

October 19 2025



Grace Notes

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All Saints Sunday

On Sunday, November 2nd,
we will remember all those who have died
in the past year.

If you would like to remember a family
member, friend, neighbor, or colleague,
please send their name, their relationship
to you, dates born and died (if known)
and photo (optional)

To Jess Monahan at
Parishadmin@mtzionlutheran.org

Or bring them to the church office.

**Submissions are due
Sunday, October 26th.**



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Strengthening Community

Once a month let's make a meal and welcome in people from right next door and down the street. Let's provide food, fellowship, and hope for the hungry, lonely, and impoverished right here in neighborhood.

Help us serve our next

SUNDAY COMMUNITY DINNER

NOVEMBER 2

Sign-up to cook or bring part of
the meal at
mtzionlutheran.org/signup

Meal Served 5:00 - 6:00pm

November's menu:

Chicken parmesan
GF pasta available
Caesar salad
Dessert



October 19 to October 26

Sun Oct 19	9:30am Worship service 10:40am Faith Formation Hour 5:00pm MZY Night
Mon Oct 20	6:00pm Leadership Board Meeting 7:00pm NA 12 Step Meeting Fellowship Hall
Tues Oct 21	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed Oct 22	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 6:00pm Voices of Zion choir rehearsal 6:00pm AA New Beginnings Meeting Room 206 7:00pm Festival Bells handbell rehearsal
Thurs Oct 23	6:00pm MICAH Public Meeting
Friday Oct 24	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Oct 25	
Sun Oct 26	9:30am Worship Service 10:40am Faith Formation Hour
Next Week	Community Sunday Dinner

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

Reminder:



This Sunday's Volunteers

Altar Care: Andy, Jen, and Talula Johnston

Assisting Minister: Isabella Riccaboni

Lector: Jenny Hawes

Communion, bread: Jenny H.

Communion, wine: Bob Young, John and Lynda Yanny

Ushers: James and Angela Riccaboni

Greeter: Edie Di Giacinto and Lora Marheine

Acolyte: Francesca 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

<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.

Spirit Week is HERE

Send your photos from Spirit Week to Douglas at
socialmedia@mtzionlutheran.org

Or tag your photos on socials with #mtztosa

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



Norwegian Heritage

Recently, the Engelhardtts traveled to Decorah, Iowa to join in the celebration marking the 200th anniversary of the first organized Norwegian emigration to the United States. Festivities included folk music, rosemaling, and tours of the Vesterheim (Norwegian-American museum). The Engelhardtts were also able to hear the Crown Prince Haakon of Norway speak, who came to celebrate the rich history between Norway and the United States.

See beautiful photos by the Royal Court of the Crown Prince's Trip here: <http://bit.ly/4hdypYf>

But why Decorah?

Starting in 1825, Norwegians sailed to the States in search of a better life. Filtering westward through bigger cities such as Milwaukee and Chicago, Decorah became a hub for Norwegian immigrants. Many came to farm the land, "and it was often said they liked the area around Decorah because the hills and forests reminded them of Norway" (iowapbs.org).

In 1861, residents in Decorah founded Luther College which was "the first college in the United States founded by Norwegian immigrants" (luther.edu). Today it is one of the 28 colleges and universities which are part of the ELCA.

After celebrating in Iowa, the Crown Prince visited Minnesota, which has the largest Norwegian– American population in the US. He met with Governor Tim Walz, who attends Pilgrim Lutheran Church, another ELCA congregation.



Why are so many Norwegians and their descendants Lutheran?

Norway officially accepted Lutheranism in 1539. This was after the conversion of Christian III, the King of Norway and Denmark at the time. For the next 500 years, Lutheranism was the formal state religion. The king was able, and expected, to appoint bishops and clergy. The King was expected to adhere to the evangelical-Lutheran faith in carrying out his duties. Additionally, half of government ministers were expected to be part of the Lutheran church (lifeinnorway.net).

It is not surprising then, that many immigrants throughout the last 200 years would bring Norwegian Lutheran traditions to the United States when they immigrated. It wasn't until 2017 that the Norwegian church and state separated, although the King is still "obliged to adhere to the evangelical-Lutheran faith" and 65 percent of Norwegians still belong to the (Lutheran) Church of Norway (kirken.no).

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Norwegian Heritage

Where can I enjoy some Norwegian Heritage right here in Wisconsin?

- ◆ If you're able to take a drive up north, head to Trinity Lutheran Church (ELCA) in Washington Island to visit the only Stavkirke in Wisconsin.

Trinitylutheran-wi.com

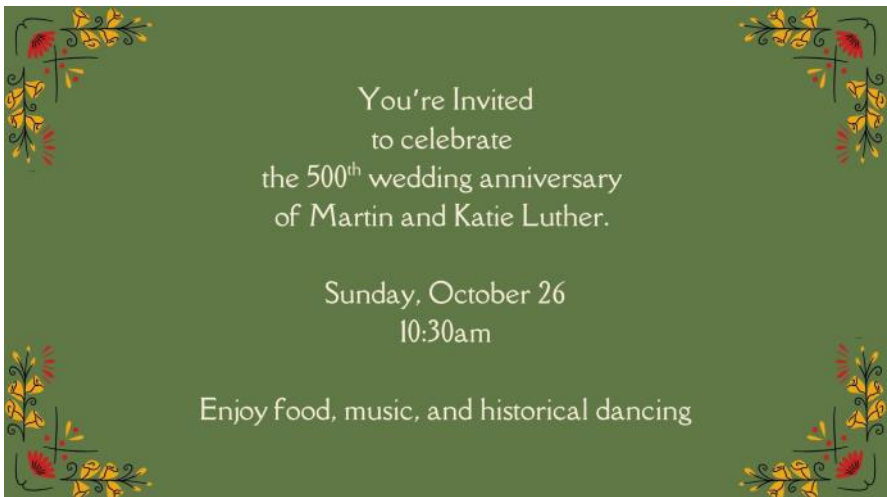


- ◆ Visit Livsreise, the Norwegian heritage center in Stoughton, WI. The genealogy center has information and advice on how to access records and translations in Norwegian church records. Livsreise.org
- ◆ Sticking closer to home? Check out "Mama Rosa", the huge troll at Firefly Grove park just down the street from Mt Zion.



Reformation Sunday

Prepare for the Reformation Sunday celebration with these dance videos:
Check out the stately Pavane dance: <https://bit.ly/3W3f3vr>
Or the Galliard, full of lively kicking and skipping: <https://bit.ly/4nOkYR3>



Spooky Season

NEED SOMETHING TO GET YOU INTO THE
HALLOWEEN SPIRIT?

COME JOIN US IF YOU DARE...



FRIDAYS AND SATURDAYS
OCTOBER 3RD-NOVEMBER 1ST
DESOLATE ACRES
HAUNTED HOUSE

WAUKESHA COUNTY EXPO
1000 NORTHVIEW ROAD
WAUKESHA, WI 53180
DESOLATEACRES.COM

You just might be scared by Mt Zion’s very own Abby Sumiec!



Halloween Spooktacular

October 25th 2:00 PM

A Free Concert of Spooky Music

A New Work "The Halloween Ball" by Robin Dinda for Organ
and Narrator with guest Rev. Dr. Steven C. Kuhl

Dennis Janzer's Organ Duet "Ghouls and Gremlins" with
Guest Organist Kelly Kuhl

Highlights from Andrew Lloyd Webber's Soaring Musical
Masterpiece,

"Phantom of the Opera"

Free-will Offering for Accepted

Nativity Evangelical Lutheran Church

Organist: Dennis Jon Wolfgang
Soprano: Deanna Kulow
Tenor: Robert Stuart Mitchell
Pianist: Gary Hanson

6905 West Bluemound Road
Wauwatosa, WI 53213

414-476-1853

www.nativitylutheran.us

Breaking the Chains Church



Last Sunday's Faith Forum welcomed Breaking the Chains Church to discuss the prison ministry, and our October Mission of the Month.

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.

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.

Steve's Science Tidbits

Gut Microbes Love Exercise

In recent years, the scientific literature concerning the gut microbiome has exploded. It seems like every day there are new ways discovered that these microorganisms influence our physiology and health. It only follows that the number of articles on the topic of how to optimize one's microbiome has followed suit.

It is well established that exercise has a positive impact on one's well-being. When considering gut health, most people immediately think of diet and probiotics, but they often fail to consider the possible influence of exercise on their intestines. A healthy gut microbiome usually means bacteria are diverse and abundant. Studies show that exercise appears to affect both qualities. Elite athletes typically have gut microbiomes more diverse than nonathletes or recreational athletes.

But how does exercise accomplish this? One important finding was that aerobic exercise activates bacteria that produce short-chain fatty acids that support many physiological processes. Most fatty acids comprise 16 or 18 carbon atoms, but short-chain molecules contain only 1-6.

One of these small molecules, butyrate, has emerged as an important link between exercise and the gut. It is an important energy source for epithelial cells that line the gut, and it can reduce inflammation and promote insulin uptake that is needed for sugar metabolism. Our bodies produce a little butyrate, but most comes from bacteria, with its output boosted by exercise.

The association between exercise and gut health was first suggested fifteen years ago when a graduate student at the U of Illinois, Mark Cook, discovered that exercise alleviated symptoms of inflammatory bowel disease, especially the ulcerative colitis variety. But not knowing how, Cook turned to mice, and found that when they ran on a wheel, it protected them from a mouse version of colitis. In addition, there was a seven-fold increase in beneficial bacteria in the lining of the rodents' colon. Furthermore, when mice were trained for six weeks on exercise wheels, all showed significant elevation in two short-chain fatty acids, butyrate and propionate. When mice were taken off the wheel for six weeks, microbes in the gut returned to baseline levels and the benefits decreased.

It's still not clear what the mechanism is. Exercise produces a minor shunting of blood away from the gut to the muscles; perhaps a coincident drop in oxygen levels affects microbe survival. Similarly, shifts in pH and/or temperature could play a role. Studies in humans pose a challenge due to incredible diversity of bacteria populations between individuals and sexes, as well as ethnic groups. Interestingly, mice treated with antibiotics to kill off their microbiomes exercise less than mice with healthy microbiomes and reach exhaustion faster. On the flip side, a healthy complement of gut bacteria help promote muscle development.

These findings add strength to the standard recommendation to engage in at least 150 minutes of moderate physical activity per week and just may help explain why people respond to exercise differently. Steve Downs

Birthdays & Anniversaries

Birthdays

Shauna J. 10/1	Bill L. 10/11	Amanda C. 10/21
Linda E. 10/2	Judith M. 10/13	Jeff C. 10/21
Joanne B. 10/2	Vivian T. 10/14	Irene M. 10/21
Adam F. 10/3	Shirley B. 10/15	Elizabeth F. 10/22
Joey H. 10/4	Kristin W. 10/16	Dorothy S. 10/23
Arlo J. 10/6	Amy F. 10/17	Paul Z. 10/24
Zach P. 10/8	Carl E. 10/18	Brian D. 10/24
Chuck W. 10/8	Karen B. 10/19	Mari D. 10/26
Lexi G. 10/9	Ellie W. 10/19	Jack J. 10/30
Brenda M. 10/10	Justin V. 10/20	
Jason B. 10/11	Kent S. 10/21	

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

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

Parish Administrator
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Leadership Board

Anna Kissel, President
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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



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