

October 12 2025



Grace Notes

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Thank You, Pastor!

Generous God, you bless your congregations with compassionate bishops, pastors, deacons and chaplains who work tirelessly to guide us toward a more just and caring world. Bless all clergy, especially Pastor Tyler, on this Sunday and everyday so they may continue to walk in Christ-like love and joy for all people.

Help us celebrate
Pastor Tyler on
Clergy Appreciation Day this
Sunday, October 12.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

We will have treats and apple cider!

Dinner Dialogue

SPIRIT WEEK

OCT 19-
OCT 26

19

SUNDAY

BIBLE CHARACTER DAY

Wear your coat of many colors, angel wings, or sandals to church



20

MONDAY

TROPICAL VIBES DAY

Can you compete with Douglas' Hawaiian print collection?



21

TUESDAY

DECADES DAY

Dress in the style of the decade you were confirmed



22

WEDNESDAY

DRESS ALIKE DAY

Match outfits with a friend or dress like Pastor Tyler!



23

THURSDAY

RAINBOW DAY

Wear your most colorful outfit



24

FRIDAY

RADIO STAR DAY

From sequins to cowboy hats
Dress like a favorite musician.



25

SATURDAY

MT ZION T-SHIRT DAY

Wear your purple Mt Zion shirts



26

SUNDAY

WEAR RED SUNDAY

Celebrate Reformation Sunday with your best red outfit



October 5 to October 12

Sun Oct 12	9:30am Worship service 10:40am Faith Formation Hour	
Mon Oct 13	Indigenous People's Day 6:00pm Property Committee Meeting 7:00pm NA 12 Step Meeting Fellowship Hall 7:00pm Knit One, Pray Too	
Tues Oct 14	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room 6:30pm Outreach Meeting	
Wed Oct 15	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 4:30pm Staff Meeting 6:00pm Voices of Zion choir rehearsal 6:00pm AA New Beginnings Meeting Room 206 7:00pm Festival Bells handbell rehearsal	
Thurs Oct 16	5:30pm Public Theology Ferch's Bar and Grill	
Friday Oct 17	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100	
Sat Oct 18		
Sun Oct 19	9:30am Worship Service 10:40am Faith Formation Hour 5:00pm MZY Night	
Next Week		

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

Commemorations

Wednesday, October 15, 2025

**Teresa of Avila, teacher, renewer of the church, died
1582**

A mystical writer and reformer of the monastic order (Carmelites) to which she belonged, Teresa may also be commemorated with John of the Cross on December 14. Latino Christians traditionally remember her on this date.



This Sunday's Volunteers

Altar Care: Edie and Nancy Di Giacinto

Assisting Minister: Linda Ertel

Lector: Lora Marheine

Communion, bread: Lora M.

Communion, wine: Sherry Downs, Joe Di Giacinto, Linda E.

Ushers: Tom Ertel and Cody Di Giacinto

Greeter: Erin McDougal and Jenny Hawes

Acolyte: Emmett Johnson

Audio/Visual: Luke and Shauna Johnson

Tellers: Brad Hext and Tom Morgan

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

Access the Prayer List

<http://bit.ly/4q7JNsY>

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.

Laity Bootcamp



In partnership with the United Methodist Church, the ELCA is hosting a nationwide **Laity Bootcamp** from October 23-25 at Kenosha First United Methodist Church. **The Greater Milwaukee Synod has the opportunity to participate fully as this event is in our synod.**

WHY ATTEND?

- **Engage in dynamic learning** where your inspiration turns into action.
- **Be empowered to lead**, make disciples, and bring positive change to your church and community.
- **Take part in immersive sessions** designed to spark innovation and renewal in your ministry.

WHAT'S IN STORE?

- **Applied Practicum:** From Insight to Action: A hands-on workshop that bridges the gap between learning and doing. You'll leave with practical strategies and an action plan you can start using immediately.
- **Hands-On Labs:** Interactive breakouts where you'll tackle real-world problems through creative thinking and skill-building. These sessions are all about moving beyond theory and into transformational ministry.
- **Church Life Immersion:** Experience church life from a fresh perspective. See firsthand how various ministries impact the community, and reflect on how your own faith journey connects with the church's mission.

WHO SHOULD ATTEND?

This Boot Camp is open to everyone who feels called to serve. In particular, you'll fit right in if you are:

- Teams of pastors and lay members from a local church
- Local Licensed Pastors, Certified Lay Ministers, or Lay Speakers
- Lay leaders at the church, district, or annual conference level
- Any layperson passionate about community engagement or launching new ministries

More Information Here:

<https://na.eventscLOUD.com/ereg/index.php?eventid=840646&>

Breaking the Chains Church

Mt. Zion October Mission

BtCC - Who are we? We are Breaking the Chains Church, a prison ministry serving Milwaukee and Kenosha

We are called by the Holy Spirit to walk in mutual ministry with incarcerated men at the Felmers Chaney and Kenosha Correctional Centers, as we together seek to transform our lives empowered by the Good News of Jesus.

Our story

Breaking the Chains Church is a ministry of the Greater Milwaukee Synod founded in 2016 by Joseph and Joyce Ellwanger, renowned in Milwaukee and beyond for their grassroots efforts and achievements in civil rights, prison ministry, and criminal justice reform.

The ministry began with worship in Felmers Chaney Correctional Center in Milwaukee, and in 2022 planted a second church inside the Kenosha Correctional Center.

Beyond worship, Breaking the Chains works with incarcerated persons to help them thrive upon their release. Our pastor, David Rebey, members of our steering committee and our volunteers help our congregants secure housing, work and other basic needs.

Our ministry is a collaboration between the ELCA, the Wisconsin DOC and Prison Congregations of America. We're grateful for our many volunteers, who join us in worship both online and in person at the prisons.

Rev. David Rebey is a second-career pastor called to serve at Breaking the Chains Church. He accepted the calling of the Holy Spirit to walk in mutual ministry with incarcerated men and experience transformation through the good news of Jesus.

breakingthechainschurch.org

Maybe you have seen Felmers Chaney guests, and Pastor David Rebey and Nate Shirba, BtCC steering committee president at Mt. Zion during the week. Many cleaning projects have been accomplished for the benefit of Mt. Zion and Tosa Cares thanks to the Felmers Chaney men. Please thank them when you see them.

Please prayerfully consider your support for Breaking the Chains ministry with a financial gift through the October Mission of the Month envelopes and/or your online contribution. Either way please designate clearly the name of the mission - Breaking the Chains Church.

**HEAR MORE ABOUT THIS MINISTRY – BtCC - at the
Sunday, October 12 Mt. Zion Faith Forum**

Trunk or Treat

IN PARTNERSHIP:
WAUWATOSA RECREATION DEPARTMENT
&
WAUWATOSA POLICE DEPARTMENT

WAUWATOSA SCHOOL DISTRICT
RECREATION
Get Out There, Play, Learn.

6th Annual
Trunk or Treat & Food Drive
SAT OCT 18TH



11:00AM - 1:30PM

Fisher Administration Building
East Parking Lot
12121 W. North Avenue

*Popcorn Sale by
Next Steps*



Food Trucks



Face Painting



To register a trunk, scan the
QR CODE BELOW!



**Food Donations at the Event are
appreciated for:**



Joyfully OUT(side)

On October 2nd, we welcomed Mikah Meyer to Greater Milwaukee Synod as we celebrated being Joyfully OUT(side).

In 2019, Mikah Meyer claimed a world record for being the first person to travel to all 400+ national parks in the United States (including its territories) in one continuous journey (taking 3 years!) and another record for being the youngest person to visit all 400+ national parks. But Mikah's journey didn't end there (nor did it start there, but that's another story).

Prior to Mikah's journey, no company in the outdoor industry marketed to queer people or hired queer actors. Thanks to Mikah's journey and advocacy, in 2020 these companies finally started including a small amount of LGBTQIA+ marketing, goods, and actors, including Mikah! This was a big win, but it was short lived. Following the Budweiser rainbow bottle fiasco in 2023, the outdoor industry became afraid, fired all queer folks (including Mikah), stopped all marketing to the queer community. But it's not just the industry. Mikah shared with us the violence queer people regularly face at campgrounds and outdoor locations like our national parks and trails, where the potential safety of crowds, witnesses, law enforcement that might otherwise discourage expressions of hate is not present, including violence he received while running across Mississippi.

As I listened to Mikah's story, it was a loud reminder to me that I'm living in an oasis of faithful people in a country that is still filled with queer hate; the transgender issues that have come to the forefront these past few years are only a part of a bigger picture of ongoing discrimination, hate, and violence toward our LGBTQIA+ siblings.



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Joyfully OUT(side)



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We know how important it is that we declare our churches to be RIC so that people know they are welcome here. The same is true in other spaces, like the outdoors. To help people do just that, Mikah created an outdoor safe space symbol - a rainbow tree with bark of all skin colors. mikahmeyer.com/adventurepride If you are a hiker, biker, camper, or park visitor, please consider ordering one of these items to let people know they are safe to be their beautifully and wonderfully made selves around you.



Jess Monahan with
Mikah Meyer at
Joyfully OUT(side)

Finally, if you were unable to join us for Joyfully OUT(side), that doesn't mean you have to miss out. Mikah's video, Canyon Chorus, is free to watch. mikahmeyer.com/documentary Mikah's message in this video is so beautiful and important to hear. The moment that impacted me the most was when Mikah's mentor said, "You never ever ever stop coming out. Every time that you meet someone, it never goes away. You never stop."

As you can tell, I think Mikah is one of the most amazing queer people who is actively hungering for justice and righteousness in this world. If you ever have the chance to hear Mikah in the future, I highly recommend going. You won't regret it.

Learn more about Mikah Meyer at mikahmeyer.com/about or youtube.com/@MikahMeyer



~Rev. Tyler Rasmussen, interim GMS RIC Ministry Team Chair

Outreach For Hope

On behalf of the Outreach for Hope Ride Run Walk team, thank you for joining us last Saturday! Your presence made the day truly special.

It was a beautiful day filled with warmth, smiles, conversation, exercise, and fresh air—a wonderful reminder of what it means to be God's family together.

We're celebrating another record-breaking year:

- **~ 840 participants and volunteers** (200+ more than last year!)
- **81 Congregations** across the Greater Milwaukee Synod participated

Wow! THANK YOU for making space in your busy lives to be part of this event and for helping to make the 2025 Ride Run Walk one of the best yet.

While we celebrate a wonderful event, we're also mindful that we are about \$70,000 away from this year's fundraising goal - so we are excited to share this **big news**:

Every **new** Ride Run Walk donation will be matched dollar for dollar up to \$35,000 by the Dimple Fund—one of our generous Outreach for Hope family supporters! Now is the perfect time to double the impact of every gift. Help us unlock this special opportunity to strengthen our Ministry Partners as they walk alongside neighbors in need with compassion and hope.

So let's keep the momentum going and hit our goal of \$165,000 to support our Ministry Partners vital work. Thank you for walking with us—and for putting "Hope in Motion!"

<https://outreachforhope.kindful.com/?campaign=1357203>

**With gratitude,
The Outreach for Hope
Ride Run Walk Team**



RenFormation Faire



You're Invited

RenFormation Faire: The Wedding Feast

Sunday, October 26

500th anniversary celebration
of Martin and Katie Luther.

Enjoy food, treats, music, and
historical dancing

You're encouraged to wear red
in celebration of
Reformation Sunday



Reformation Lutheran Church

An Invitation from Our Partner in Faith Church, Reformation Lutheran

**Let's Celebrate! Blessing Sunday is October 19th at 10 AM and you are invited! Come and celebrate the good work that has been done in Christ! Come celebrate the ways God's love and care have been reflected in, with, and through this place! Come and connect, trusting that, as we connect as the body of Christ, blessings will flow from there. Looking forward to seeing you on October 19 at 10 AM for worship and connecting. Reformation Lutheran Church - 3806 W. Lisbon Ave, Milwaukee
Car pool from Mt. Zion leaving at 9:30 or meet you there.**

It Goes Both Ways—A Story of Sacred Partnership

At a recent Ministry Partner gathering hosted by Reformation Lutheran Church, Tom Ertel (leader at Mt Zion, Wauwatosa) and Thaurra Stallings (leader at Reformation, Milwaukee) shared the story of their 30-year journey as prayer partners—a partnership that reveals the heart of what it means for churches, and the people within them, to walk together in Christ.

"She's been my prayer partner for close to 30 years," Tom reflected. "She was the first one to pray for me when I was in the hospital. She came to my father's funeral. And when we were in the hospital for her husband, I'll never forget how the doctor questioned if I could stay for a private conversation. Thaurra simply said, 'He's my prayer partner. He can hear anything I hear.'"

Thaurra added, "It wasn't just him. It was his wife and others who believed God sent them to walk with our family during that time. But Tom stood out. He was sent to walk on the side of me. I could not have made that journey alone."

Over the years, they have accompanied one another through grief and joy, hospital visits and holy moments. Tom recalled driving Thaurra's husband to physical therapy appointments and being shaped by the experience: "You taught me so much—how to walk with people, when to say yes, when to say no."

"We had to protect each other," Thaurra responded. "I couldn't let anyone take advantage of my brother in Christ who walks beside me."

Like the congregations they represent, their partnership is rooted in daily prayer, mutual care, and deep spiritual trust. "It goes both ways, baby," Thaurra smiled.

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Reformation Lutheran Church

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Church partnerships like theirs are more than programs or shared events—they are vital relationships that create space for learning, healing, and transformation. As Tom's wife, Linda Ertel, shared: "Partnerships allow us to walk with people down different paths that we are not accustomed to, and so we share our stories, and we share our lives and gain strength in our faith journey through our partners."



When congregations intentionally journey with one another across lines of difference—be it race, neighborhood, tradition, culture, or lived experience—they become living testimonies to the body of Christ. They not only serve together but also grow together as they learn what it truly means to love your neighbor and carry one another's burdens.



These deep and enduring relationships don't happen by accident—they are the fruit of long-term commitment between congregations like Reformation and Mt. Zion, who have walked alongside one another for decades. Through worship, service, shared meals, and mutual support, these two churches have built a bond rooted in faith and trust. It is out of this church-to-church partnership that the personal relationship between the Ertels and Thaurra was born—one that has grown over 30 years into a profound example of what it means to live as the body of Christ. Their story is a testament to the power of partnership: when churches show up for one another, people are transformed.

Please continue to prayerfully support this important partnership. Let us join in lifting up our sisters and brothers in Christ as we grow together in faith and service.

Mt. Zion Outreach Committee

Steve's Science Tidbits

Thinking Twice About Sugar Substitutes

Sugar substitutes are big business. The global market was recently valued at 7-8.4 billion dollars and is projected to grow much higher in the next decade to 16-25 billion. This is driven by health trends in response to rising health issues like diabetes and obesity, leading to increasing demand for low-calorie food and beverages.

Since the 1970s, the FDA has approved numerous sugar substitutes for food additive use, including saccharin, sucralose and aspartame, as well as sugar alcohols like xylitol and erythritol, and plant-based substitutes like stevia and monk fruit. Ever since the advent of these sweeteners, studies have been carried out concerning possible negative side effects. For example, dieters reflexively turn to diet sodas to reduce calorie intake, but, ironically, it was discovered that some sweeteners actually increase appetite, thereby defeating the purpose. Even more disturbing, numerous studies have raised concerns over developing insulin resistance, nonalcoholic fatty liver disease, metabolic syndrome, heart attack and stroke, disruption of the gut biome, increased blood clot risk, migraines and certain types of cancer. Isn't it funny that when something seems too good to be true, it often is?

And the list keeps growing. Results of a new study published in *Neurology* now suggest a correlation between sugar substitute use and cognitive decline. The authors were motivated by findings that higher consumption of ultra-processed foods was associated with faster cognitive and that many of these foods contain artificial sweeteners. They focused on seven sweeteners: aspartame, saccharin, erythritol, xylitol, sorbitol, tagatose and acesulfame-K. Over 12,00 adults were recruited for the study, with the median age of 52. They completed questionnaires regarding their daily dietary habits, including what they drank, and were followed for eight years.

At the study's conclusion, researchers found that participants who consumed the largest amount of sugar substitute (averaging 191 mg/day) had a 62% faster decline in overall thinking and memory skills compared to those who consumed the least (20 mg/day). The larger drop is what one would expect with 1.6 extra years of aging. In addition, those under the age of 60 and those with diabetes had the fastest cognitive decline.

Of the sweeteners tested, all but tagatose produced the cognitive decline. It will therefore be important to investigate what chemical differences between the compounds might account for these results and thereby provide crucial clues about what is happening at a biological level.

Of course, the Calorie Control Council, the international association representing the low- and reduced-calorie food and beverage industry, emphasizes that this study shows a link between artificial sweetener consumption and cognitive decline but does not prove causation. Nevertheless, the results should be eye-opening to the casual observer, as they raise a red flag that warrants further investigation into the relationship, especially since so many other detrimental side effects have been attributed to these sweeteners.

Steve Downs

Birthdays & Anniversaries

Birthdays

Shauna J. 10/1	Jason B. 10/11	Justin V. 10/20
Linda E. 10/2	Bill L. 10/11	Kent S. 10/21
Joanne B. 10/2	Judith M. 10/13	Amanda C. 10/21
Adam F. 10/3	Vivian T. 10.14	Jeff C. 10/21
Joey H. 10/4	Shirley B. 10/15	Irene M. 10/21
Arlo J. 10/6	Kristin W. 10/16	Elizabeth F. 10/22
Zach P. 10/8	Amy F. 10/17	Dorothy S. 10/23
Chuck W. 10/8	Carl E. 10/18	Paul Z. 10/24
Lexi G. 10/9	Karen B. 10/19	Brian D. 10/24
Brenda M. 10/10	Ellie W. 10/19	Jack J. 10/30

Wedding Anniversaries

Brendan and Jess M. 10/9	Jeremy and Angella G. 10/24
Jen and Andy J. 10/13	Lori and Brian J. 10/26
Katie and Tony F. 10/22	Beth and Jonathan F. 10/30
Jeff and Julie B. 10/22	

Mission Investment Fund

Did you know?

As a member of the ELCA, you're eligible to invest with The Mission Investment Fund (MIF)? They're a financial ministry of the ELCA, offering Fixed-Rate Term Investments and Demand Investments with strong interest rates and a variety of terms. But there's one more thing: Your investments also help fund MIF's loans to congregations and ministries nationwide. So you're supporting your church even as you're saving for your own future.

Learn more at mif.elca.org



Mission Investment Fund
A Financial Ministry of the ELCA

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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Chasity Brimeyer
Andy Johnston

Dave Nelson

Linda Havlicek
Bob Young



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

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