

March 3, 2023



Grace Notes

IN THIS ISSUE...

With Sympathy

[Page 2](#)

Preteen Faith Guides

[Page 5](#)

Food Crisis in Gaza

[Page 6](#)

Health Summit

[Page 8](#)

Science Tidbits

[Page 10](#)



From Holocaust to Civil Rights

**March 7
10:00am**

You're invited to a three-generation story of commitment to searching for answers from Nazi Germany to action in today's world.

Three sisters present the story of their pilgrimage to Germany and France to retrace their grandmother's recently discovered, tragic and shocking murder during the Holocaust. The sisters discuss how this history influenced their father, the Rev. Carl Simon, in his lifetime commitment to work for civil and human rights, including his trip to Alabama in 1965.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

RSVP by March 4th to
Linda.Ertel@sbcglobal.net

Or 414-861-4725

Special Presentation

YOU ARE INVITED
To a Tosa Cares Conversation
Sunday, March 3 after the worship service



Hear and share the stories of Tosa Cares and help us share in the celebration of SIXTEEN years of the ministry of Tosa Cares. Think of the ways you have shared in the Tosa Cares Community and the blessings it has brought.



Tosa Cares is the March Mission of the Month.



Maundy Thursday
March 28 at 6:30pm



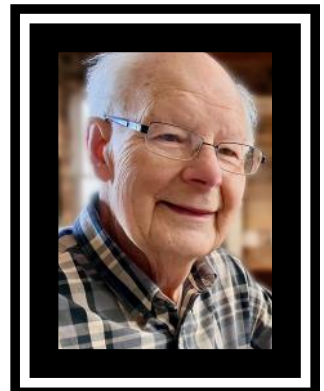
Good Friday
March 29

Family Event at Martin Luther (details coming)
Cross Walk at Reformation (details coming)
Worship Here at 6:30pm

With Sympathy

Former member Rich Robinson passed away on Sunday, February 18. He is survived by his wife, and former member, Gail Robinson. A celebration of life service will be held Saturday, March 9 at 2:30 at Gethsemane Evangelical Lutheran Church (13200 W. Greenfield Ave, Brookfield). We pray for his family during this difficult time.

[Richard Robinson - Krause Funeral Home & Cremation Services](#)



March 3 to March 10

Sun March 3	9:30am Worship service 10:40am Faith Formation (Sunday School and MZY)
Mon March 4	7:00pm NA 12 Step Meeting Fellowship Hall
Tues March 5	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room 7:00pm Stewardship Meeting
Wed March 6	12:00pm Brown Bag Bible Study 1:00pm Prayer Group 4:30pm Staff Meeting 5:30pm Lenten Midweek Supper and Worship Service
Thurs March 7	10:00am From Holocaust to Civil Rights Gathering Space 6:30pm Voices of Zion Rehearsal 7:30pm Festival Bells Rehearsal
Fri March 8	7:00pm ACA 12 Step Group Room 100
Sat March 9	8:30am Tosa Cares Donation Drop Off
Sun March 10	9:30am Worship Service 10:40am Faith Formation (Sunday School, MZY)
Next Week	Knit One, Pray Too

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

We're So Excited For This



EASTER VIGIL

Saturday, March 30
7:00pm
New this year!
We'll start at the fire pit then move inside for
skits, interactive praise, and worship together
with Martin Luther Church.

It's like a weekend at church camp
in an hour and a half!



Today's Volunteers

Altar Care: Nancy Di Giacinto

Assisting Minister: Janet McCarthy

Communion Asst.: Janet McCarthy (bread), Jenny Hawes
Erik Peterson, Erin McDougal

Greeter: Nancy and Bob Schrap

Lector: Jenny Hawes

Usher: Suzy Morgan

Audio/Visual: Mary and Douglas Johnson

Tellers: Tom Ertel, Gary Goll, Jim Goetzinger

To volunteer for worship, contact Nancy Di Giacinto or Janet McCarthy at worshipvol@mtzionlutheran.org or 414-258-0456

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/3OZF00A>

Prayer Warriors meet
Wednesdays at 1:00pm.

Pre-Teen Faith Guides

Mt Zion Preteens

At Home Faith Guides



A Family Resource for The Bible

Pastor Tyler has painstakingly combed through the biggest Bible stories and made them accessible for preteens. This resource helps families walk through Bible passages, understand what they are reading, and ask insightful questions for deeper discussions.

Visit: www.ergofabulous.org

Food Crisis in the Middle East

On February 14, the ELCA joined 56 other non-governmental organizations in urging President Biden to restore funding for the United Nations Relief and Works Agency for Palestine Refugees in the Near East. Restoring this funding would help prevent starvation and disease.

You can read the full open letter here:

<https://www.globalr2p.org/publications/president-biden-restore-unrwa-funding/>



What do you do when you're hungry?

How would you act if you were desperate for the smallest crumb of bread?

On February 27, pallets of food and aid were dropped to people in Gaza. People cheered as the planes soared overhead and crowds of thousands sprinted to the beach. When some aid accidentally landed in the sea, people swam into the water, hoping to salvage what food they could.

Many more in Gaza have resorted to concocting what could loosely be called soup by using dirty water and whatever kind of grains they can find—nothing short of using cattle feed. Children are starving and famines are imminent, if not already underway.

Palestinians are crying out, "Have mercy on us."

You can provide mercy and aid by donating to the Lutheran Disaster Response. Gifts support food, water, and medical supplies as well as psychosocial support for those affected by the Middle Eastern Crisis.

www.elca.org

Immigrants & Refugees

Our Lenten Giving Cross is set up once again in the North Narthex just outside the Sanctuary. This year the Giving Cross donations will again support Lutheran Social Services (LSS) in their work to help Refugees. Lutherans have been assisting refugees for over 80 years, beginning with those fleeing persecution and violence during and after World War II, and have since extended to welcoming and empowering those seeking safety from across the world. Refugees come because of being displaced by war, famine, climate change, persecution, and more. Over 750,000 refugees and immigrants have been welcomed and assisted by Lutheran organizations as they rebuild their lives here.



You are encouraged to pick an envelope off the cross and fill it with a check or gift cards for businesses such as local grocers, Target, or Walmart. You may also give online at www.lsswis.org. Donations of any size will help cover the cost of rent, utilities, household items, and other basic needs.

Come to the Adult Forum on March 17th to hear Mary Flynn and her assistant, Omar, from LSS to tell us about the valuable work they and others are doing.

Thank you for any help you can give in this important work.

Health Summit



MICA H, elected officials, community members, organizations and health systems will work together to restore health services to the Metcalf area .The Metcalfe area has one of the worse health outcomes in Milwaukee.

Health Summit 2024

March 21, 2024

Free services offered:

- Lead testing-provided by Children’s hospital
- Blood pressure screening
- Covid-19 home tests

**LOCATION: Hephatha Lutheran Church
1720 W Locust St. Milwaukee, WI 53206
Time: 5:00 p.m.**

Vendors and light refreshments immediately following the summit

If you have questions feel free to contact Diannia Merriett at diannia@micahmke.org



Choir Concert

The Valparaiso University Chorale will present a worshipful concert of anthems, hymns, and a cantata by J.S. Bach at St. Luke's Lutheran Church, 300 Carroll St, Waukesha on Monday, **March 4 at 7:00 PM**. Brass, string orchestra, and featured organist Charles Raasch will add inspiring instrumental music to the performance. The program titled Soli Deo Gloria features music by Lutheran composers, and the theme unfolds emphasizing the Reformation solas. A special aspect of the concert will be the full assembly singing hymns including "Christ is Made the Sure Foundation" and "O Day Full of Grace" as well as recent hymns by Susan Palo Cherwien and Carol McDaniel.

The concert is free and open to the public.

VALPARAISO  UNIVERSITY

Save the Date

MICAH Gala

5/16/2024 Thursday, 6pm

Details to come

Easter



Sunday, March 31
Worship at 9:30am
Brunch at 10:45



Steve's Science Tidbits

Sherry and I go on a lot of walks. The usual route is a circular affair, lasting about an hour, that begins in our subdivision and courses through a neighboring subdivision before we return home. The route is well worn in our memory banks, which enables an interesting phenomenon to manifest itself, regardless of whether we are conversing or self-absorbed in our own thoughts. One of us will abruptly stop walking and suddenly blurt out something like, "Hey, I don't remember anything after we turned onto Manor Hills Boulevard," meaning there was no recollection of having walked the preceding eight blocks, almost as if Scotty (of Star Trek fame) had suddenly beamed us there.

Or how about when you're driving your car and waiting at a stoplight. Suddenly it seems you're a few blocks away from that stoplight with little recollection of having left it, sporting panicky thoughts of "How did I get here?" or "Did the light turn green?"

This is what's known as being on autopilot (psychologists call it Default Network Mode, or DNM), and it occurs more often than we think (one study concluded it happens 47% of the time). Nevertheless, it can be unnerving when one's body goes about its business without a person's conscious participation. How can we zone out and still function, let alone survive?

These unconscious programs we follow consist of automatic processes that don't require a lot of effort or intense concentration. Moreover, they are actions we have carried out many times before, becoming automatic by repetition and practice.

BLUE	PURPLE	YELLOW	ORANGE
GREEN	BLUE	PURPLE	RED
PURPLE	YELLOW	RED	BLUE
ORANGE	BLUE	YELLOW	RED
RED	GREEN	ORANGE	BLUE
PURPLE	YELLOW	BLUE	ORANGE

In 1935, John Stroop devised the Stroop test whereby participants were presented with a series of words that spell colors but are inconsistent with the color of the text. They were then asked to *name the colors of the words rather than read the actual word*. I've included a sample of the test material. Try it yourself. It can be a surreal experience. If you find yourself saying the word rather than the color of its text, you are experiencing "Stroop interference," where the more automatic experience of reading interferes with color naming and takes precedence.

Our brains are efficiency experts, continually automating processes to maximize efficiency, so that cognition energy is not wasted on less demanding, mundane activities but is spent on more challenging or unique tasks. It prevents us from overloading and helps us to keep learning. As you read this article, less cognitive effort is used to read the text because you've perfected that task, leaving more energy for its interpretation.

When we are in DNM, it can lead to increased depression or anxiety and sometimes a feeling of uncertainty over who or what's in control. To break from the DNM state, therapists recommend that you shake up your routine, bring more mindfulness to everyday chores, increase awareness of your behavior and connect with your dreams and wishes to envision your future.

Wait a minute...I don't remember writing this.

Steve Downs

Birthdays & Anniversaries

Birthdays

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

Wedding Anniversaries

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

Member Spotlight



Mt Zion youth are awesome! You like to brag about your kids, and so do we. If your child has done something brag-worthy, please share it with us, so we can brag about them, too! This could be receiving an award at school, a sports team advancing to the next level, securing a spot in a theater production, earning Eagle or Gold Award in Scouts, etc.

Send a photo or two (if you want) along with a description of their achievement to socialmedia@mtzionlutheran.org and parishadmin@mtzionlutheran.org for a post on social media and inclusion in the Grace Notes.

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)
Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Maintenance
Jasmine Pruitt
maintenance@mtzionlutheran.org

Sunday School Superintendent
Brenda Marciniak (volunteer)
sundayschool@mtzionlutheran.org

Social Media
Douglas Johnson (volunteer)
socialmedia@mtzionlutheran.org

Website
Carrie Toth (volunteer)
website@mtzionlutheran.org

Leadership Board

Linda Havlicek, President
president@mtzionlutheran.org

Mavis Roesch, Vice President
vp@mtzionlutheran.org

Abby Sumiec
Dave Nelson

Katie Frederick

Dan Sneller, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
boardsecretary@mtzionlutheran.org

Janet McCarthy
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



mtzionlutheran.org
facebook.com/mtzionlutheran
instagram.com/mtzionlutheran
youtube.com/mtzionlutheran