

May 22, 2022



# Grace Notes

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Thank you, Coast Guard!

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## Summer Worship Schedule

Join us on the first Sunday in June, July, August, September for a combined outdoor worship service with a potluck picnic to follow. Worship begins at 9:30am.

On the other Sundays in June, July, August, services will begin at 8:30 and 10:15a.

There will be no faith formation during the summer.

Mark these dates!

**9:30 combined outdoor service on:**  
June 5, July 3, August 7, September 4

**8:30 and 10:15 services on:**  
June 12, 19, 26  
July 10, 17, 24, 31  
August 14, 21, 28



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12012 W North Ave

Wauwatosa, WI 53226

# Noisy Buckets

Starting on **Sunday, June 5**, the Stewardship Committee would like to start doing a “Noisy Bucket” collection the first Sunday of each month.

The plan is publicize the Noisy Bucket collections in the Grace Notes ahead of that date, to remind people to bring a handful of their loose change (coins) to church on the first Sunday of each month and make a “joyful noise” and have some fun by throwing coins into the noisy galvanized buckets. Each month, the proceeds will go to the Mission of the Month for that month.



# 평화 Peace

English

Peace  
“pēs”



Korean

평화  
pyeonghwa  
“p-yowng-wah”

# Memorials and Honorariums

**Given in memory of Eloise Knigge**  
Janet McCarthy  
Irene McCarthy  
Pete Peterson  
Steve Downs  
Norma Hollander  
Nancy Schumacher

**Given in Memory of Pat Grant**  
Barb McMath  
Tom Morgan

**Given in Memory of Elf Eberle**  
Pat Campbell

**Given in Memory of Ralph McCarthy**  
Irene McCarthy

**Given in Honor of Mae Eckardt**  
Edie Di Giacinto

## May 22 to May 29

Sun May 22	8:30a <b>Traditional Worship Service</b> 9:40a <b>Faith Formation</b> (Sunday School, Youth) Coffee, Snacks, and Fellowship 11:00a <b>Joint Worship Service with New Command Church</b> 12:00p <b>Lunch with New Command</b> 5:00p <b>MZY Social</b>
Mon May 23	7:00p <b>Book Club</b> 7:00p <b>NA 12-Steps</b>
Tues May 24	12:00p <b>AA 12 Steps Meeting</b> 6:30p <b>Hands of AA 12-Step Meeting</b> 7:00p <b>Pets Helping People</b> Fellowship Hall
Wed May 25	12:00p <b>Brown Bag Bible Study</b> 1:00p <b>Prayer Warriors</b> 4:30p <b>Staff Meeting</b>
Thurs May 26	6:30p <b>Voices of Zion Rehearsal</b>
Fri May 27	7:00p <b>ACA 12-Step Group</b> 7:30p <b>Essay 12-step group</b> [meeting virtually]
Sat May 28	8:30a <b>Women of Heart Bible Study</b>
Sun May 29	8:30a <b>Traditional Worship Service</b> 9:40a <b>Faith Formation Hour</b> 10:45a <b>Praise and Worship Service</b>

**Zoom Worship, Adult Forum, Brown Bag Meeting ID: 841 6597 2335**  
**Passcode: 12012**

June 5  
10:30am  
Mt Zion Courtyard

# Cookout

Mt Zion will provide hot dogs and hamburgers. As you are able, please bring a side dish or dessert to share.

In the case of inclement weather, the meal will be served indoors.





**05/22/2022 12:30PM-3PM**  
**LEAD AWARENESS  
BLOCK PARTY**

**LEAD PREVENTION EVENT**

**WHERE: HEPHATHA CHURCH 1720 W LOCUST ST**  
**We welcome you to worship God with us Sundays at 9:00 a.m.**

**PARTNERS ATTENDING/SPONSORED INCLUDE:**

Anthem blue cross insurance company, Assurance (FREE phone company), Milwaukee Fire Department, Milwaukee police Department, Milwaukee Health Department, Citizen action of Wisconsin, Teach Them to Fish Childcare, Milwaukee water commons, SDC, Safe And Healthy Homes, Covid vaccination clinic, Mommy Beautiful Sunrise Inc., WIBDPP, Medical College Of Wisconsin and many many more.



**LEAD  
AWARENESS  
BLOCK PARTY**

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**LEAD SAFE KITS!**

**COVID  
VACCINATION  
CLINIC**

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**LOTS FOR FUN  
ACTIVITIES FOR  
KIDS**

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**INFO ABOUT  
LEAD  
PREVENTION**

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**COALITION ON LEAD  
EMERGENCY**

**ORGANIZER- SHY**

**414-998-5344**

**WWW.COALITIONONLEAD  
EMERGENCY.ORG**

## Summer Schedules

First Sunday Summer Worship Series  
Join us on the first Sunday of the month for a  
combined worship service at 9:30am.



All other Sundays during June, July, August, and September  
will maintain worship at 8:30 and 10:45am

## 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 841 6597 2335** and press #
  - 2) 2) Press # again
  - 3) Dial the **Passcode 12012** and press #

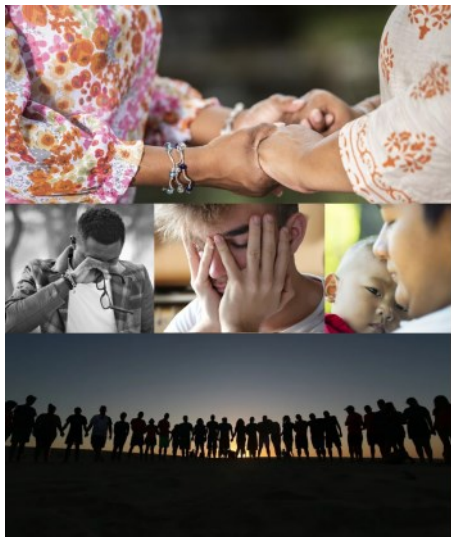
## Scripture Readings

### May 22

Acts 16: 9-15  
Revelation 21: 10, 22-23, 22:1-5  
John 14:23-29

### For May 29

Acts 16:23b-34  
Revelation 22:12-14, 16-17, 20-21  
John 17:20-26



Lifting up our prayers of  
thanksgiving and concern.

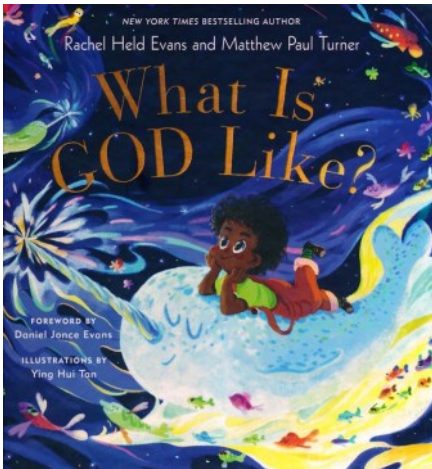
### ACCESS THIS WEEK'S PRAYER LIST HERE:

<https://bit.ly/3yNv26t>

Prayer Warriors meet  
Wednesdays at 1:00pm.



## New Library Book!



What is God Like? *Encourages young hearts to think about what makes you feel safe, what makes you feel brave, and what makes you feel loved. That's what God is like.*

This children's book, full of vibrant and joyful illustrations, is available to check out at our library stand outside the north end of the sanctuary.

## Love is Love

### Reconciling in Christ Pride Worship Service

Thursday, June 2

6:30pm

Redeemer Lutheran Church,  
1905 W Wisconsin Avenue, Milwaukee, WI

This is a great time during Pride weekend to gather and give thanks to God for the blessings given to us.



# Reformation Needs

Spring is here and that means Reformation has more pedestrian traffic on Lisbon Avenue. People come in our doors for spiritual uplifting and guidance, as well as items for their family. Reformation church members go out in teams to minister to people's spirit and discovers what families can use to sustain their household.

Can you help us? Attached below is a list of a potpourri of items that helps us do ministry with our neighbors. Spring cleaning may help your church members find items that others can use. And perhaps, folks can add some household products to their grocery list. We ask that you pray for our church from the pulpit, as now is a time of action for our faith community, as we seek greater connection with our neighbors.



## Reformation Needs Spring 2022

- Baby diapers/wipes; strollers, bouncies, pack 'n plays
- Bar soap, body wash
- Deodorant for men & women
- Feminine hygiene products
- Laundry detergent & bleach
- Linens – towel sets, queen/king sheets (mark size on bag), bed pillows/comforters

- Pots & pans; silverware in sets only
- Pine-sol
- Prayer
- Small appliances - microwaves, fans, flatscreen TVs, etc.
- Toilet paper
- Tomato & pepper plants
- Toothpaste & toothbrushes

Place donations in North Narthex



# Food Pantry Donations

Looking to drop off items for the Tosa Cares Food Pantry?

Volunteers are available to receive items:

Wednesday 1:00pm to 3:00pm

Saturdays 10:00am to 12:00pm





## Synod Offerings to Ukraine

At Synod Assembly on May 20-21, our Synod is taking a special offering for Lutheran Immigration and Refugee Service in recognition of their important work in resettling refugees from Afghanistan and Ukraine. The goal is to raise \$20,000 for this vital ministry. If you would like to help, checks can be made payable and mailed to the Greater Milwaukee Synod, PO Box 341695, Milwaukee WI 53234 with "assembly offering" noted on the memo line. Gifts can be also made online at <https://milwaukee-synod.org/giving-2/>

## May Mission of the Month

### REFORMATION LUTHERAN'S YOUTH SUMMER WORK PROGRAM

Each summer participating kids are taken on a field trip. This summer they are going to a nature center, so transportation and admission costs must be covered, about \$35 per child. And to ensure that transportation issues don't keep kids from attending camp, families who need them are given bus tickets to get their children to and from Reformation each day.

Lunch is provided every day, as well. Several partner churches participate in this, each church supplying and serving lunch for a week. Mt. Zion is one of those churches. Total cost for a week of food and juice is approximately \$400.

Mt. Zion also sponsors the end of summer camp program. It is a celebration of the children's time together and of their accomplishments. Here they receive their back packs filled with school supplies for the coming year and some money to help with purchasing school clothing, etc. Every celebration should include a cake, right? We sponsor the purchase of a large sheet cake complete with lots of gooey frosting in fun party colors to make the event even more special.

Any of the money you donate to the May Mission of the Month will go to Reformation to use specifically for the Youth Summer Work Program. Use your Mission of the Month donation envelope and note "Reformation Youth" in the memo section of your check, or choose the Mission of the Month option for on-line giving.

Whatever you are able to give, know it will go to help a child have an awesome experience this summer. It will be a positive experience which they can continue to build on.

**Thank you for your continued support.**

**Andrea Cockerham  
Outreach Committee**

## Book Club Book Shelf

## May's Pick

Book Club

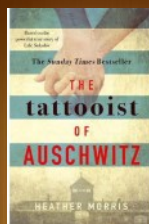
Monday, May 23

7:00pm

Hearth Room

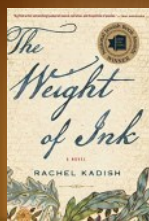
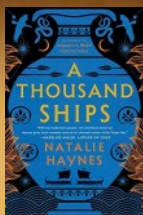
The Tattooist of Auschwitz

by Heather Morris



May  
23

June  
27



July  
25

In April 1942, Lale Sokolov, a Slovakian Jew, is transported to the concentration camps in Auschwitz-Birkenau. When his captors discover that he speaks several languages, he is put to work as a tattooist, tasked with permanently marking his fellow prisoners. Imprisoned for over two and a half years, Lale witnesses horrific atrocities – but also incredible acts of bravery and compassion. Risking his own life, he uses his privileged position to exchange valuables from murdered Jews for food to keep his fellow prisoners alive. In July 1942, Lale comforts a trembling young woman named Gita waiting in line to have the number 34902 tattooed onto her arm. In that first encounter, Lale vows to somehow survive the camp and marry her. A vivid, harrowing and ultimately hopeful re-creation of Lale Sokolov's experiences.

*Host Nancy Schumacher*

## Book Vote

Books for 2022-2023  
will be chosen at this meeting!  
Please come to help select the titles  
we'll read in the future!



## Science Tidbits

### Less May Be Better

Remarkable results of past laboratory studies with rats, fruit flies, worms and mice have shown that a calorie-restricted diet can double their life span compared to unrestricted animals. As a continuation of such work, scientists from Yale University asked the inevitable question: *Can the lives of people be extended by a similar approach?*



In the animal studies, calorie intake was reduced by up to 40%, but in this new human study, calories were reduced by only 14%. The purpose not being weight loss, the calorie-restricted diet involved only small reductions of habitual calorie intake over a long period. The goals were to determine if the health benefits in people were the same as those in other animals subjected to calorie restriction and to identify any mechanisms behind these benefits.

The research team studied 200 patients, aged 21-50 years, over a two-year period as part of the Comprehensive Assessment of long-Term Effects of Reducing Intake of Energy (CALERIE) clinical trial. All participants had a body mass index of 22-27.9, placing them in the healthy, non-obese category. The CALERIE trial had already shown a reduction in cholesterol level and blood pressure risk factors.

As part of the study, effect on the thymus was investigated. This gland, located in the chest just above the heart, is part of the immune system, important in the production of T cells (white blood cells essential in fighting infections). Hormones released by the thymus inhibit aging, but as people age, the thymus becomes fatty, shrinks in size and produces fewer T cells. Study participants on the calorie-restricted diet had greater functional thymus volume than controls, as well as higher T cell levels.

The amount of fat, or adipose tissue, in the body is an important contributor to immune function. Researchers found that fat gene expression was altered in those with calorie-restricted diets. The gene that was linked to the fat effects was the gene for PLA2G7, a protein produced by macrophages, a type of immune cell found in the adipose.

To test the idea that PLA2G7 caused the effects of calorie restriction, the researchers deleted the gene that codes for this protein in mice. *These mice showed less diet-induced weight gain, less age-related inflammation, and the same improvement in thymus function.* The senior author of the study concluded that PLA2G7 is an important participant in the beneficial effects of calorie restriction and will help point scientists to potential targets that may augment immune function, reducing inflammation and even enhancing healthy life span.

For Individuals who pursue calorie restriction as a means to improved health, it is important for them to realize that because they are consuming less, the food calories they do consume need to come from nutrient-dense sources. It doesn't mean you eat just 15% less of your favorite junk food. Also, while restricting calories for some people can be harmful, manipulating PLA2G7 might provide the same benefits without the need for restriction.

**Steve Downs**

## Semper Paratus

Recently, member Jeff Cockerham and 3 fellow sailors were rescued by the United States Coast Guard off the coast of Cape Cod. This video in the link below shows the rescue via footage from the Coast Guard helicopter and rescue diver camera. We give thanks Jeff and your friends are safe and we pray all injuries are healing well. May God continue to bless and strengthen the rescue crews of the USCG in their work to save lives.

<https://www.boston25news.com/news/local/dramatic-video-shows-rescue-4-sailors-by-cape-cod-coast-guard-crews/DMRUSJCXWBDSZAOHQDI7NBOB2U/>



U.S. Coast Guard rescues four Cape Cod sailors off by "foggy water" south of Long Island Sound

Learn more about Aviation Survival Technicians here:

<https://www.gocoastguard.com/active-duty-careers/enlisted-opportunities/view-job-descriptions/ast>

Learn how you can support the live saving mission of the USCG through the Coast Guard Auxiliary! From Vessel Safety Checks, Search and Rescue, to Public Affairs, the auxiliary is a vital civilian component of the Coast Guard.

<https://www.cgaux.org/>



**And here's your reminder this summer to wear your lifejacket!**

<https://safeboatingcampaign.com/>

## Birthdays & Anniversaries

### Birthdays

Nathan K. 5/1	George R. 5/7	Steve H. 5/18
Jill W. 5/1	Della S. 5/7	AJ K. 5/18
Ryan M. 5/2	Maya S. 5/7	Stephanie I. 5/19
Meghann S. 5/2	Arihanna H. 5/8	Barbara G. 5/21
Nate E. 5/3	Kira S. 5/9	Joyce N. 5/22
Shannon S. 5/3	Isabella R. 5/9	William S. 5/23
Bob S. 5/3	Mark H. 5/13	Olivia A. 5/24
Linda D. 5/3	Leah C. 5/14	Finley S. 5/25
Charlie S. 5/5	Lori J. 5/15	Norma H. 5/25
Brian J. 5/5	Pat M. 5/15	Kenny H. 5/26
Owen A. 5/5	Mae E. 5/16	Jack S. 5/30
Betsy G. 5/5		Marleen C. 5/31

### Wedding Anniversaries

Lisa and Jim M. 6/6	Andrea and Jeff C. 5/26
Vince and Vicki C. 5/10	Marika M. and Matt C. 5/29
Jamie D. and Stephanie I. 5/12	Bob and Marleen C. 5/30
Kurt and Debbie K. 5/15	Robert and Betsy G. 5/31
Bob and Sandra H. 5/17	

## Mother's Day Poem

"As strong as ten mighty oaks but softer than angora wool,  
 I look to you for strength when there seems to be none available.  
 I look to you for guidance when the road ahead is lined with obstacles.  
 Your words are smooth like the melodic sounds of jazz, rhythmic drums and  
 alto horns.  
 Your eyes are packed with wisdom from the life you've lived, every crease  
 tells the story of who you are.  
 Your hands, used to caress and discipline, embraces and soothes me, more  
 comforting than a thick blanket on a cold night.  
 The love you give will always be a beacon of light to me, guiding me to the  
 plains of your heart.  
 Mother, [ most outstanding thing HE ever re-imagined ]  
 On behalf of all the children born to beautiful mothers like you, I want to say  
 Happy Mother's Day. May your day be long, and filled with love and kisses."

**Antwan Robinson**

# Volunteer Schedule

	May 22 Sunday 8:30	May 22 Sunday 11:00a	May 29 Sunday 8:30a	May 29 Sunday 10:45a	June 5 Combined Service 9:30
ACOLYTES					
ALTAR CARE	Ellyn Steinke		Ellyn Steinke		
ASSISTING MINISTERS	Lynda Yanny	Lora Marheine		Mavis Roesch	
COMMUNION DEACONS				Mavis Roesch	
GREETERS					
LECTORS	Karen Engelhardt		Nancy Schumacher	Gwenivere Anderson	
USHERS	Jim and Donna Zarek	Dave Marheine	Nancy and Joe Di Giacinto	Dave Fohr	
OFFERING STEWARDS <u>MONDAY</u>			Nancy Di Giacinto Diane McDonald		
AUDIO/VISUAL	Ethan and Matt Czervionke	Dawn and Joe Driscoll	Erik Peterson Abby Sumiec	Dawn and Joe Driscoll	



**Mt Zion Staff**

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

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

**Director of Choirs  
 and Contemporary Music**  
**Danielle Lawson**  
[choirs@mtzionlutheran.org](mailto:choirs@mtzionlutheran.org)

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

**Maintenance**  
**Jasmine Pruitt**  
[Maintenance@mtzionlutheran.org](mailto:Maintenance@mtzionlutheran.org)

**Worship Volunteer Coordinator**  
**Nancy Di Giacinto** (volunteer)  
[worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org)

**IT Administrator**  
**Geoff Hall** (volunteer)  
[itadmin@mtzionlutheran.org](mailto:itadmin@mtzionlutheran.org)

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

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

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

**Leadership Board**

**Jeremy Goss, President**  
[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

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

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

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



**Mavis Roesch**  
**Mike Marciniak**

**Katie Frederick**  
**Erik Peterson**  
**Wendi Hall**

**Sherry Downs**  
**Joe Driscoll**



**Church Office  
 Hours**

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





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  
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