

September 21 2025



Grace Notes

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Outreach for Hope

Outreach for Hope's annual
RIDE RUN WALK Fundraising Event
will be held on the morning of
Saturday, September 27, 2025

Your Participation Brings Hope

The Outreach for Hope Family Ride Run Walk is our largest annual fundraiser - a fun and meaningful way to support ELCA Lutheran congregations and ministries in neighborhoods of income insecurity. Prepare for a fun and exciting morning of biking, running, walking, volunteering, and enjoying fellowship at lunch.



Joyfully Growing Disciples in Christ

mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226



More info and photos
on page 2.

Outreach for Hope

This Year's Theme – Hope in Motion

The theme, “**Hope in Motion!**” beautifully captures the spirit of our Ride, Run, Walk event, where participants actively move to make a real impact. Each step, pedal, stride and smile symbolizes our shared commitment to bringing hope and support to our Ministry Partners who serve communities in need. By joining this event, participants become part of a larger movement that uplifts lives through generosity, compassion, and faithful action.



Picnic Lunch & Fellowship!

After the morning's ride, run, or walk (beginning around 11:00 AM), we invite all participants, volunteers, and supporters to gather for a delicious picnic-style lunch. Enjoy a variety of sandwich options, refreshing beverages, and sweet desserts—all served in a casual, outdoor setting. It's the perfect way to refuel, relax, and celebrate the impact we're making together. Everyone is welcome, whether you participated in the event or just came to cheer others on!

Donate and Sign Up Here: www.ofhrrw.org

Native Heritage and Culture

Sugarcane film screening and discussion

Saturday, September 27 at 2:00pm

Mt Zion Theater (2nd floor)

This film is rated R

More information about the film can be found here:

<https://films.nationalgeographic.com/sugarcane>



On Sunday, September 28 at 6:00pm join members throughout the ELCA's Truth Telling and Truth Seeking Initiative on Indian Boarding Schools for a nationwide discussion on Sugarcane. Mt Zion will host a Zoom connection in the Upper Room.

Mt Zion Youth present about Pine Ridge Trip

September 28 at 9:30 worship service

Our youth will present insights and reflections about their August trip to Pine Ridge Reservation in South Dakota.



September 21 to September 28

Sun Sept 21	9:30am Worship service 5:00pm MZY Night
Mon Sept 22	6:00pm Book Club 7:00pm NA 12 Step Meeting Fellowship Hall
Tues Sept 23	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed Sept 24	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 6:00pm Voices of Zion choir rehearsal 7:00pm Festival Bells handbell rehearsal
Thurs Sept 25	
Friday Sept 26	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Sept 27	9:30am Outreach for Hope bike ride 2:00pm Sugarcane Movie and Discussion
Sun Sept 28	9:30am Worship Service 5:00pm Confirmation (Strengthening Faith Program) 6:00pm Sugarcane movie discussion with ELCA
Next Week	Joyfully OUT(side) with Mikah Meyers

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

New Opportunity!

Junior Ushers and Junior Acolytes Ages 5-8

Kids: Would you like to learn how to assist our Sunday morning ushers and acolytes? Then become a Junior Usher or Acolyte. Grow into these roles as you get older so once you're older (and your parents say it's ok) you, too, can light the candles on your own and help with usher duties.

Parents: Contact Nancy Di Giacinto if your kid would like to participate.
Training date TBD

August 17 Volunteers

Altar Care: Andy, Jen, and Talula Johnston

Assisting Minister: Lynda Yanny

Lector: John Yanny

Communion, bread: Refilwe Magasa-Bockhorst

Communion, wine: Gabby Goll, Lynda and John Y.

Ushers: Angela and James Riccaboni

Greeter: Carl and Karen Engelhardt

Acolyte: Isabella Riccaboni

Audio/Visual: Janet McCarthy and Gabby Riccaboni

Tellers: Roy Durrenberg and John Link

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.

Sunday School Spotlight



Sunday school kicked off with an art project as the children focus this current rotation on Christ the King John 18: 33-37. This Sunday will teach the lesson through cooking, followed next week by Science.



Farewell Bishop Eaton

I started my ministry as presiding bishop with these four emphases: We are church. We are Lutheran. We are church together. We are church for the sake of the world. I will end as I began.

We are church. There is no other institution on earth whose reason for being is the proclamation of the gospel. “It is also taught that at all times there must be and remain one holy, Christian church. It is the assembly of all believers among whom the gospel is purely preached and the holy sacraments are administered according to the gospel” (Augsburg Confession, Article VII). That’s it. The works we do in service to the world are important, but they are not the essence of the church. The [ELCA](#) does not exist in order to work for justice. Rather, because we are nourished by word and sacraments, the ELCA is free and empowered to do so.

The church is also marvelously intricate and interconnected. “We, who are many, are one body in Christ, and individually we are members one of another” (Romans 12:5). There is no such thing as a solitary Christian. God’s love for us through Christ and poured into our hearts by the Spirit is for each of us. But each of us is just one member of the body of Christ. We understand the church in the same way. “This church shall seek to function as people of God through congregations, synods, and the churchwide organization, all of which shall be interdependent. Each part, while fully the church, recognizes that it is not the whole church and therefore lives in an interdependent relationship with the others” (ELCA “Constitutions, Bylaws and Continuing Resolutions” 8.11.).

We are Lutheran. The average Lutheran in the [Lutheran World Federation](#) (LWF) is a woman in Tanzania. There are more Lutherans in Ethiopia, Indonesia and Madagascar than there are in the ELCA. The LWF has 150 member churches in 99 countries. What binds us together? Certainly not one culture or cuisine. Rather, it is the clear witness of the gospel that sets us free. “It is taught that we cannot obtain forgiveness of sin and righteousness before God through our merit, work, or satisfactions, but that we receive forgiveness of sin and become righteous before God out of grace for Christ’s sake through faith ...” (Augsburg Confession, Article IV).



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Farewell Bishop Eaton

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This is revolutionary. The standards of the world by which we are measured, or we measure others, are a figment. We don't claim perfection for the church. We're not there. But as Martin Luther said, "This life therefore is not righteousness but growth in righteousness, not health but healing, not being but becoming, not rest but exercise. We are not yet what we shall be, but we are growing toward it, the process is not yet finished, but it is going on, this is not the end, but it is the road. All does not yet gleam in glory, but all is being purified" ("Defense and Explanation of All the Articles"). We know there is law and gospel, that we are saint and sinner, that we are bound and free, and we entrust that all to God.

We are church together. Paul wrote that we do not live to ourselves. We live in a time when fear is used to separate us. This is the tool of every authoritarian regime. The church is different. The Spirit calls, gathers and keeps the whole church on earth. We belong to God, we belong to each other, and we belong to the world.

We are church for the sake of the world. We are not only freed from sin, we are freed for service to the neighbor. Here is where the essence of the church—the proclamation of the gospel—gives power and shape to the work we do in Jesus' name. We are church for the sake of the world not out of obligation or for reward but out of love.

So there it is, dear church, my farewell address. We each have this ministry for a season. My season as presiding bishop has ended. Bishop-elect Yehiel Curry's season is about to begin. Pray for him, his family and the church-wide staff.

But be assured that the season for the ELCA is not over. God hasn't finished with this church yet.



A Tribute to Presiding Bishop Elizabeth Eaton | Evangelical Lutheran Church in America (ELCA)

Evangelical Lutheran Church in America [Subscribe](#) 3 [Share](#) [Download](#)

Watch a beautiful tribute to
Bishop Eaton full of
good news, travels,
dancing, laughter, and bloopers.
[https://www.youtube.com/
watch?v=aSW21ibiiVA](https://www.youtube.com/watch?v=aSW21ibiiVA)

Our Immigrant Siblings



**ASOCIACION
DE MINISTERIOS
LATINOS ELCA**

Somos Iglesia Junt@s

September 10, 2025

STATEMENT IN REGARD TO RECENT US SUPREME COURT RULLING

September 10, 2025

“Do not mistreat or oppress a foreigner, for you were foreigners in Egypt.” Exodus 22:21(NIV)

We deeply regret the recent ruling from the Supreme Court to allow ICE to randomly stop immigrants, without reasonable suspicion but based on their race and language, in Southern California.

Such disturbing decision goes against the values of this nation and pose a threat to the wellbeing and dignity of thousands of Latine families that make our United States thrive. There is no doubt the door to promoting racial profiling has been blatantly opened.

As words are not enough to express our pain and concern, we pray for wisdom so that our laws are implemented without intimidation, acknowledging the dignity and humanity of God’s beloved children.

To our immigrant siblings, in the midst of the uncertainty and despair, let us remember that Jesus, the light ignited by the power of love, will always vanquish darkness. We are in this together!

Yours in Christ,

Latino Ministries Association – ELCA

You Matter!

2025 PUBLIC HEALTH
EDUCATIONAL SERIES CLASS:



The QPR course mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

SUICIDE PREVENTION

The signs of crisis are all
around us.



Wednesday, September 24th at 6pm
at Christ the King Lutheran Church
1600 N Genesee St, Delafield

To reserve your spot call 262-646-2343 or
scan the QR code above.



Brought to you by
Waukesha County Public Health



Steve's Science Tidbits

Carnivores Beware!



Winter's over, temperatures are rising, and things are greening up all around you. You can't wait to take Fido for a walk in the woods, so at the earliest opportunity the two of you spend a glorious afternoon in the park, reveling in the sights and smells of a newly awakened forest. Then, upon returning home, you sense something crawling up your arm. Removing your shirt, you confirm your suspicions—it's a wood tick. You flush it down the toilet but neglect to check the rest of your body for additional interlopers.

The next morning, while getting dressed, you find another wood tick embedded in your neck. You quickly pull it off, dispose of it and put it out of your mind. But soon the bite becomes irritated and sore to the touch. You wake up at night after developing a red, itchy rash (hives, also called urticaria) that spreads down your chest and arms. A week later, another bout of hives appears suddenly, but this time your tongue starts swelling and your throat is getting tight, so you call 911. By the time the paramedics arrive, your vision has tunneled (loss of peripheral vision). Treatment with a steroid plus an epinephrine nebulizer, which delivers medicine directly to your throat, eventually calms your symptoms. You have just experienced an anaphylactic reaction.

You get an appointment with an allergist, who, based on your history, suspects you are experiencing alpha-gal syndrome. This is a rare red meat allergy that can develop in response to a tick bite. Both of your hives outbreaks occurred following meals containing red meat. The suspicion was then confirmed by lab tests.

Alpha-gal syndrome isn't well known, having first been reported in 2009. Many doctors and nurses have never even heard of it, but cases are on the rise. The saliva of certain tick species contains a sugar molecule called alpha-gal. It is believed that during a bite from one of these ticks, the sugar molecule and perhaps other tick saliva factors cause the immune system to go into hyperdrive. The next time a person is exposed to alpha-gal, which is found in red meat as well as other mammalian products like milk and gelatin, the body mounts an allergic reaction, with wildly varying presentation. Unlike anaphylaxis, some patients experience abdominal pain, diarrhea and vomiting after consuming red meat.

Most people rely on tick checks after being outdoors to determine they're not carrying any of these bloodsucking parasites. For tick-borne illnesses like Lyme disease, Rocky Mountain spotted fever, and anaplasmosis, quick detection and removal can prevent disease, because the tick must be attached to the body for hours or days to transmit disease-causing bacteria. Unfortunately, that does not seem to be the case with alpha-gal syndrome, because it's an allergic reaction, not one caused by transfer of microorganisms. Proper precaution means avoiding tick bites entirely; it's possible that any type of bite from the right tick, no matter how fleeting, can trigger the allergic response.

Birthdays & Anniversaries

Birthdays

Jessica R. 9/1	Gary G. 9/15	Jena N. 9/21
Sara B. 9/3	Misty S. 9/16	Tina K. 9/21
Grace C. 9/4	William F. 9/16	Brent D. 9/21
Talula J. 9/4	Ron V. 9/16	Jordan T. 9/24
PJ B. 9/5	Marja K. 9/17	Abby P. 9/24
Elizabeth M. 9/6	Nora P. 9/17	Karen E. 9/26
Dave B. 9/7	Jessica P. 9/18	Francesca R. 9/27
Dave N. 9/7	Mike M. 9/18	Joey S. 9/28
Dan S. 9/8	Michael B. 9/18	Pete P. 9/28
Dave M. 9/12	Charlotte W. 9/19	Johnathan F. 9/29
Devin T. 9/14	Joe D. 9/19	Mavis R. 9/30
Carter D. 9/15	Michele M. 9/20	
	Robyn Z. 9/21	

Wedding Anniversaries

Dick and Judy M. 9/3	Kira and Kelvin S. 9/23
Mary and Robert J. 9/4	James and Angela R. 9/26
John and Lauryl P. 9/6	Donna and John W. 9/27
Vicki and Dave N. 9/8	Rich and Rondi D. 9/27
Jim and Pat G. 9/17	Dawn and Joe D. 9/29
Bob and Nancy S. 9/20	

Updated Digits?

Have you recently opened a new checking account or

Received updated debit or credit cards?

If you have, then don't forget to update your automatic giving on Tithely.

If you need help, contact Parish Administrator Jess Monahan
at 414-258-0456.

Your generosity is very much appreciated!



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
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Director of Traditional Music
Mark Schroeter
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Office Volunteers
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Worship Volunteer Coordinator
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Janet McCarthy (volunteer)
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Maintenance
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Sunday School Superintendent
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Leadership Board

Anna Kissel, President
president@mtzionlutheran.org

Kevin Burke, Vice President
vp@mtzionlutheran.org

Joe Di Giacinto, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
boardsecretary@mtzionlutheran.org

Chasity Brimeyer
Andy Johnston

Dave Nelson

Linda Havlicek
Bob Young



**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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