

March 12, 2023



Grace Notes

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Women's History

Witnesses of the Women

Will take place
Sunday, March 26th

To recognize the bold, brave, and strong women of faith, and their stories, who have inspired women of our congregation.

8:30 am

Linda Ertel
Linda Havlicek
Lucy Fischer

10:45 am

Pat Campbell
Linda Havlicek
Lucy Fischer



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These stories will intentionally take the space of Pastor Tyler's message, allowing the focus to remain on women during Women's History month. We will also lift up prayers of thanksgiving for all that women do and sing songs about the witness of women. Please join us for what will be an exciting worship service.

Champion Challenge Update

"Goal met and surpassed! Thank you!
Please join us during fellowship this Sunday (3/12)
for a celebratory treat!"



French Toast Breakfast!



**Join us for a French Toast Breakfast Sunday,
March 19th, between services, 9:40 to 10:40am.**

We will welcome new members and remember David
and Debbie Jasso.

Are You Listening?

Sometimes it's important to simply listen to our friends and neighbors. MICAH's Tosa Task Force is planning a listening session to do just that. But we need your help. We are looking for 6 to 10 people from Mt Zion who would be willing to participate in leading one-on-ones with your fellow congregation members.

Each listener would attend a training session on Thursday, April 20th, from 6:30p to 8:30p. Then I will provide each listener with a short list of 10 Mt Zion members to contact. Then you'd simply go and listen – listen to their passions, joys, concerns, and fears. Hear where they are at and what they want, and report back what you hear.

Do you think you could help MICAH by being an active listener?

If so, contact Pastor Tyler today. Again, we are looking for 6 to 10 people from Mt Zion to participate in leading one-on-ones.



March 12 to March 19

Sun March 12	Daylight Savings Time Starts 8:30am Traditional Worship Service 9:40am Faith Formation Hour 10:45am Contemporary Worship Service 3:30pm Confirmation
Mon March 13	6:00p New Member Event 6:00p Property Committee meeting 7:00p NA 12 Step Meeting
Tues March 14	12:00p AA 12 Steps Meeting Room 211 6:00p Outreach Committee Meeting 6:30p Hands of AA 12-Step Meeting Fellowship Hall 7:00p Knit One, Pray Too
Wed March 15	8:30 Health Clinic Courtyard parking lot 12:00p Brown Bag Bible Study 1:00p Prayer Group 5:30p Lenten Soup Supper and Worship
Thurs March 16	5:00p Pub(lic) Theology 6:30p Voices of Zion Choir Rehearsal 7:30p Festival Bells Rehearsal
Fri March 17	7:00p ACA 12 Step Group Room 101 7:30p Essay 12-step group [meeting virtually]
Sat March 18	8:30a Tosa Cares Donations Drop Off
Sun March 19	8:30a Traditional Worship Service 9:40a Faith Formation Hour 10:45a Contemporary Worship Service 5:00p MZY Night

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

Adult Forums

March 12

Mary Flynn from LSS will come to share with us about Lutheran Social Services and their work with refugees.

March 19

French Toast Breakfast to welcome new members and remember David and Debbie Jasso.

March 26

Celebrating Tosa Cares 15th birthday! Learn more, tour the clothing room and pantry while enjoying cupcakes.

Today's Worship Volunteers

8:30am

Altar Care: Linda Havlicek
Assisting Minister: Joe Di Giacinto
Communion Asst.: Joe and Nancy Di Giacinto
Lector: Nancy Di Giacinto
Usher: Kurt and Debbie Kleppek
Audio/Visual: Mary and Douglas Johnson
Offering Stewards: Tom Ertel and Brad Hext

Contact Nancy Di Giacinto to volunteer or if you have scheduling concerns.

10:45am

Assisting Minister: Mavis Roesch
Communion Asst.: Mavis Roesch
Lector: Lora Marheine
Ushers: Dave Nelson
Audio/Visual: Luke and Shauna Johnson
Offering Stewards: Tom Ertel and Brad Hext

Contact Janet McCarthy to volunteer or if you have scheduling concerns.

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/3Lahnwc>

Prayer Warriors meet
Wednesdays at 1:00pm.

New Children's Books



This I Know: Seeing God in the World He Made

Clay Anderson

“Have you noticed the fingerprints of God in the world around us? The creation tells us about its Creator. His beauty in the trees. His power in the thunder. His eternity in the night sky. Join a family on an unforgettable road trip. Witness the wonder of God's world. And know just how much Jesus loves us.”

Now available in our Library!

EASTER BREAKFAST

Sunday, April 9

9:30 to 10:45

Freewill donation supports the MZY
summer mission trip to Detroit

Pastor's Corner

Pastor's Corner

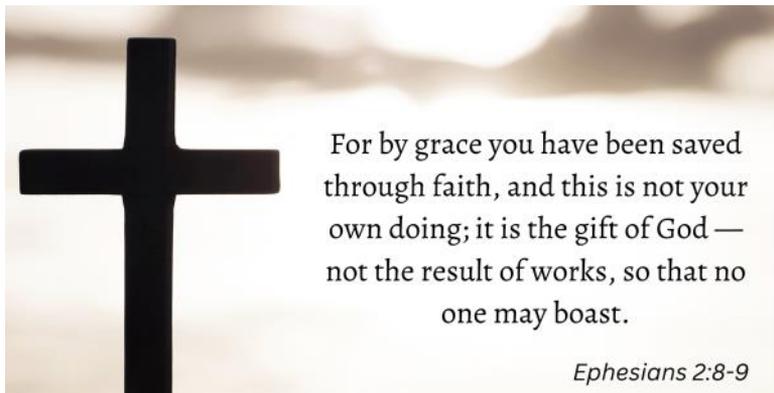
As a Lutheran, I love Ephesians 2:8-9. That's the Lutheran mantra, don't cha know? Oh, my Midwest... Anyway.

Ephesians 2:8-9 is our shorthand summary of the Gospel. We are saved by grace through faith and not works. God did it all. There's nothing we can do to save us, this world, or creation. God took care of everything on our behalf. It's really great, honestly, because if it were up to me, I might do some good, but I'd also completely mess things up at the same time.

However, the "God made us good (creation), but we suck and messed it all up (fall), and so we need Jesus to make it all better (redemption)" understanding of Scripture somehow falls short of Gospel for me. Like it's 100% Gospel, don't get me wrong, but do we really have no purpose in this grand scheme of salvation?

If you've heard me mention Ephesians 2:8-9 in the past, you know that I beg every Lutheran to continue reading to 2:10. "We are saved by grace through faith and not works (2:8-9). Yet God made us to do good works (2:10)." We Lutherans have a hard time with that, not because we disagree but because every time anyone starts doing anything, we start getting it into our minds that it's the things we do that create the good we get. It's the proverbial question, "Does my spouse really love me for me, or only because of what I do for them? Will they love me more if I buy them flowers? Will they love me less if I don't do the dishes?" It's the fear that the love only exists because it was earned, and therefore could disappear if we stop earning it. But that's not love (though finding out it's not love is even scarier than pretending it is). You can see the rabbit hole good works can lead us down. They are wonderful and worthwhile, yet we so easily confuse grace for quid pro quo that it's excessively common to hear Christian preachers say some version of, "If you do good things, God will reward you."

(Continued on page 7)



“God Saves. We Care”

(Continued from previous page)

I’ve been struggling to figure out how to name our call to do good without losing the Gospel in the process, and I think I’ve finally come up with a shorthand answer. “God saves. We care.” Told you it was short!

God saves. God takes care of it all. It is not our job to fix the world’s problems, but we can trust God to free us from the brokenness in our lives and recreate us into whole and healed people. God reaches into our shadows and hidden pains and carries us back into the light of peace and righteousness. God created and is building a world where there is an abundance of blessings for all, and through the grace of one person the world will experience the joy of real life.

We care. We go out and care for each other. I debated about saying, “We love,” (after all, Jesus commanded us to love 5 times!), but love is so big and broad. Caring is the specific form of love I think Jesus was getting at. “Care for one another as I have cared for you.” That sounds right to me. “The human was placed in the garden to tend and care for it.” Yeah. “Care for you enemies, and show kindness to those who hate you.” That’s it. “Care for your neighbors as you care for yourself.” There’s a real challenge. Caring is about sharing God’s heart with others. Caring isn’t fixing everything, but simply loving amid the problems. For example, I can’t fix what’s happened in Ohio – even the best work we can do will leave scars – but I can care for the people and land around East Palestine.

So there you have it. My proposal for a new Lutheran mantra.

“God saves. We care.”

Pastor Tyler



Member Highlights

Part Two

The shelves were rebuilt, donations from the police station were organized by categories and placed on the shelves, more food was collected. Tosa for Kids provided a list of ten families they had been providing with food. From the list of ten families four families could be reached and these four families were invited to be **our first Tosa Cares guests on Saturday, March 22, 2008**. We were excited, we were ready, the food boxes were packed.

On Friday, March 21, 2008, a snow storm dropped 15 inches of snow in the Wauwatosa area. The Tosa Cares volunteers arrived on Saturday morning to a parking lot covered with snow, not an inch plowed. Shovels were dispatched and a path from the pantry door to the road was uncovered.

Somehow, our first families found their way inside to the warmth and excitement of the volunteers. Those boxes of food were enthusiastically carried out to the vehicles in the street. We provided food for four families including eighteen individuals. Tosa Cares is real!



You're Invited to Tosa Cares 15th BIRTHDAY CELEBRATION

Sunday, March 26
9:30 to 10:45am

Enjoy birthday cupcakes, coffee, juice and more. Tour the food pantry and clothing rooms. Hear from volunteers and guests. Raise prayers of thanksgiving.

Member Highlights

HOW TO SUPPORT TOSA CARES

1. DONATE FINANCIAL GIFTS TO TOSA CARES

*Through Mission of the Month envelopes

*With offering / drop off at office /mail

*Mt. Zion online donations to Tosa Cares

2. SHOP FOR YOUR FAMILY AND ADD EXTRA ITEMS FOR TOSA CARES FAMILIES - food, cleaning supplies, personal care items.

*Non-perishable items like tuna, chicken, fruits, soups, peanut butter, pasta, rice

*Cleaning supplies like: Dish soap, Lysol, Clorox, Fabulosa, Pinesol, Ajax

* Personal care items like: tooth paste, tooth brushes, hand soap, shampoo, conditioner, lotion – all sizes

3. **Consider volunteering** - tosacares@gmail.com, call 414-861-4725. More specific information and opportunities coming.

4. **Attend the March 26 Tosa Cares Birthday Celebration between services.**

5. **Please offer prayers for this ministry, the Tosa Cares families, volunteers, and board of Tosa Cares.**

THANK YOU!

Science Tidbits

Your Eyes Are Windows to Your Health

The eyes have been called the “windows to the soul,” because our eyes dominate our emotional expression. Said one psychologist, “Emotional expressive changes around the eye influence how we see, and in turn, this communicates to others how we think and feel.” But increasingly, evidence indicates our eyes may also be windows to the brain and body.



Routine eye exams are important to check one’s visual acuity (nearsightedness, farsightedness and astigmatism) and potential eye conditions such as cataracts (cloudy lens), glaucoma (fluid buildup) and macular degeneration (damage to blood vessels in the central retina), all of which negatively affect vision. But there are additional eye symptoms that can sound an alarm to disease conditions for which the optometrist may then refer the patient to the appropriate medical specialist. Many people with systemic illnesses are first diagnosed by their eye doctor, which is why all adults should have regular eye examinations at least every 2 years.

Diabetes. Individuals with type I or II diabetes need to have to have regular retinal scans. This is because poorly regulated blood sugar levels will lead to blockage of the blood vessels that supply the retina, cutting off its blood supply. As a result, the eye attempts to grow new blood vessels, but these new vessels don’t develop properly and often leak. If left unchecked, scar tissue forms along with fluid buildup that causes retinal detachment and/or damages the optic nerve and can lead to permanent blindness. Because of this defining retinopathy, an optometrist can help diagnose early stages of diabetes, a disease that has many serious medical consequences beyond vision.

Hypertension. Evidence is found in the eyes of 10% of the adult, diabetes-free population. The earliest signs of hypertension are narrowing of the retinal vessels, often referred to as “silver wiring” because of their appearance.

Thyroid disorders. Individuals with an overactive thyroid gland can lead to bulging eyes (exophthalmia; think Marty Feldman from Young Frankenstein, who had a severe case). An eye doctor can test for eye pressure using a tonometer; high levels are diagnostic.

Multiple sclerosis. The optic nerve connects the eye to the brain and is therefore an extension of the central nervous system and is the only part of the brain that can be visualized by examining the back of the eye. Visual problems in MS are usually a result of optic neuritis, an inflammatory demyelinating disorder of the optic nerve. Optic neuritis is the first symptom in up to 20% of people who are subsequently diagnosed with MS.

Alzheimer’s disease. Current methods of diagnosing Alzheimer’s are often lengthy, invasive and expensive. Retinal screening for Alzheimer’s is an exciting prospect in medical research. The retina is made up of multiple layers of specialized neural cells, and strong evidence shows that the same changes can occur here that occur in the brains of Alzheimer’s patients.

Birthdays & Anniversaries

Birthdays

Emma B. 3/1	Alex M. 3/5	JerryLene H. 3/18
Olivia G. 3/1	Becky P. 3/5	Robert H. 3/18
Darian M. 3/1	Harrison S. 3/6	Shelly S. 3/18
Connor M. 3/1	Jerry R. 3/6	Matthew M. 3/19
Ruth M. 3/1	Tim M. 3/7	Michael W. 3/19
Karen K. 3/1	Kim N. 3/7	David U. 3/20
Madilynn W. 3/2	Clare F. 3/9	Susan M. 3/20
John L. 3/3	Karen P. 3/9	Jacob S. 3/24
Susan M. 3/3	Deb S. 3/11	Anna J. 3/27
Emma F. 3/4	Jeff B. 3/11	James R. 3/27
Noah F. 3/4	Larry S. 3/12	Christine B. 3/28
Luke J. 3/4	Kelly S. 3/12	Donna W. 3/29
Ian K. 3/4	John W. 3/13	Tracie J. 3/30
Richard M. 3/4	Sue J. 3/13	Katie E. 3/31
Louise H. 3/4	Jesse C. 3/14	Michael F. 3/31
Bill B. 3/4	Connor F. 3/15	Abby S. 3/31

Wedding Anniversaries

Sue and John K. 3/2
Ron and Barb V. 3/12
Vince and Barbara P. 3/29
Bill and Meg L. 3/30

Parker Family Meal Train



Members of our Mt Zion family, the Parkers, are experiencing a difficult time in the household and a meal train has been set up to support them. A meal prepped and delivered by someone can just take one thing off the mental and physical load of Kelly and Jeff as they focus their attention on Blake.

If you are able to bring a meal on a Monday or Wednesday, please click on this link to take a spot. Or you may donate to the meal fund.

<https://www.mealtrain.com/trains/2nne1e>

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

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Mike Marciniak, Treasurer
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Dave Fohr
Sherry Downs



Church Office

Hours

Monday — Friday 10:00am — 3:00pm

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