

September 14 2025



Grace Notes

IN THIS ISSUE...

God's Work. Our Hands.

[Page 2](#)

Children's Messages

[Page 4](#)

Lutherdale Retreats

[Page 6](#)

Joyfully (OUT)side

[Page 7](#)

Immigrant Lutherans

[Page 9](#)



Sunday Dinners?

At Pine Ridge Reconciliation Center, we saw a tiny basement opened up to an entire reservation, welcoming dozens of people in for a simple meal every night.

At Mt Zion, for a big as it is with an industrial kitchen, and ample dining space, serves no similar purpose for those in this community.

But why not? Why couldn't we do that same thing here? Once a month we could make a meal and welcome in people from right next door and down the street. We could provide food, fellowship, and hope for the hungry, lonely, and impoverished right here in neighborhood.

So, if you're wondering the same thing, put on your apron, wash your hands, and sign up for the monthly community meal today!

<https://mtzionlutheran.org/pages/sign-up>



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

God's Work. Our Hands.

SERVICE OPPORTUNITIES

This year Mt Zion is providing multiple opportunities and dates for you to lend a hand in our community.

- ♥ The first is with Mt. Zion's official God's Work Our Hands (GWOH) day on **Saturday, September 20**. Tosa Cares needs four volunteers to help with food distribution that morning. Please contact Bob Young at (414) 559-0120 if you are interested in helping.
- ♥ Wauwatosa's Green Summit is being held that same day **(9/20)**. This event is at Wauwatosa's City Hall. Two volunteers are needed for food collection for Tosa Cares. Please contact Carl Engelhardt at (262) 782-5159 if you are interested in volunteering.
- ♥ On **Sunday, September 21**, after the church service, please consider staying to help assemble gift baskets for our at-home members. Just show up in the Gathering Space. People are also needed to deliver the baskets. Linda Ertel (414) 257-0284 and Karen Engelhardt (262) 782-5159 are leading this important Outreach.
- ♥ Andy Johnson is putting together a team of bike riders and walkers from Mt. Zion for the annual Outreach for Hope Bike/Walk on **Saturday, September 27**. Watch for more information on this in Grace Notes or contact Andy at (414) 795-9676 if you are interested.



What is any event without a T-shirt? All who participate will receive a beautiful, purple GWOH t-shirt to wear on the day of the event and anytime after that.



Remember, God's Work can't be done without **Our** Hands.
Be a blessing to our community, come and lend a hand.

God's work. Our hands.

September 14 to September 21

Sun Sept 14	9:30am Worship service
Mon Sept 15	6:00pm Leadership Board Meeting 7:00pm NA 12 Step Meeting Fellowship Hall
Tues Sept 16	Noon AA 12 Steps Meeting Room 211 6:30pm Outreach Meeting 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed Sept 17	8:30am Health Clinic at Courtyard Parking Lot 12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 4:30pm Staff Meeting 6:00pm Voices of Zion choir rehearsal 7:00pm Festival Bells handbell rehearsal
Thurs Sept 18	5:30pm Public Theology Ferch's Crafthouse Grille
Friday Sept 19	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Sept 20	12:00pm Adoption Party
Sun Sept 21	9:30am Worship Service 5:00pm MZY Night

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

Children's Message: Baptism

For the next few weeks, Pastor Tyler will focus his children's message on baptism.

What are baptisms?

What do they signify?

Are big kids too old to be baptized?

For parents who are interested in having their child (of any age) baptized, these children's messages are recommended listening.

The children's message is geared for those curious about or preparing for a baptism, but is great for those already baptized to help understand more about this important sacrament.

August 17 Volunteers

Altar Care: Edie, Nancy, and Joe Di Giacinto

Assisting Minister: Linda Ertel

Lector: Bob Young

Communion, bread: Liz Anderson

Communion, wine: Linda E., Bob Y. and Gwen Anderson

Ushers: Tom Ertel and Cody Di Giacinto

Greeter: Vince Pipia, James and Angela Riccaboni

Acolyte: Isabella Riccaboni

Audio/Visual: Abby Sumiec and Erik Peterson

Tellers: Brad Hext and Tom Morgan

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

Access the Prayer List

<http://bit.ly/41L865n>

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.

First Faith Forum!



Rev. Afi Dobbins-Mays, Assistant to the Bishop for Authentic Diversity and Leadership in Greater Milwaukee Synod, will be joining us this Sunday to lead our first Faith Forum of the fall.

Rev. Afi believes that by empowering others to see the Divine Spark of God within themselves and their environment – together people can create a life and community that are healthy, strong and in alignment with God's Divine call and purpose for all. Come and prepare to be empowered to become a disciple who sees the image of God in everyone they meet and, by words and deeds, let's them know that they are worthy of life and love.

The Faith Forum is open to all adults, whether you attended worship or not!

Starting at 10:40 on Sunday mornings, forums provide unique perspectives, foster discussions, and provide ongoing opportunities for adults to grow in faith.

Food is welcome in the Upper Room. Please bring your hospitality treats, coffee, tea or water as we have a few coffee tables throughout the room. Invite your coffee hour friends and family members, too!

A fall schedule detailing forum topics will be available soon.

Adoption Party!

Come Celebrate our Grace!

Keith and Liz Anderson are thankful to celebrate Grace officially becoming an Anderson through (long awaited) adoption in September. Wishing to share our over-the-top joy, we are inviting our Mt. Zion family, who have been partners in loving and nurturing Grace for the last 6 1/2 years.



We will be celebrating in the
Gathering Space on
Saturday Sept. 20 from 1-7pm.
Come and go as you please.

If you are able to join, please
RSVP by text to Liz Anderson
at 414-704-3051 by Sept. 15.

Lutherdale Retreats

Elementary Retreat: God's Love is Greater

February 7-8, 2026

Calling all elementary students! Come spend an amazing weekend at Lutherdale, where we'll discover together how God's love is greater than anything we face. Through games, music, worship, and hands-on activities, you'll learn just how big God's love really is, while having tons of fun and making new friends along the way.

Get ready for a weekend full of faith, laughter, and memories that will last a lifetime! Don't miss out, register today!

<https://www.lutherdale.org/youth-retreats>



Women's Retreat 2025

Deep Roots. Strong Branches.
Claiming our place as women of faith.

October 3–5, 2025

Step away from the busyness of life and join us for a weekend of laughter, meaningful connection, worship, and fellowship at Lutherdale's Women's Retreat! This is your chance to experience spiritual renewal in a supportive and joyful environment.

Retreat Highlights

The Family Tree: How Jesus' genealogy exposes God's radical love for all.
Faith for the Future: Growing and gifting faith.

Worship. Nature. The company of women.

Come on your own and make new friends, or attend with your small group, women's ministry, or family and friends. However you arrive, you'll leave refreshed, renewed, and rooted in God's love.

We can't wait to spend this uplifting weekend with you! Register here:

www.lutherdale.org/adult-ministry

Mikah Meyer

Greater Milwaukee Synod
RIC Ministry Team 
Presents:

Oct 2
7:00pm
Holy Cross
Menomonee Falls



ABOUT THE EVENT

Join Mikah Meyer on a humorous, heartfelt journey of pictures, video, and insights from his 3-year road trip visiting every National Park Service site in America. Hear behind-the-scenes stories that go beyond the (many) headlines covering this project, and learn from Mikah himself about what really fueled the project... and where it's going next.



*Stay after the
presentation
for dessert!*



ABOUT MIKAH MEYER

National Parks Expert, Mikah Meyer, has been described as a "Professional Road Tripper" by REI, but he's much more than that: A classically trained singer, social media personality, and speaker.

Raised as a Lutheran preacher's kid in Nebraska, Mikah is passionate about exploring all types of outdoor locations, and helping people of divergent backgrounds find joy and common ground through their shared love of nature.

Native Heritage and Culture

Native Heritage Celebration

Friday, September 26 at 5:00pm

Marcus Performing Arts Center

Open to the public and suitable for all ages!

This free event celebrates the history and culture of the many tribes within Wisconsin. Come experience traditional smudging, youth drumming, panel discussion and a “Living Village” with artifacts and traditions specific to individual tribes.
<https://www.marcuscenter.org/event/native-heritage-celebration/>



Sugarcane film screening and discussion

Saturday, September 27 at 2:00pm

Mt Zion Theater (2nd floor)

This film is rated R

“The debut feature documentary from Julian Brave NoiseCat and Emily Kassie is an epic cinematic portrait of a community during a moment of international reckoning.

In 2021, evidence of unmarked graves was discovered on the grounds of an Indian residential school run by the Catholic Church in Canada. After years of silence, the forced separation, assimilation, and abuse many children experienced at these segregated boarding schools was brought to light, sparking a national outcry against a system designed to destroy Indigenous communities. Set amidst a groundbreaking investigation, Sugarcane illuminates the beauty of a community breaking cycles of intergenerational trauma and finding the strength to persevere.”

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



Mt Zion Youth present about Pine Ridge Trip

September 28 at 9:30 worship service

Mt Zion

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



Spanish Speaking Lutherans

Excerpt from TMJ4 article "Religious leader talks about lawsuit to restore immigration enforcement protections at religious sites" by Brendyn Jones

More than 100 churches in Southeast Wisconsin have joined a federal lawsuit seeking to restore protections against immigration enforcement in sensitive locations like churches, schools, and hospitals.

"I know that there are a lot of folks that come to understand that while the government has a job to do, there should be some places that people need to come that should be free from government interference and intervention," Paul Erickson said.

Erickson leads the [Greater Milwaukee Synod](#), part of the Evangelical Lutheran Church in America. The synod has almost 60,000 members across the state, with five of its churches offering services in Spanish.

Erickson said he sees the most impact at Spanish-speaking congregations, claiming a dramatic drop in attendance at both worship services and social programs.

Read the rest of the article here: bit.ly/45XMeGr

Milk and Mexican Farm Workers



Ruth Conniff, Author

MILK

LEARN HOW YOUR MILK GETS
TO YOUR TABLE

WHEN: SUNDAY, OCTOBER 5TH, 1-3 PM

**WHERE: WATERTOWN PUBLIC LIBRARY
LARGE COMMUNITY ROOM**



- Come learn from author Ruth Conniff about the relationships among dairy farmers, dairy workers and their communities.
- Ms. Conniff will discuss her book, "Milked: How an American Crisis Brought Together Midwestern Dairy Farmers and Mexican Workers", described by Washington Monthly as : "[An] illuminating, distressing, yet oddly optimistic exploration of America's Dairy Land."

SOPHI
A Member of WISDOM

Steve's Science Tidbits

The Curative Powers of the Sun

The skin is our first defense against external insults and is continually exposed to stressors like heat, cold, wounds, bug bites and myriad microbes. The sun is the most important environmental insult we have and can put a body at risk for both short- and long-term health problems. These include sunburn, basal and squamous cell carcinoma, melanoma (a more dangerous form of skin cancer), premature aging and eye damage; all caused by ultraviolet (UV) radiation through its suppression of the immune system.

But if the immune system reacted to every sunlight exposure with a full-blown response, we'd live in a constant state of inflammation, with rashes, hives and cutaneous autoimmune disorders. Instead, our immune system has learned to "show restraint" in its response. Discovery of the effects of UV radiation on our immune system has launched a new discipline: photoimmunology.

Early work in the field focused on negative effects of immunosuppression, but soon some upsides were discovered as well. Doctors had noticed for centuries that sunlight soothes psoriasis, a skin condition characterized by painful, itchy scales. When it was discovered that psoriasis was an autoimmune disease whereby the immune system attacks the body's own skin cells, the effects of the sun finally made sense.

But there was more. Exposing one patch of skin to sunlight even reduced symptoms on skin patches not receiving light. In addition, people with psoriasis often have other autoimmune conditions, and the same phototherapy sometimes improved these symptoms.

Scientists began to think the response to UV therapy went beyond the skin surface. Exposing mice in the lab to UV radiation, they saw their immune systems switch entirely to anti-inflammatory mode. When mice with autoimmune diseases were exposed, their health immediately improved.

For over a century, it has been noticed that many diseases follow a latitude gradient: the further away from the equator you get, the incidence of certain diseases increases. In addition, a 1940 study showed that with increased sun exposure, skin cancers increase, but internal cancers decrease. Another study in 1980 showed a strong north-south gradient for colon cancer and proposed that vitamin D was responsible. This heralded the vitamin D era, but unfortunately subsequent data have failed to show a benefit of vitamin D supplements, unless the patient was deficient in the vitamin to begin with.

The disease with the most pronounced north-south gradient is multiple sclerosis (MS). Worldwide, rates are close to zero at the equator and progressively increase the further one goes north or south. Careful studies consistently show that the less exposure to the sun one gets, the higher the probability of their getting MS. Moreover, when patients in early stages of MS received UV light therapy, their disease progression was suppressed.

UV light calms inflammation in the skin, but it also does so in the central nervous system, pancreas and gut. It may prove to be an effective treatment not just for MS, but any ailment involving inflammation. **Steve Downs**

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	

Pots and Pans Set?

If you have a set of basic household pots and pans you are looking to part with, would you donate them to Mt Zion's Fellowship Hall kitchen?



We cook meals for the men of Breaking the Chains and typically these meals only need to serve 10-12 people. It's unreasonable to bring out the industrial sized cooking equipment in the kitchen so we keep bringing our own pots from home. We'd love instead to have a set of basic pots and pans we can use and leave at church.

Please contact Pastor Tyler or Jess if you have a set of cookware you can donate! Thanks!

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
website@mtzionlutheran.org

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

12012 West North Avenue
Wauwatosa, WI 53226
(414) 258-0456
parishadmin@mtzionlutheran.org



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