

August 3 2025



Grace Notes

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Pet Blessing

Sunday, August 24

9:30am

Join us for a pet blessing at our outdoor worship service. Bring your dog, cat, fish, or gerbil. You could even bring your cicada!

Dog treats will be provided at the end of worship. Water dishes are recommended.

In case of inclement weather, worship will be held downstairs in the Fellowship Hall.

Join us for fellowship and a cookout after the worship service.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Take the Night Off

PARENTS NIGHT OUT

FRIDAY, AUGUST 8

5-8 PM



AGES 4-12

CRAFTS

**OUTDOOR
PLAY**

**TASTY
MEAL**

MOVIE

**MT. ZION LUTHERAN CHURCH
12012 W. NORTH AVENUE**

**Your free-will donation benefits the Mt. Zion/Martin Luther
youth trip to Pine Ridge, South Dakota.**

Register here: mtzionlutheran.org/pno

August 3 to August 10

| | |
|-----------------|--|
| Sun Aug 3 | 9:30am Worship service Communion at the rail and name tag Sunday |
| Mon Aug 4 | 7:00pm NA 12 Step Meeting Fellowship Hall |
| Tues Aug 5 | Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room |
| Wed Aug 6 | 12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off 4:30pm Staff Meeting 7:00pm Stewardship Meeting |
| Thurs Aug 7 | |
| Friday Aug 8 | 5:00pm Parents Night Out 6:00pm ACA 12 Step Group Room 100 |
| Sat Aug 9 | 9:00am Aldrich Family Blood Drive |
| Sun Aug 10 | 9:00am MZY Trip Departs for Pine Ridge, SD 9:30am Worship Service |
| Next Week | Property Committee |

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

Prayer for Safe Schools



Prayer for Safe Schools

Monday August 25 and
Monday September 8

3:15 to 3:45



Bring a sign or borrow one of ours. Bring a chair if you'd like.
Let's show the community we support our students, teachers, and staff!

Today's Volunteers

Altar Care: Joe and Nancy Di Giacinto

Assisting Minister: Isabella Riccaboni

Lector: Jenny Hawes

Communion, bread: Jenny H.

Communion, wine: Gwen Anderson, Liz Anderson, Erin McDougal

Ushers: Carl and Karen Engelhardt

Greeter: Ruth McGill

Acolyte: Gwen A.

Audio/Visual: Janet McCarthy and Gabby Riccaboni

Tellers: Gary Goll and Jim Goetzinger

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

Access the Prayer List

<https://bit.ly/4I2APJB>

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.

Saturday, August 9

39th LUTHERDALE FEST

FREE ADMISSION & PARKING

**QUILT AUCTION • SILENT AUCTION
CONCESSIONS • GIFT GALLERY • FABRIC SALE**

Lutherdale Fest



QUILT AUCTION

Saturday, August 9

9:00 AM - 3:00 PM

Live auction begins at 10:00 AM

OVER 250 QUILTS TO BID ON!

Join us for fun and community at our lakeside camp and conference center! Your participation is key to helping more people have life-changing adventures at camp.

PRE-FEST & FISH FRY

Friday August 8 | 4 PM - 7 PM

- Preview Quilts
- Silent Bid on Quilts
- Bid on Silent Auction Baskets
- Wisconsin Fish Fry
- Gift Gallery
- Crafts & Fabric Sale

Quilts posted online at www.lutherdale.org

(262)742-2352 | N7891 US HIGHWAY 12, ELKHORN, WI 53121

Funded by Thrivent Action Teams and our Local Thrivent Shoreline Group Associates
Gary Finley, Wisconsin Registered Auctioneer #167



Native Representation at CWA

The ELCA Churchwide Assembly took place this week in Phoenix, AZ.. During Plenary 2. at the 59 minute mark, you can hear about the Truth and Healing movement as well as The Report by the Repudiation Task Force.

Bishop Elizabeth Eaton acknowledged the wearing of red during this plenary session which signifies missing and murdered indigenous women. The ELCA stands in support with indigenous women and works to right the injustices which are still suffered by indigenous women in this country.

In 2016 alone, 5,712 indigenous women were reported missing, yet the US Department of Justice's Federal missing person database only logged 116 of those cases (nativehope.org). This lack of concern over missing women adds another layer of generational trauma onto native people who already live with layers and layers of trauma.

The ELCA has a Missing and Murdered Indigenous Women Task Force. "This Task Force has done the work of providing information to educate the ELCA on this phenomenon of racism and misogyny. The Women of the ELCA have been champions in lifting up the shocking truth of MMIW and the ten synods have provided memorials to this assembly to strengthen education and resources address the crisis of missing and murdered indigenous women as well as advanced advocacy to the ELCA Witness and society to support legislation at state local and national levels." Rev. Manual Retamoza, Co-Chair, Repudiation of the Doctrine of Discovery Task Force.

You may have noticed native people with red hands painted across their mouth. Celebrities and activists have done this to draw more attention to this critical issue. But why?

"The red hand symbolizes the connection between the physical world and the spiritual world. Native Americans believe that the dead can see red, so by wearing red we invoke the help of our ancestors and spiritual guides."

Nativehope.org



The ELCA Churchwide Assembly held an Exhibition/Educational Powwow with dancers, singing, and drumming featuring Native American communities in the Phoenix area. Women wore traditional clothing from jingle dresses to colorful shawls. Men also wore a dazzling array of colors and pieces full of cultural and spiritual significance. Spectators of all backgrounds were invited to join in the dancing at some points.



Note: The camera moves around a lot. It may affect those sensitive to motion sickness. Also, the drums can get loud at some points so make sure you're able to adjust your volume as necessary.

youtube.com/watch?v=wGlcWkaLMis&t=1s

Native Representation at CWA



At the Churchwide Assembly, the Memorial on the National Day of Remembrance for Indian Boarding Schools was taken up. With four people speaking in favor of the memorial, and none against, the memorial passed with 99% of the vote! You can watch the recording of that vote at 2:59.

Despite many of them starting in the last 1800s, the impacts of Indian Boarding Schools resound to this day. Many schools, run by both the federal government and churches, were not even closed until the 1960s. During that time, hundreds of thousands of Native children were torn from their families, communities, and identities. The physical, emotional, sexual, and spiritual abuse they experienced and observed affects elders and young alike to this day. Telling the stories, helping to tell the truth about what happened, is allowing slow but steady healing to occur.

If you, or a youth who is going on the Pine Ridge trip, would like to get more involved in issues affecting Native People consider joining The ELCA Truth-Seeking and Truth-Telling Initiative on Indian Boarding Schools. This group learns about the boarding schools and histories and also conducts research about Lutherans involved with boarding schools. The findings will be shared with the church, government, and impacted Native tribes.

Sign up to volunteer at [ELCA.org](https://www.elca.org).



On Sunday, September 28 at 6:00pm the Truth-Telling and Truth Seeking initiative will hold an online discussion about the award winning National Geographic documentary "Sugarcane".

Watch it at Mt Zion. We will hold a showing on Friday, September 26 at 5:30pm. More info to come. We will also host a Zoom connection on Sunday, the 28 for anyone who would like to join in the broader conversation throughout the ELCA.

New Bishop Elected

“When we’re talking about casting a vision, I think people want to be part of a vision because they want to share in the process. But they typically will also share in the burdens as well. So part of my vision is [about] those things we’ve lifted up as a church that we said we need to do, we’re going to do, and find a way to bring more people to the table so that we might embody that work instead of it just being a written document.”



Curry, who was [elected July 30](#) to serve a six-year term as ELCA presiding bishop, knows something about embodying a vision and discerning a call.

Before he became a pastor, then a bishop, then the chair of the Conference of Bishops, and now presiding bishop-elect, he was a social worker, then a teacher, then in sales. “I went from being a social worker to a teacher in the same community where I was helping those families, and in both cases, what I learned is passion is very important. And if you can align a person’s passion with a need, then it doesn’t feel like work sometimes.

“It wasn’t until I was in the church that I said, ‘I could do this for the rest of my life.’”

An immediate answer comes to mind for Curry when asked about what he believes should be among the ELCA’s top priorities. “I think there’s this unique opportunity around lay equipping and lay education,” he said. “The ethos and the structures of many of our congregations are changing. In some cases, they’ve gone from full-time pastors to part-time pastors; we have leaders who are serving two- and three-point congregations.

“Our lay leaders are being asked to do more. And in many cases, they’re saying, ‘Yes, I want the education—as long as you’re not trying to steer me and tell me I need to be a pastor or a deacon. Tell me how to be a better leader in my community, in my context.’”

Curry’s passion for, and awareness of, equipping lay leaders stems from his own ministry beginnings.

He was a Chicago Public Schools teacher when he first visited [Shekinah Chapel](#), then a synod-authorized worshipping community. “I didn’t even realize it was Lutheran,” he said. “I was invited by a friend.” What drew him to Shekinah was [Safe in My Brother’s Arms](#) (SIMBA), a mentoring program there sponsored by the ELCA. “I had these unique students,” he said. “And I was interested in services for them. ... There was a worship service I stayed for. And I loved it.”

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New Bishop Elected

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Curry went home and told his wife, LaShonda, about the great experience he had had there, and they returned together the following weekend. “We came back and joined,” he said. “And we didn’t understand the organizations of the Lutheran church. We just saw a home, we saw a community.”

Eventually, the community, and the synod staff, asked Curry to consider being a lay mission developer. He was unsure. “I knew I had this thing in my heart, but I didn’t have the right vocabulary for it,” he said. “I didn’t know that I was actively discerning and that I was being called into this ministry.”

After becoming mission developer, Curry enrolled in the [Theological Education for Emerging Ministries](#) program at the Lutheran School of Theology at Chicago and received his ordination certification in 2009. In 2012, when Shekinah became an official ELCA congregation, it called Curry to be its pastor. He served in that role until he was elected bishop of the [Metropolitan Chicago Synod](#) in 2019.

“This was a process I was honored to be involved in, because I didn’t think many people knew who I was,” he said. “I was working in poverty ministry in the outskirts of Chicago. So it was an honor to have my name lifted up and to ultimately be elected bishop.” In 2024, he was elected chair of the ELCA Conference of Bishops.

Curry recalled his ministry trajectory, and the initial hesitation he felt in accepting that first role, when he addressed the [2025 Churchwide Assembly](#) following his election.



“I’m what a return on your investment looks like,” he told the assembly. “Perhaps I’m out there in one of you. I never saw myself as good enough, so for two years, I said no. I finally said yes. When I said yes, your support, this church’s support, of that ministry meant everything. So if you want to know what your benevolence dollars look like, it looks like me. And I want to say thank you. Thank you for your investment.”

This article was written by John Potter and can be found in full on ELCA <https://www.livinglutheran.org/2025/07/casting-a-vision-for-the-church/>

Steve's Science Tidbits

The Importance of Animal Models in Science

I spent many years as a reproductive physiologist maintaining a mouse colony and carrying out experiments on egg maturation and embryo development. I remember early in my career trying to explain to my parents what that involved and why I was doing it. They had a difficult time understanding the relevance. My mother, in her attempts to process the information would ask, "But how will this benefit mankind?"

That was a difficult question to answer, because I was engaged in "basic science," which is the elucidation of fundamental biochemical and metabolic mechanisms. Much research is of this type. Relevance to the human condition comes later with "translational science," when the advances of basic science are applied to human tissues. Results of my work became translational when data were used to maximize egg maturation, fertilization and early embryo culture in human in vitro fertilization programs.

Basic science is important due to ethical concerns with experimentation on human tissue. The use of animal models therefore becomes imperative. A wonderful example appeared recently in the journal *Nature*.

Mitochondria are important cell organelles involved in energy production. Critical to mitochondrial function is an enzyme, CoQ10. People with mutations in genes responsible for CoQ10 production often show signs of disease shortly after birth that include kidney dysfunction, cardiomyopathy, and neurological symptoms like seizures, muscle stiffness/weakness and encephalopathy (changes in consciousness, cognition and behavior). It can be lethal. Administering CoQ10 supplements are ineffective in brain symptoms due to difficulty in crossing the blood/brain barrier.

Basic Science. The research team had discovered that the enzyme HPDL makes the small molecule 4-HMA that leads to the production of 4-HB and, further downstream, CoQ10. They wanted to see what would happen if they treated a mouse model lacking HPDL with the downstream CoQ10 precursors. Mice without HPDL typically die within 15 days of birth, but when either 4-HMA or 4-HB was added to their drinking water from 3-30 days post-birth, the mice lived ≥ 18 months, a mouse's normal life span! The success rate was $>85\%$.

Translational Science. The research team was then referred a male patient. The boy began losing his balance at age eight, then developed involuntary ankle contractions. The latter symptom mimicked what his mother had observed in her two earlier children (who died in infancy), so she brought him to the emergency room, where a test showed he had a double HPDL mutation. The boy was so weak he could only walk a short distance. The team started him on CoQ10 treatment, but he continued to deteriorate, so they switched to 4-HB, added every day to his drinking water. After a year of treatment, he progressed to the point he was running, jogging and riding a bicycle, with good strength and endurance; the reversal wasn't total, but amazing nonetheless.

Said the lead researcher, "It's the dream that has come to life—that you find something fundamental and then deploy it in a patient." **Steve Downs**

Birthdays & Anniversaries

Birthdays

| | | |
|-----------------|------------------|-----------------|
| Adam C. 8/1 | Mia B. 8/13 | Jenni P. 8/24 |
| Carol C. 8/1 | Dom G. 8/13 | Lauren C. 8/26 |
| Brad H. 8/1 | Mark S. 8/17 | Spencer J. 8/26 |
| Jenny H. 8/2 | Jennifer D. 8/17 | Amanda W. 8/28 |
| Jada G. 8/4 | Tammy C. 8/20 | Liz A. 8/28 |
| Edie D. 8/5 | Vicki C. 8/21 | Kurt K. 8/29 |
| Doris J. 8/6 | Carter C. 8/21 | Grace B. 8/30 |
| Jesse M. 8/6 | Katie F. 8/21 | Julie B. 8/31 |
| Tom W. 8/7 | Karen C. 8/21 | |
| Quintin P. 8/8 | Taylor U. 8/21 | |
| Barb V. 8/9 | Mickey F. 8/22 | |
| Refilwe M. 8/10 | Megan B. 8/22 | |

Wedding Anniversaries

| | |
|---------------------------|--------------------------|
| Sara and Dave B. 8/2 | Kevin and Gloria C. 8/14 |
| Adam and Elizabeth F. 8/8 | Liz and Keith A. 8/15 |
| Mitch and Kelsey L. 8/11 | |
| Meghann and Brad S. 8/11 | |
| Erin M. & Drae S. 8/11 | |

Outreach for Hope



Registration is now open for the Outreach for Hope 2025 Family Ride Run Walk! Plan to join us for biking, walking, running and fellowship fun on the morning of Saturday, September 27. Together we hope to raise \$165K for grants to ministries in Greater Milwaukee Synod communities that serve neighbors in need. Gather a team of friends, family or church members to participate together for even more fun!



Sign up now at OFHRRW.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

Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
pastor@mtzionlutheran.org

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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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