mtzionlutheran.org

Parish Administrator

Jess Monahan
parishadmin@mtzionlutheran.org

Sunday School Superintendent

Brenda Marciniak (volunteer)
sundayschool@mtzionlutheran.org

Office Volunteers

reception@mtzionlutheran.org

Website

Pat Campbell
Website@mtzionlutheran.org

Worship Volunteer Coordinator

Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Social Media

Douglas Johnson (volunteer)
socialmedia@mtzionlutheran.org

IT Administrator

Geoff Hall (volunteer)
itadmin@mtzionlutheran.org

Director of Music

Jason Meissner
music@mtzionlutheran.org

Leadership Board**Jeremy Goss, President**

president@mtzionlutheran.org

David Fohr, Treasurer

Treasurer@mtzionlutheran.org

Lynda Yanny, Vice President

VP@mtzionlutheran.org

Janet McCarthy, Secretary

secretary@mtzionlutheran.org

Jean Morack

Katie Frederick

Wendi Hall

Mavis Roesch

Erik Peterson

Sherry Downs

Mike Marciniak

Joe Driscoll



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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