



Grace Notes

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Earthquake Relief

The death toll from the earthquakes in Syria and Turkey have surpassed 40,000 as of February 15. An unknown number of children are now orphans. Family members are stepping up to care for some of these children, despite losing their own homes in the devastation. And they will need help.

In James 1:27 we are urged, “to care for orphans and widows in their distress.” Monetary donations will provide drinking water, food, warm bedding, and much needed medical supplies.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226



[Donate Now at ELCA.org](http://ELCA.org)

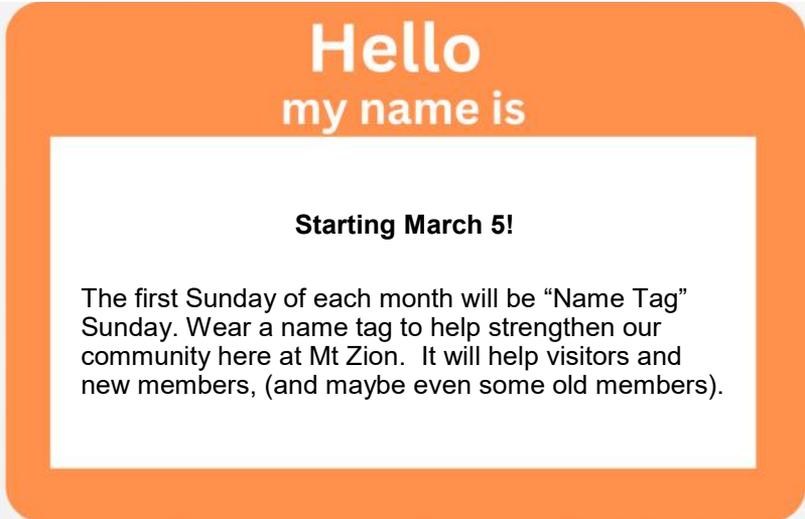
A purple poster with white text and a white cross. The text reads: "Ash Wednesday SERVICES", "February 22, 2023", "12:00pm", and "6:30pm".

Ash Wednesday
SERVICES

February 22, 2023
12:00pm
6:30pm

Coming Soon to a Table Near You!

As the Lenten season approaches, we are planning for our 5:30 p.m. Wednesday evening **soup suppers** that precede our 6:30 worship services. Such an opportunity to chat over a meal really offers not only tasty food but also friendly fellowship times. In order to share in the preparations, we encourage you to sign up for one slot: salad (or bread), soup (cassarole or stew), dessert, or drinks. In this way no one person has to do it all! If you would like to contribute toward any of the 5 Wednesday meals, there is a sign-up sheet on the narthex wall. *Bon appetit!*

An orange-bordered sign with white text. The text reads: "Hello my name is", "Starting March 5!", and "The first Sunday of each month will be 'Name Tag' Sunday. Wear a name tag to help strengthen our community here at Mt Zion. It will help visitors and new members, (and maybe even some old members)."

Hello
my name is

Starting March 5!

The first Sunday of each month will be "Name Tag" Sunday. Wear a name tag to help strengthen our community here at Mt Zion. It will help visitors and new members, (and maybe even some old members).

February 19 to February 26

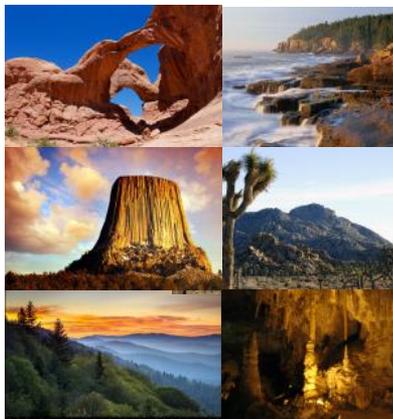
<p>Sun Feb 19</p>	<p>8:30am Traditional Worship Service 9:40am Faith Formation Hour 10:45am Contemporary Worship Service 5:00pm MZY Night</p>	
<p>Mon Feb 20</p>	<p>President's Day 6:00p Leadership Board Meeting 7:00p NA 12 Step Meeting</p>	
<p>Tues Feb 21</p>	<p>Spring Primary Voting 12:00p AA 12 Steps Meeting 6:00p Mardi Gras Celebration 6:30p Hands of AA 12-Step Meeting</p>	
<p>Wed Feb 22</p>	<p>12:00p Ash Wednesday Worship Service 1:00p Tosa Cares Donation Drop Offs 4:30p Staff Meeting 6:30p Ash Wednesday Worship Service</p>	
<p>Thurs Feb 23</p>	<p>6:00p Stewardship Meeting 6:30p Voices of Zion Choir Rehearsal 7:30p Festival Bells Rehearsal</p>	
<p>Fri Feb 24</p>	<p>7:00p ACA 12 Step Group Room 101 7:30p Essay 12-step group [meeting virtually]</p>	
<p>Sat Feb 25</p>	<p>8:30a Tosa Cares Donations Drop Off 10:00 D. Jasso Visitation 12:00p D. Jasso Memorial Service</p>	
<p>Sun Feb 26</p>	<p>8:30a Traditional Worship Service 9:40a Faith Formation Hour 10:45a Contemporary Worship Service 3:30p Confirmation</p>	

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

Science in the National Parks

Steve Downs will lead a forum on American national parks and monuments, showcasing the unique beauty and geological formations that make them so popular, while incorporating many scientific details. Come for the cool pictures, stay for the interesting info.

Sunday, February 19
9:40am
Upper Room



Today's Worship Volunteers

8:30am

Altar Care: Nancy Di Giacinto
Assisting Minister: Bill Luedkte
Communion Asst.: Sherry Downs, Bill Luedkte
Lector: Sherry Downs
Usher: Carl and Karen Engelhardt
Audio/Visual: Mary and Douglas Johnson
Offering Stewards: John Link and Roy Durrenberg

10:45am

Assisting Minister: Jenny Hawes
Communion Asst.: Jenny Hawes
Ushers: Dave Fohr
Audio/Visual: Jeremy and Angella Goss
Offering Stewards: John Link and Roy Durrenberg

Volunteer Schedule

[https://www.mtzionlutheran.org/
pages/member-resources](https://www.mtzionlutheran.org/pages/member-resources)

ACCESS THIS WEEK'S PRAYER LIST HERE:

<https://bit.ly/3S3PasD>

Prayer Warriors meet
Wednesdays at 1:00pm.

MICAH — Mission of the Month

MICAH's justice work on Jobs and Economic Development/ Transportation Task Force was mentioned last week, and two weeks ago Transformational Justice was mentioned. This week's justice subject is MICAH's Health Equity Initiatives.

The Coalition on Lead Emergency (COLE) is probably the best-known task force of the Health Initiative Task Force. COLE has been very active for several years. Deanna Branch of Hephatha Lutheran Church was the initiator of the project to end childhood lead poisoning after her son Aidan's lead poisoning. Deanna has written a book to spotlight those experiences. COLE gave testimony to the Milwaukee City Council so that the city budget was increased by \$240K to cover the cost of the Birthing Mothers Project which distributed Lead Safe Kits to 2400 birthing mothers. COLE also issued a document on lead testing approaches which is used by high scoring pediatricians who are now working with the Wisconsin Department of Health Services. COLE was involved so that ARPA funds were made available for lead abatement. Plans for lead laterals to be replaced are in the works. The most recent victory was the July 28th ordinance which increases penalties on landlords who do not remediate lead hazards.

In 2022, MICAH congregations faced the impact of COVID by organizing leaders for education and outreach. The Vaccine Outreach Testing Education (V.O.T.E.) project was formed. MICAH created a partnership with Souls to the Polls and Pastor's United to provide a different type of outreach to save lives. Congregations were made readily available as well as mobile clinics so that persons in the community could walk to the nearest church clinic. This removed barriers to vaccine access. Data as to facility locations were distributed to all churches.

Thanks to donations from people who realize the importance of the work that MICAH has done in the field of health, Diannia Merriet has been welcomed as its new Health Equity Organizer. This new position is meant to address unjust policies, systems and health conditions based upon race, gender, age, or socioeconomic status. One of this year's goals is to create a Community Benefits Agreement with St. Joseph's Hospital, which was gifted to the Ascension Network by the Sisters of St. Francis. My personal experience is that St. Joseph's Hospital has not kept up with the level of care that I got there just a few years ago, although I could not praise the medical and cleanup staff enough. The Ascension Network also includes St. Francis Hospital which just closed its neo-natal unit. This is also scheduled to be investigated.

The Health Equity Initiative is another opportunity to be involved in MICAH and to be a source for Mt. Zion's Mission of the Month giving to MICAH.

Jerry Roesch

Science Tidbits

Mood: It Can Be Influenced By What You Eat

Eating a well-balanced, healthy diet is undoubtedly good for your physical health, but it impacts your mental health as well. Mood, as a feature of mental health, is a potent influencer of a person's behavior, and it can be modified by our eating choices. There are happy foods that can boost your mood and sad foods that can quash it. Some well-established examples are listed below.

Happy: Fatty fish, dark chocolate, fermented foods, bananas, oats, berries, nuts and seeds, beans and lentils, coffee in moderation.

Sad: soda, high sugar juices, bagels, agave nectar, vegetable shortening, cold cuts, baked goods, margarine, French fries, processed foods.

Many people suffer from profound sadness or depression. The gut microbiome has been shown to play an important role in practically every facet of human physiology. So, not surprisingly, a recent 2022 study showed that there is a strong association between the gut microbiome and depression. Thirteen groups of bacteria were implicated. Most were protective, and their levels dropped or disappeared during depression, whereas five types were increased in depressed individuals and are thought to exacerbate the depressed state.

The study revealed that these latter five types were involved in the production of neurotransmitters, or chemical messengers, that brought about depression symptoms. This was accomplished by altering the level of expression of certain genes responsible for neurotransmitter production (a process called epigenetics).

Short-chain fatty acids such as butyrate are synthesized by gut bacteria from the foods we eat. Butyrate helps maintain the integrity of the protective epithelial lining of the gut. But if one's diet is low in fruits, whole grains and fiber, leaky gut syndrome can occur, allowing gut bacteria to escape and migrate into the body, creating an inflammatory response and oxidative stress. This can activate the immune system and contribute to the depressed state.

Diet is so important because it dramatically affects the balance of bacteria in the gut; therefore, dietary choices have the potential to decrease beneficial bacteria and/or increase harmful bacteria, a condition termed dysbiosis. The authors of the 2022 study addressed the importance of diet and emphasized four important approaches to improve mental health that are consistent with the happy foods listed above.

1. Avoid ultra-processed foods.
 2. Add variety to your diet (eg, if you normally eat one kind of bean, buy six kinds; if one type of flour, buy multiple types such as oat, almond and rice flours). This will result in a healthier, more diverse bacteria population.
 3. Eat more probiotic foods (such as yogurt, kimchi, kombucha that contain good bacteria) and prebiotic foods (such as green leafy vegetables that feed the "good" bacteria in our gut).
 4. Consume omega-3-rich foods such as oily fish and walnuts.
- (Walnuts are the best nut for your brain—and look a little like one, too)

Steve Downs

Birthdays & Anniversaries

Birthdays

Dave F. 2/1	Dean S. 2/9	Yvonne K. 2/21
Robert J. 2/1	Kate W. 2/9	Margie S. 2/21
Mickie R. 2/1	Erica M. 2/11	Carolyn H. 2/22
Loretta B. 2/2	Gwenivere A. 2/12	Logan W. 2/22
Debbie F. 2/2	Aharon G. 2/13	Alex H. 2/24
Robert J. 2/2	Dick H. 2/13	Brian W. 2/24
Nancy K. 2/2	James H. 2/15	Joe D. 2/25
Mara M. 2/2	Lynn K. 2/16	Garret J. 2/15
Natasha P. 2/3	Frank B. 2/17	Kathryn M. 2/25
Patricia S. 2/3	Jim S. 2/19	Kristin M. 2/25
Sherry D. 2/6	Harper P. 2/20	Vince C. 2/26
Eliza F. 2/6	Michael F. 2/20	Pat G. 2/28
	Roger S. 2/20	

Wedding Anniversaries

Jim and Tina K. 2/17
Andrew and Kelsey F. 2/23

Wisconsin Primaries

Tuesday, February 21, 2023

Are you prepared to vote in the primaries? Have you had a chance to look at all 4 candidates for Wisconsin Supreme Court, as well as any other primaries in your district? For example, Elmbrook has a school board primary as well (did you know this?).

Maybe you are thinking, **“Why should I vote in the primaries? It’s not a real election.”** It is true that those who win the primaries will still have to compete in the general election in April, but they say (statisticians and those who study this stuff) often the real choices are made in the primary. By this, they mean that because many people are set in their political allegiances, the only time they make a real choice is at the primary. Moreover, the more a district or state sways toward a certain political party, especially to the point where you can rely on one party winning, then the primary is where the candidate is really chosen.

Wisconsin Supreme Court elections are supposed to be nonpartisan, but we all know, as every news agency puts it, there are “2 conservatives and 2 liberals” on the ballot this February. Even though Wisconsin is a purple state, the decisions made Tuesday could determine our next Supreme Court Justice. Whether you vote conservative, liberal, or are adamantly independent, the primary is your opportunity to make real decisions on who you would like to see serving in the highest court in Wisconsin.

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

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

Mavis Roesch, Vice President
vp@mtzionlutheran.org

Abby Sumiec
Dave Nelson

Janet McCarthy

Mike Marciniak, Treasurer
treasurer@mtzionlutheran.org

Katie Frederick, Secretary
secretary@mtzionlutheran.org

Dave Fohr
Sherry Downs



Church Office

Hours

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,
or email parishadmin@mtzionlutheran.org

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



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