

August 24 2025



Grace Notes

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Flood Relief

The Synod has just opened the GMS Flood Relief Fund, which is now accepting donations which will be used specifically to assist those affected by recent storms. [Click here](#) and choose "GMS Flood Relief" for your donation. (Or send your donation by check, made out to "Greater Milwaukee Synod" with "GMS Flood Relief" on the memo line, to PO Box 341695, Milwaukee, WI 53234.)

More flood resources available at the synod flood relief resource page: milwaukee-synod.org/flood-relief-resources/



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New Presiding Bishop

We cannot stress enough how significant it is that Bishop Yehiel Curry was recently elected during the Churchwide Assembly.

He is the first Black presiding bishop in the 37 year history of the ELCA.



Rev. Chilstrom



Rev. Anderson



Rev. Hanson



Rev. Eaton



Rev. Curry

Below is an interview with Rev. Yehiel Curry with WTTW—the public broadcasting station in Chicago. He says, “This is an example of the church saying, ‘We see you.’”

[WTTW—ELCA Elects First Black Presiding Bishop, a Chicago Native](#)

Taking a Faithful Stand

The next meeting of Taking a Faithful Stand will be on Tuesday, September 9, 6:30 PM on Zoom.

Jim Santelle, former United States attorney for the Eastern District of Wisconsin, will present on the impact of this year's US Supreme Court decisions.

Taking a Faithful Stand is a monthly webinar sponsored by Mt Zion's ministry partners, including MICAH and the Wisconsin Council of Churches.

Please register [here](#).

August 24 to August 31

Sun Aug 24	9:30am Outdoor Worship service 10:30am Cookout 5:00pm MZY Night
Mon Aug 25	3:15pm Prayer for Safe Schools corner of 120 and North 7:00pm NA 12 Step Meeting Fellowship Hall
Tues Aug 26	Noon AA 12 Steps Meeting Room 211 6:30pm Troop 27 Meeting 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed Aug 27	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off
Thurs Aug 28	
Friday Aug 29	6:00pm ACA 12 Step Group Room 100
Sat Aug 30	
Sun Aug 31	9:30am Worship Service
Next Week	Women of Heart Bible Study

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

Public Theology

Did you miss last week's Public Theology discussion?

Never fear! You can come next month!

When and Where is Pub(lic) Theology?

Pub(lic) Theology is the 3rd Thursday of the month.

Hope to see you at Ferch's at the corner of Bluemound and Mayfair starting at 5:30pm. Happy hour pricing ends at 6, so get those appetizer orders in early!

What's Pub(lic) Theology?

It's a great place for talking about faith in a lowkey environment. Wonderful spot for bringing a friend, especially one that might be hesitant about "church" but is interested in faith. And since it's a restaurant, kids are welcome, too. Have a teen or neighbor who has a million questions? Bring them and play stump the pastor (I'm always willing to be distracted and tangent anywhere)! I always bring a topic, but feel free to bring your own.

August 17 Volunteers

Altar Care: Andy, Jen, and Talula Johnston

Assisting Minister: Gabby Riccaboni

Lector: Refilwe Magasa-Bockhorst

Communion, bread:

Communion, wine: Bob Young, Refilwe M.

Ushers: Carl and Karen Engelhardt

Greeter: Erin McDougal and Jenny Hawes

Audio/Visual: Jeremy and Angella Goss

Tellers: Carl Engelhardt and Ellyn Steinke

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

Access the Prayer List

<https://bit.ly/4l2APJB>

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.

Steve's Science Tidbits



This Sunday's Gospel reading is from Luke 13:10-17. Jesus heals an elderly woman who has been hunched over for years. In today's Science Tidbits, Steve helps us understand back arching and posture issues. Thanks, Steve!

Watch Your Back

My Uncle John passed away at the age of 96. He was one of my favorite relatives, upbeat and fun-loving, the nicest man you could ever meet. Living so long, he was bound to suffer some of the ravages of old age, one of which was his posture. By the time he passed, he walked with his upper body bent forward at a 90o angle (from the waist!). I spoke with his daughter about his condition. She said she had taken him to the Mayo Clinic 15 years earlier for a thorough evaluation. After numerous doctors poked and probed and x-rayed him from every angle, at the post-eval meeting they asked him if he had ever had a spinal fusion, because his iliac vertebrae were fused to his sacrum. The sacro-iliac joint is the largest joint in the body and sometimes its fusion is recommended for treatment of scoliosis, the most common spinal misalignment, where the spine has an unnatural lateral curvature.

My uncle did not have scoliosis, nor had he had fusion surgery. My cousin kept telling her father to stand up straight, but even though he could do so, and despite the disadvantages of being hunched over, he preferred to walk that way because it was less painful, and he could take bigger steps.

Uncle John's bend occurred in his lower back. Another type of abnormal lower back curvature is lordosis (also called swayback), where the natural inward curve of the spine is accentuated, causing the buttocks to protrude outward.



One of the most common spinal misalignments is kyphosis, otherwise known as Dowager's hump or hunchback, where the upper back has an excessive outward curve, causing a slouching posture. In Luke's Gospel, Jesus heals a woman who is hunched over and cannot straighten up, having suffered this condition for eighteen years. (He would have made a great physical therapist). Her medical condition is not named, but it would be consistent with a severe spinal curvature like kyphosis.

Some of the common causes can include:

Continued on page 9

School Supplies Revisited

Several families served by the School-Centered Mental Health program at Lutheran Social Services were affected by this weekend's flood damage. At the same time, they are preparing for their little ones to return to school. There is a need for assistance in providing some basic supplies for the families and their back-to-school needs, but a short turn-around to do so.

An Amazon wish list has been created so that anyone who wishes to donate to the program's families can do so easily. No need to gather and deliver things--just help with a click of a button. **Please share this list with your members if you can.** Every small gift makes a difference! https://www.amazon.com/hz/wishlist/ls/203LP2NBPTCS0?ref=wl_share

Thank you and God Bless!

Sarah Halstead

Manager of Community and Faith Partnerships
Lutheran Social Services of WI and Upper MI

Day of Service

'God's Work, Our Hands' September Options

In September, we have the opportunity to participate in the ELCA's signature emphasis, 'God's Work, Our Hands.' All of us support the community in many ways. The list of the moments we aid our neighbors would be vast.

On Saturday September 20th, we can volunteer for our home-based food pantry, Tosa Cares, in the midst of the 'God's Work, Our Hands' emphasis. If you haven't volunteered for Tosa Cares or haven't helped out in a while, Sept. 20 is another opportunity. Look for the signup sheet on the wall in the Narthex in mid-August. Thanks for all you do.

God's work. Our hands.



Mission of the Month



As our young people start college this month, please support our August Mission of the Month, Lutheran Campus Ministry at UWM (the Corner House). This ministry serves students at all the Milwaukee area colleges, providing them a safe space to share and deepen their faith and make healthy friendships.



Put “August Mission” or “Campus Ministry” in the memo line of your donation.

Right now we have \$115 in the August Mission of the Month fund. Can we get to \$250 by the end of the month?

Thank You!

Thank you so much for your generous donation of \$ 379.50 to Courage+. Your support is more than a financial contribution—it’s a powerful affirmation of our mission to provide safety, support, and opportunity to LGBTQ+ youth experiencing homelessness.

Every dollar you gave helps fuel programs like Courage House, C2 Apartments, and our +You trainings, making a real and lasting difference in the lives of young people who need it most. We’re honored to have you as part of this work.

Please don’t hesitate to reach out if you’d like to learn more about how your gift is being used or explore other ways to stay involved. We’re so grateful to have you in our community.

With heartfelt thanks,

-The Courage+ Team

Tutoring Opportunity

FORWARD SCHOLARS

Scan here for
more information
about Forward
Scholars!



Regular tutors provide
1:1 tutoring for one
hour twice a week
with the same student
Sept. through May.



All tutors receive
training, guided
lesson plans, and
on-site support at
every session.

Be a substitute
tutor any day
that works for you!

Tutor with confidence!
Each site coordinator
is a certified teacher.



For more information, visit: ForwardScholars.org
Or contact us at admin@forwardscholars.org or 414-301-2195

Volunteer with us!

Steve's Science Tidbits

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Some of the common causes can include:

Osteoporosis. Weak and brittle bones, particularly in the vertebrae, can lead to compression fractures, causing the spine to curve forward.

Degenerative Disc Disease. The spinal discs, which cushion the vertebrae, can flatten and shrink with age, contributing to kyphosis.

Scheuermann's Disease. This condition, often developing during adolescence, involves the wedging of vertebrae, leading to a pronounced thoracic curve.

Congenital. Abnormalities in spinal bone development before birth.

Fractures. Traumatic injuries, like those from car accidents, can fracture vertebrae, leading to post-traumatic kyphosis.

Ankylosing spondylitis. This is a type of arthritis that can lead to the fusion of spinal vertebrae and a progressively bent posture.

Kyphosis is often associated with aging. The term "Dowager's Hump" appeared because more older women are prone to it than men. While bad posture is a strong contributing factor, women have an additional issue with decreased post-menopausal estrogen levels that increases their susceptibility to osteoporosis.

Face it: There's a reason your mother always told you to sit up straight.

Steve Downs

Looking to improve your posture?

Check out these resources

health.clevelandclinic.org/posture-exercises

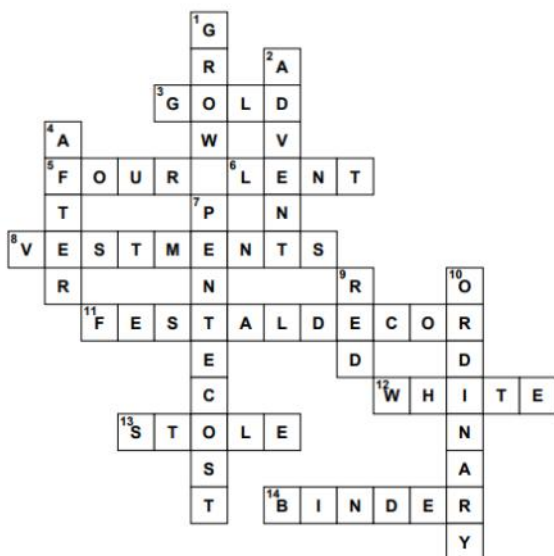
Health.Harvard.edu

Women'sHealthMag.com



Solution

crossword answers



D	E	G	X	S	C	R	K	D	N	T	D	A	A	S
D	L	A	G	I	A	O	F	T	N	O	D	V	H	O
C	F	P	C	S	M	U	M	U	S	I	C	A	S	U
K	F	N	R	Z	E	T	Y	W	F	L	D	U	M	V
B	U	K	N	H	R	H	Z	W	M	E	S	W	X	E
C	D	L	S	N	A	C	K	S	S	T	K	A	S	N
C	P	I	L	O	C	L	K	T	A	R	N	H	Z	I
B	I	B	L	E	C	R	N	H	O	I	W	E	T	R
M	L	U	M	E	O	K	C	O	C	E	T	R	A	C
P	L	L	R	W	D	I	S	E	V	S	R	B	D	A
C	O	Y	M	T	Z	S	H	I	R	T	V	O	J	S
P	W	R	T	V	J	E	N	A	M	Q	P	T	I	H
G	I	Z	H	I	K	I	N	G	B	O	O	T	S	R
F	S	T	A	M	P	S	Z	C	N	A	I	L	Y	N
K	R	P	P	B	O	A	R	D	G	A	M	E	S	S

Packing list word
search answers

BOARD GAMES
MTZSHIRT
SOUVENIR CASH
SOCKS
DUFFLE

Birthdays & Anniversaries

Birthdays

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

Wedding Anniversaries

Sara and Dave B. 8/2	Liz and Keith A. 8/15
Adam and Elizabeth F. 8/8	Tom and Linda E. 8/16
Mitch and Kelsey L. 8/11	Mavis and Jerry R. 8/21
Meghann and Brad S. 8/11	Elmer and Loretta B. 8/25
Erin M. & Drae S. 8/11	Dave and Debbie F. 8/27
Kevin and Gloria C. 8/14	

Sneak Peek



Coming next week:

Photos, reflections, and more from the Youth trip to Pine Ridge, South Dakota!



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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Kevin Burke

Anna Kissel



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

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