

July 20 2025



Grace Notes

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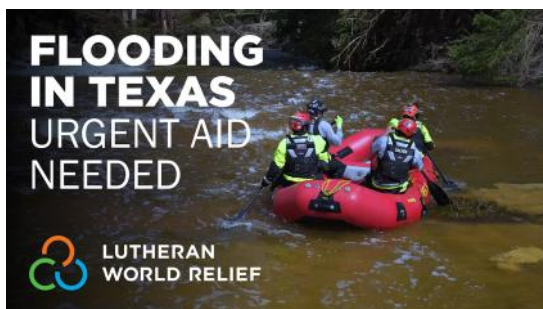
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Help Needed

Watch the video to see
the ongoing response from
Lutheran World Relief

<https://www.youtube.com/watch?v=F5els-9dY4M>



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Donate at:
lwr.org/HelpTexas

Supporting Incarnation Lutheran

Tuesday, July 22

Incarnation's Jazz on the Lawn event will be held on our lawn at the corner of 15th and Keefe on July 22 from 6PM to 8PM. There is no charge. People should just bring chairs and prepare to enjoy themselves.



Saturday, July 26

Also, Incarnation will be out in front of Sendiks on July 26th. The sales at Sendiks will go toward Incarnation's cost for the musicians, as were the two previous two times this year.



Youth Fundraisers



TODAY

Car Wash at Mt Zion
9:30 to 12:00pm



Friday, August 8

Parents Night Out at Mt Zion
5:00 to 8:00pm
Games, snacks, crafts, movies on 2nd floor!
Parents will need to sign up in advance.

These fundraisers will support the Youth Trip to Pine Ridge Reconciliation Center in South Dakota. Please support this opportunity for our youth to meaningfully connect with the Oglala Lakota people.

July 20 to July 27

Sun July 20	9:30am Worship service 9:30am MZY Car Wash 10:30am Cookout 5:00pm MZY Night
Mon July 21	6:00pm Leadership Board Meeting 7:00pm NA 12 Step Meeting Fellowship Hall
Tues July 22	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed July 23	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off
Thurs July 24	6:30pm Troop 27
Fri July 25	6:00pm ACA 12 Step Group Room 100
Sat July 26	
Sun July 27	9:30am Worship Service
Next Week	Women of Heart

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

Flip Book



Religion offers people of faith many things including support and a sense of community. However, for LGBTQ+ people, their relationship with religion, specifically Christianity, can be difficult. Trying to live authentically within a system that may explicitly deny who they are can present challenges.

This piqued the interest of a couple Marquette University professors who researched what happens when two identities that seem in total opposition — conservative Protestantism and being LGBTQ+ — are joined together.

Learn more about [Choosing Love](https://www.wuwm.com/education/choosing-love) at [wuwm.com/education](https://www.wuwm.com/education)

Today's Volunteers

Altar Care: Linda Havlicek and Mavis Roesch

Assisting Minister: Gabby Riccaboni

Lector: Sherry Downs

Communion, bread: Erik Peterson

Communion, wine: Tom Ertel, Mavis R., and Linda Ertel

Ushers: Joe and Nancy Di Giacinto

Greeters: James and Angela Riccaboni and Vince Pipia

Acolyte: Isabella Riccaboni

Audio/Visual: Mary and Douglas Johnson

Tellers: Roy Durrenberg and John Link

Volunteer Schedule: mtzionlutheran.org/pages/member-resources

Access the Prayer List

<https://bit.ly/4k8gbYk>

The printed prayer list is updated
every two weeks.



Submit prayer requests

Email: pastor@mtzionlutheran.org
Call: 414-258-0456

Write: on the prayer cards at the
prayer share wall in the
north narthex.

Women of the ELCA



**Women of the ELCA
2026 Gathering
July 16-19, 2026
Des Moines, IA**

The theme for the 2026 Triennial Gathering is “I Am Worthy,” based on Psalm 139:14: “I am fearfully and wonderfully made.” This statement serves as a reminder of God’s promise to be with us, even in times of devastation and division. By repeating the phrase “I am worthy,” we can recognize the Holy Spirit’s ongoing work in our lives. This practice of self-affirmation opens up opportunities for healing and restoration within ourselves, our church, society, and the world. When we declare, “I am worthy,” we align ourselves with God’s promises. There is great power in our resolve.

Read about the speakers

Register for the event

Check out the 10 song playlist!

<https://www.womenoftheelca.org/new-triennial-event-page>



The Rev. Martha Ambaranga
Bible Study Leader



Dr. Elyssa Salinas-Lazaraki
Primary Speaker and Workshop Leader



Elise Seyfried
Primary Speaker and Workshop Leader



Dr. Mary J. Streufert
Workshop Leader



Dr. Kelly Sherman-Conroy
Workshop Leader



Rev. Dr. Susan Rose
Workshop Leader

Mission of the Month



Supplies Needed:

- Backpacks
 - any size and shape
- Small glue sticks
- Pens and pencils
- Pink erasers and
- Pencil top erasers
- Wide washable markers, highlighters, and thin markers
- Two pocket folders
- Notebooks
 - wide and college ruled
- Packs of lined paper
 - wide and college ruled

Preventing Summer Slide



SUMMER READ-A-THON



**Read books. Record the titles on the reading log.
Return it to the Gathering Space by September 7th.**

We've set the number of books you will need to read based on age groups. Let Jess know if you need any accommodations.

Ice Cream Party for all who participate, including adults!

TURTLES

Children ages 4 to 8
Read 10 books

PONIES

Youth ages 9 to 15
Read 4 books

DOLPHINS

Young Adults
Ages 18 to 24
read 2 novels

BADGERS

Adults age 25 and Up
Read 1 novel or
3 Living Lutheran articles



Christians for Justice

THE ONGOING HEALTH
CATASTROPHE IN GAZA:
A TRAUMA SURGEON'S EXPERIENCE
INSIDE GAZA'S HOSPITALS




TRAUMA SURGEON
**DR. FEROWE
SIDHWA**

Guest Speaker

Dr. Feroze Sidhwa, a general, trauma and critical care surgeon has volunteered in Gaza hospitals twice, at the European Hospital in Khan Yunis from March 25-April 8, 2024 and again from March 3-April 1, 2025.

He has written and spoken extensively about surgical humanitarian work, the United States' role in the Israel-Palestine Conflict, and the political consequences of medical relief work.

**JULY 27TH
AT 2 PM**

 Redeemer Lutheran Church
631 N 19th St.,
Milwaukee, WI 53233

Enter through the door on Wisconsin Avenue, adjacent to the church building.

FOR CONTACT:
madison@jewishvoiceforpeace.org

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WISCONSIN CHRISTIANS FOR
JUSTICE IN PALESTINE**



WISCONSIN COALITION FOR
**JUSTICE IN
PALESTINE**



FIRST
UNITARIAN
SOCIETY



Supporting our Youth

Wauwatosa Recreation Department 11803 W. North Avenue
(414) 773-2900 Wauwatosa, WI 53226

CHILDREN'S THEATRE OF WAUWATOSA

SUMMER THEATRE 2025

PRESENTS



Emmett J will
play the lead of
Aladdin!

Tuesday, August 5, 2025

Performance at 7:00 p.m.

Longfellow Middle School (Lois Weber Theater)

7600 West North Avenue

**The community and people of all ages are
invited and welcome! Free admission!**

This ad was intentionally placed after the flyer for Dr. Sidhwa's talk on Gaza. We encourage readers to better understand the current crisis in the Middle East, and acknowledge our shared humanity, so that we can more fully celebrate the stories and cultures from the middle east.

Steve's Science Tidbits

Controlling Your Sweet Tooth

We've all experienced sugar cravings from time to time and, perhaps more often than we'd like to admit, fail in our effort to maintain self-control. Giving in to these urges can lead to disillusionment over our inability to exercise mind over matter. But these gustatory cravings may be under the influence of nefarious forces beyond our control.



Long standing evidence shows that gut bacteria play a major role in metabolism, and the list of metabolic processes they regulate seems to be never-ending. It has been shown that in the absence of four specific bacteria, mice are prone to sugar benders. If two of the four are missing, the mice gorge on high-fat foods. It's Katy-bar-the-door with any pleasurable food.

A recent study of fat metabolism in mice has produced some insights concerning sugar cravings. Focus was on a protein called fatty acid receptor four, or FFAR4. Comparisons were made between rodents placed on high-fat diets vs high-carbohydrate diets. The researchers expected to find that a fatty acid receptor regulated fat preference; surprisingly, they found it modulated sugar craving instead.

The lower the FFAR4 levels, the greater was the preference for a high-sugar diet. Also, when they compared FFAR4 in diabetic humans and mice with those in non-diabetic humans and mice, the diabetes groups consistently showed lower levels. Most interesting was the finding in mice that lower FFAR4 levels were associated with decreased abundance of the gut microbe, *Bacteriodes vulgatus*.

Further experiments revealed that *B. vulgatus* produces a metabolite, pantothenate --also known as vitamin B5—that stimulates production of the hormone GLP-1, a controller of appetite. Bottom line: lower FFAR4 → decreased *B. vulgatus* → lower pantothenate → less GLP-1. In other words, as amount of FFAR4 decreases, so do the sugar cravings. But giving these mice back the bacteria and vitamin B5, sugar consumption decreases.

GLP-1 may sound familiar to you. It's a protein that is famous because of the rise of the semaglutide drugs, Ozempic and Wegovy, that mimic its appetite-suppressing action.

It's another example of the sneaky way gut microbes control metabolism that opens up the possibility of Vit B5 as a therapeutic to stave off sugar cravings and perhaps help regulate weight. Plus reducing sugar preference could prove to be a major benefit for combatting diabetes type 2.

No one knows whether any bacteria that reduces sugar cravings in mice will have similar results in humans. We have been inundated with claims of the benefits of taking probiotics, and it is possible that such products could modify sugar cravings. But no two people have identical microbiomes and thus could have widely varying responses to bacteria supplements. Clinical trials will be critical.

Steve Downs

Birthdays & Anniversaries

Birthdays

Kyle C. 7/1	Teagan L. 7/8	Lynda Y. 7/21
Annette P. 7/1	David Y. 7/8	Jase F. 7/21
Debra D. 7/1	Gabby R. 7/8	Hunter F. 7/21
Vince P. 7/1	Anne M. 7/11	Michael C. 7/23
Jeff P. 7/2	Ellyn S. 7/11	Keston S. 7/23
Hadley P. 7/2	Kevin S. 7/14	Callie S. 7/23
Tony F. 7/3	Lilly S. 7/15	Jeff K. 7/23
Tyler R. 7/4	Bella B. 7/18	Donald S. 7/25
Carole S. 7/5	John R. 7/19	John Y. 7/28
Tom E. 7/6	Norm W. 7/19	Hayden P. 7/29
Tony C. 7/8	Tyler F. 7/19	Andrea C. 7/29
Lorna S. 7/8	Mary C. 7/20	Douglas J. 7/31

Wedding Anniversaries

Carl and Karen E. 6/23	Steve and Sherry D. 7/7
Kim and Sue M. 6/26	Chasity and Scott B. 7/16
Dave and Lora M. 6/26	Milt and Karen D. 7/26
Marja and Jeff K. 7/1	Joe and Nancy D. 7/27
Luke and Shauna J. 7/6	Melissa and Jim S. 7/31

From the Dugout

My son will be honored as the Hero of the Game on August 8th at the Brewer Game. This is the script that will be read by the announcer as Mike stands on top of the Brewers Dugout:

"Retired Master Sergeant, Michael Boylan, served 23 years on active duty in the US Air Force as an Air Transportation Port Dawg. Mike's many deployments took him to geo-political hot spots like Saudi Arabia, Kuwait, Haiti, Liberia, Kosovo, and Bosnia. Mike is especially proud of his participation in the joint Air Force and UN humanitarian missions that provided disaster relief and supplies to struggling nations. Fun fact: In 1998 Mike was involved with the transportation of the killer whale Keiko during Keiko's move from the Oregon Coast Aquarium to Iceland."

Mike attended and was confirmed at Mt. Zion. Our family is so very proud of him and we will be there. We are tailgating before the game. Come and join us!!

THANKS!
PJ

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

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The Reverend Tyler D. Rasmussen
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Leadership Board

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Dave Nelson, Vice President
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Joe Di Giacinto, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
boardsecretary@mtzionlutheran.org

Abby Sumiec

Kevin Burke

Anna Kissel



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

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

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Wauwatosa, WI 53226
(414) 258-0456
parishadmin@mtzionlutheran.org



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