

October 2, 2022



Grace Notes

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Special Blanket Collection

This October

You've probably felt the brisk air outside as fall has begun. Most of the clients at Tosa Cares have limited income and, especially with inflation, may not have the resources to keep their homes heated this winter. We can't pay every heating bill, but we can help them stay warm.

This month, you're invited to search through your house for any blankets that you aren't using or don't need anymore and to bring them in and lay them on the altar rail in the sanctuary. Then, on Reformation Sunday (the last Sunday in October), we will bless these blankets and give them to Tosa Cares. Share the warmth of God's love with a blanket that will keep our neighbors warm this winter.



mtzionlutheran.org

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12012 W North Ave

Wauwatosa, WI 53226

Ministry Fair!

Throughout October you're encouraged to check out all the posters on display during our Ministry Fair to learn more about the volunteer opportunities we have. You can also read more about them in our Grow magazine. You will notice the volunteer opportunities are divided into four categories and marked with a type of plant to tie into the idea of growing. The four plants are:

Water Lily: For helping with Worship



Often associated with peace and tranquility. Lilies contribute to the health of a pond. They shade water which controls algae and provide shelter for fish. Similarly, our Sanctuary provides shelter and worship contributes to the health of the congregation.

Cedar: For helping at Mt Zion



Associated with strength and endurance. Cedar trees can prevent soil erosion and survive in damp conditions. When volunteers help at Mt Zion, our church can remain standing, clean, and safe.

Strawberry: For helping beyond Mt Zion



Strawberry plants will stretch their runners over the ground to continue growing. Strawberries also, obviously, provide edible food. Likewise, volunteering beyond Mt Zion can provide literal food to feed the community, or provide spiritual support and hope to nourish those in nearby neighborhoods.

Wheat: For Faith Formation



Grains of wheat represent Christ's love for the world. It can be turned into bread, which we may think of when we consider the Holy Communion. Bread can nourish us physically, just as communion can nourish us spiritually.

Try to participate in the fullness of Mt Zion by signing up for at least one volun-

Military Shout Out

We would like to recognize our community's military veterans. If you have a family member, friend, neighbor, or classmate who has served in any branch, please send the information below to:

parishadmin@mtzionlutheran.org by **Friday, October 21st**.

Include: Name, branch, MOS (job), years served, campaigns involved in and/or where they were stationed.

Optional: Pictures. Short stories from their service.

October 2 to October 9

Sun October 2	8:30a Traditional Worship Service 9:40a Faith Formation Hour 10:45a Contemporary Worship Service
Mon October 3	7:00pm NA 12 Step Meeting
Tues October 4	12:00p AA 12 Steps Meeting 6:30p Hands of AA 12-Step Meeting 7:00p Pets Helping People Fellowship Hall
Wed October 5	12:00p Brown Bag Bible Study 1:00p Prayer Warriors 1:00p Tosa Cares Donation Drop Offs 6:30p Knightwind Ensemble Rehearsal Fellowship Hall
Thurs October 6	6:30p Voices of Zion Choir Rehearsal 7:30p Festival Bells Rehearsal
Fri October 7	7:00p ACA 12 Step Group Room 101 7:30p Essay 12-step group [meeting virtually]
Sat October 8	8:30a Women of Heart Bible Study 8:30a Tosa Cares Donation Drop Offs
Sun October 9	8:30a Traditional Worship Service 9:40a Faith Formation Hour 10:45a Contemporary Worship Service 3:30p Confirmation

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

For instructions on calling in to worship, turn to page 5.

Call on your telephone to Worship with Mt Zion

To access Sunday worship, Brown Bag Bible
Study, Meetings and Adult Forum



Dial (312) 626-6799



You will hear an automated greeting,
"Welcome to Mt Zion".
Please enter your Meeting ID number.



**Press: 841-6597-2335
Then press #**



Enter your participant number
or press pound to continue



Press #



Enter the meeting passcode
followed by the pound sign



Press 12012 #



You are in the meeting now. You are muted.

Scripture Readings

For October 2

Habakkuk 1:1-4, 2:1-4 *8:30 only*
2 Timothy 1:1-14
Luke 17:5-10

For October 9

2 Kings 5:1-3, 7-15c *8:30 only*
2 Timothy 2:8-15
Luke 17:11-19

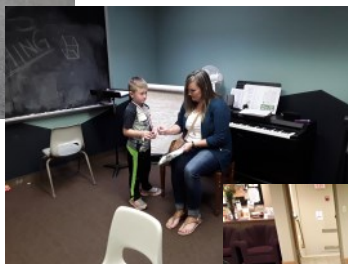
Lifting up our prayers of
thanksgiving and concern.

ACCESS THIS WEEK'S PRAYER LIST HERE:

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

Prayer Warriors meet
Wednesdays at 1:00pm.

Rally Day



Rally day marks the start of our Sunday School year and this year's was not to be forgotten! Thunderstorms darkened the sky all day, but it was bright and warm inside once we moved the bounce house activities into the Upper Room and prayer room. The kids had a blast and loved how fun church was that day. May the rest of your school year be as exciting and beneficial to your faith formation.

**OCTOBER
15
2022**

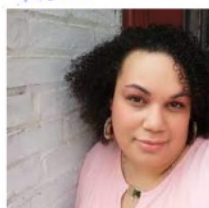
9:00am to 3:00pm

RECONCILING in CHRIST



The Greater Milwaukee Synod's
Reconciling in Christ Team Presents:

WE LOVE ALL
**CREATING COMMUNITIES
OF WELCOME**



Rev. Carla Christopher, Keynote Speaker

"Love feels like a celebration beyond tolerance, beyond acceptance. Love feels like named and specific acceptance. Love feels like showing up, even in a Midwestern snowstorm. Love feels like justice. If I've been changed in any way by my faith, it's to believe that love is something God has created us all for; even me and even you."

Register today at:
milwaukeeesynd.org/event/we-love-2022

Mt Carmel Lutheran Church
8424 W Center St., Milwaukee, WI 53222



Cost – \$10 (scholarships available)
Registration deadline is **October 10** to have lunch included.
If you register after October 10, lunch will be on-your-own.

[Register now!](https://milwaukeeesynd.org/event/we-love-2022)

Midterm Elections Approaching

Lutherans have learned that their neighbors are best served by a government in which people are governed by representatives chosen in fair elections. Such consent requires government to allow the neighbors it serves to pursue their lives in a spirit of freedom. This church strongly affirms voting, guided by faith-based values, as a vital aspect of discipleship in a democracy. (ELCA Social Message on Civic Engagement)

Government best serves our neighbors when all our voices are heard. Make sure you can exercise your faith and your citizenship this fall. Verify that you are registered to vote today. Make sure your neighbors' voices can be heard as well. Ask 3 other people if they are registered to vote as well.

Are you registered to vote?

Check your status or register online at myvote.wi.gov

You can find out what is on your ballot at https://lwvmilwaukee.org/content.aspx?page_id=22&club_id=152606&module_id=482866

You must register by **October 16** to vote in the November election.

Need help registering? Call the church. We have volunteers who would be glad to help you.

Save The Date



PUBLIC MEETING 2022

MICA H Rising: To Build a Healthy & Just Community

Thursday October 20, 2022

Doors Open: 6:00 p.m. Meeting Begins: 6:30 p.m.

Canaan Baptist Church -

2975 N 11th St Milwaukee, WI 53206

10/20/2022

God's Work. Our Hands



Outreach for Hope Walk



Meeting God's Image in the World

"Make new friends, but keep the old. One is silver and the other gold."

Knit One, Pray Too received this lovely thank you note for their donation of prayer shawls to Zilber Hospice.



"Dear Lora and all the Mt. Zion Needleworkers, We are so happy to have you as a part of Zilber's prayer shawl needs. We are most grateful for the shawls you have donated – each is a welcome gift to one of our patients. It is not only a comfort to each, but also for the patient's family at such a difficult time.

We are always trying to keep our shelves filled and ready for when the need arises. And they often go quite fast
It's so nice to have a Tosa Ministry join us. We are most appreciative of all your work.

With love and thanks,
Zilber Hospice"

This is one example of Mt. Zion's goal for 2023, to meet God's image in the world. This means making new friends and renewing old friendships. It means going out and caring for others. It means caring for the gifts God has given to us. By building connections and serving one another, we practice what it means to be disciples of Christ by showing all those who bear God's image how much they are loved, nurturing and loving all God's children.

"Meeting God's Image in the World" is the theme for our Annual Stewardship Appeal, which will run from October 16 through November 20.

Below are the key dates.

- Dates: October 16 to November 20
- **Sunday, Oct. 16** – Kick-off the Appeal
- **Sunday, November 6** – Appeal Commitment Sunday
- **Sunday, November 20** – Celebration Sunday

In the coming weeks, you will be hearing about exciting and creative ministry plans for 2023. Please watch your mail, the Grace Notes, website, and announcements for more details!

Stewardship Team

ELCA FOUNDATION
PRESENTS

PLANNING YOUR LEGACY

FREE
ZOOM WEBINAR



WEDNESDAY
OCTOBER 19, 2022



TIME
4:00PM

REGISTER NOW
[HTTPS://BIT.LY/3CFK18Q](https://bit.ly/3CFK18Q)

For more info
contact Josh Kerney,
Regional Gift Planner
Josh.Kerney@elca.org

Science Tidbits

Listen to Your Feet

Do you ever look at the bottom of your feet? I mean when you don't have some obvious reason to, like a blister, bruise, sprain or broken bone. Fact is, most of us rarely do. But did you know that your feet can be a window to your body's health? Here are some foot symptoms and what your feet may be telling you.



(1) Deficit in sense of touch. I am a type II diabetic, and at my annual checkup, my doctor always gives me the "feather" test. It is a very tiny feather-like brush that he lightly applies to the bottom of my toes to test whether I can feel it. This is because a serious side-effect of diabetes is peripheral nerve damage that can dull discriminative touch. As a result, wounds on the bottom of the feet may go unnoticed, and that can easily progress to serious infections, and worse, the wound could turn gangrenous. Thus, such patients regularly check the bottom of their feet to rule out undetected wounds.

(2) Cold feet and toes. This is an indication of poor circulation and can be another symptom of diabetes, but it can also result from peripheral artery disease (PAD; narrowed blood vessels reduce blood flow to the limbs) or Reynaud's disease (spastic contraction of an artery). Reynaud's is interesting, because it can turn your toes and/or fingers blue. For those of you who follow Brewers baseball, earlier this season pitcher Brandon Woodruff missed some days while recovering from Reynaud's.

(3) Sudden swollen and painful big toe or foot. This is a common by-product of improper footwear or pregnancy, but if these are ruled out, there can be a myriad of explanations that include: neuropathy, arthritis, venous insufficiency (including possible blood clot), renal disease, heart problems or gout. Gout is caused by precipitation of uric acid in your blood, forming urate crystals that accumulate in joints, bringing great pain. It can also lead to excruciatingly painful kidney stones.

The potential seriousness of a swollen foot cannot be overemphasized. Back in 2005, I noticed a greatly swollen left foot when putting on my shoes at the gym. An ultrasound test showed a blood clot behind the knee, and I immediately underwent blood thinner treatment. If I had played basketball that day, I could have easily thrown the clot with potentially fatal consequences.

(4) Burning pain. In most cases, it is due to nerve damage in the legs (neuropathy), but it can also be a symptom of athlete's foot (fungal infection) or PAD.

(5) Weight-bearing pain with no trauma. Causes include stress fractures, tendinitis, arthritis or plantar fasciitis. The latter is one of the most common causes of heel pain and involves painful inflammation of the thick band of connective tissue connecting the heel bone to the toes. It can make getting up in the morning an adventure.

Steve Downs

Birthdays & Anniversaries

Birthdays

Phillip B. 10/1
 Abraham B. 10/2
 Michael M. 10/2
 Linda E. 10/2
 Joanne B. 10/2
 Julia C. 10/3
 Adam F. 10/3
 Joey H. 10/4
 Arlo J. 10/6
 Hilda R. 10/6
 Wendi H. 10/7
 Zach P. 10/8
 Lexi G. 10/9
 Jo C. 10/9
 Cayden P. 10/9
 Brenda M. 10/10

Jason B. 10/11
 Bill L. 10/11
 Sandra H. 10/13
 Judith M. 10/13
 Vivian T. 10/14
 Donna Z. 10/15
 Shirley B. 10/15
 Kristin W. 10/16
 Amy F. 10/17
 Carl E. 10/18
 Karen B. 10/19
 Kent S. 10/21
 Jeff C. 10/21
 Irene M. 10/21
 Amanda C. 10/21
 Elizabeth F. 10/22

Dorothy S. 10/23
 Paul Z. 10/24
 Brian D. 10/24
 Jean M. 10/25
 Jack J. 10/30
 Rowen C. 10/30

Wedding Anniversaries

Brittany and Kenny H. 10/6
 Brendan and Jessica M. 10/9
 Greg and Linda R. 10/11
 Andrew and Jennifer J. 10/13
 Jim and Susan Y. 10/20
 Jeff and Julie B. 10/22
 Katie and Tony F. 10/22

Jeremy and Angela G. 10/24
 Brian and Lori J. 10/26
 Bill and Angela S. 10/28
 Joe and Chris K. 10/28
 Jonathan and Beth F. 10/30

500 Year Anniversary of...

Martin Luther's "September Testament" - the New Testament as translated from ancient Greek into German (LivingLutheran). Two articles discuss Luther's translation, its reshaping of European society in 1522, and its impact on our faith 500 years later.



This article dives deep into the history, society, and faith of 1522:

<https://www.livinglutheran.org/2022/09/500-years-of-gods-word-in-common-language/>



This article focuses on the New Testament in Luther's own words:

<https://pubs.royle.com/publication/?m=62112&i=758381&p=38&ver=html5>


Volunteer Schedule



	October 2 Sunday 8:30a	October 2 Sunday 10:45a	October 9 Sunday 8:30a	October 9 Sunday 10:45a	October 16 Sunday 8:30a	October 16 Sunday 10:45a
ALTAR CARE	Linda Havlicek		Edie Di Giacinto		Nancy Di Giacinto	
ASSISTING MINISTERS						
COMMUNION DEACONS						
LECTORS						
USHERS						
OFFERING STEWARDS <u>MONDAY</u>	Gary Goll Jim Goetzinger Tom Ertel		Tom Morgan Brad Hext		John Link Roy Durrenberg	
AUDIO/ VISUAL						

Mt Zion Staff**Pastor****The Reverend Tyler D. Rasmussen**pastor@mtzionlutheran.org**Parish Administrator****Jess Monahan**parishadmin@mtzionlutheran.org**Director of Choirs
and Contemporary Music****Danielle Lawson**choirs@mtzionlutheran.org**Director of Traditional Music****Mark Schroeter**music@mtzionlutheran.org**Office Volunteers**reception@mtzionlutheran.org**Worship Volunteer Coordinator****Nancy Di Giacinto (volunteer)**worshipvol@mtzionlutheran.org**Maintenance****Jasmine Pruitt**maintenance@mtzionlutheran.org**Sunday School Superintendent****Brenda Marciniak (volunteer)**sundayschool@mtzionlutheran.org**Website****Pat Campbell**Website@mtzionlutheran.org**Social Media****Douglas Johnson (volunteer)**socialmedia@mtzionlutheran.org**Leadership Board****Erik Peterson, President**president@mtzionlutheran.org**Mike Marciniak, Treasurer**Treasurer@mtzionlutheran.org**Mavis Roesch, Vice President**VP@mtzionlutheran.org**Katie Frederick, Secretary**secretary@mtzionlutheran.org**Dave Nelson****Sherry Downs****Abby Sumiec****Janet McCarthy****Joe Driscoll****Church Office
Hours**Monday — Friday 10:00am — 3:00pm
Stop by in-person, call 414-258-0456,
or email 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

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