



Grace Notes

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February 1

Hannah Freeman, Lead Organizer and Executive Director of MICAH, has confirmed that she will be present at the Adult Forum on Feb 15. She will be at the service as a visitor as well.



Hannah is dedicated to the fight for deep, democratic community power. Her organizing work is rooted in the words of

Fannie Lou Hamer- "Nobody's free until everybody's free." Hannah's organizing focuses on the strategic development of MICAH and grassroots power in Milwaukee.



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**Read more about MICAH,
The February Mission of the Month
on pages 6 & 7**

Easter Vigil Volunteers

We are looking for enthusiastic people - groups or individuals—who would be willing to volunteer to do a dramatic telling of one of the Old Testament stories. This could be through a poem, skit, song, or even a pre-recorded video presentation.

**Easter Vigil will be on April 4th from
7:00pm –8:30pm**

Please contact Pastor Tyler by February 16.
If you're interested but need resources,
also contact Pastor Tyler.

Congregational Meeting

The Congregational Meeting is Sunday at 10:40am.
If you need to access the meeting documents, please visit:

<https://mtzionlutheran.org/pages/congregation-meeting>

February 8th Forum

Utah Rocks:

A celebration of God's Creative Beauty



Join Steve Downs

Next Sunday, January 8

10:40am

**For a faith forum,
“Utah Rocks”**

(The forum will go until about 11:45, so we'll be done way before the Superbowl pregame show starts).

February 1 to February 8

| | |
|-----------------|---|
| Sun Feb 1 | 9:30am Worship Service <u>Zoom ID</u> : 841 6597 2335 <u>Passcode</u> : 12012 10:40am Semi Annual Congregation Meeting |
| Mon Feb 2 | 7:00pm NA 12 Step Group Fellowship Hall |
| Tues Feb 3 | Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room |
| Wed Feb 4 | 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 Feb 5 | 7:00pm Stewardship Meeting Conference Room |
| Friday Feb 6 | 12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100 |
| Sat Feb 7 | 8:30am Together in Mission St Matt's 9:00am Women of Heart Bible Study Hearth Room |
| Sun Feb 8 | 9:30am Worship Service Faith Formation—Steve Downs "Utah Rocks" Confirmation |
| Next Week | Valentine's Day |

Today's Volunteers

Altar Care: Jen Johnston and Mavis Roesch

Assisting Minister: Mavis R.

Lector: Liz Anderson

Communion, bread: Liz A.

Communion, wine: Mavis R., Gwen Anderson, Bob Young

Ushers: Carl and Karen Engelhardt

Audio/Visual: Jeremy and Angella Goss

Greeters: The Riccaboni Family

Tellers: Tom Ertel, Jim Goetzinger, Gary Goll

Thank you to all our worship volunteers, Sunday School teachers, hospitality treats team, and MZY or Confirmation Volunteers who make our Sundays amazing!

Access the Worship Volunteer Schedule at: bit.ly/4jEMCPf

Learn about the many volunteer opportunities at Mt Zion through our Grow Magazine! mtzionlutheran.org/pages/grow

PLEASE PRAY FOR...

*Those concerns and praises
in this week's prayer list*

<https://bit.ly/44C1w2B>

**Need Prayer?
Submit prayer requests:**

✉ pastor@mtzionlutheran.org ☎ 414-258-0456

✉ Fill out a prayer card at the Prayer Wall



Living Lutheran Journal Prompts



As we welcome 2026, Living Lutheran shares journal prompts to guide your self-reflection and help you set your faith intentions for the new year.

- Is there anything you need to forgive yourself or others for? Write it down so you can move forward in the new year.
- What was the most impactful way you connected with your faith last year?
- Take a moment to reflect on 2025. What do you feel energized about from this past year? What drained you? How do you feel about the ways you engaged with your faith?
- What did you pray for in 2025? How did you see those prayers answered, and were they answered in the way you expected?
- Thoughtfully consider one word to wrap up your relationship with your faith in 2025. Then think of one word to describe the relationship you'd like to have with your faith in 2026.
- Think of two goals for 2026—one that is related to your faith and one that is not. Consider ways these goals can relate to each other or work together.
- This time next year, how do you hope to be looking back on your faith journey? What do you hope to have accomplished?
- Write out your hopes and prayers for the new year.

February Mission of the Month

As important as your talents, time and monetary gifts are to God's work at Mount Zion, it is also important to look outside of ourselves and realize that we are only a small part of God's world and God has a huge group of His people outside of our community who are in need of His help through us, Mt. Zion's family. As a small part of the Mt. Zion Outreach Committee, I hear of the many people who come to us asking for help. Coming up with the groups helped for "Christmas Has a Heart" as well as the twelve groups designated to become missions of the month are hard and prayerful decisions that are not taken lightly. Please consider being on the Mt Zion Outreach Committee to add your ideas to that decision making. Although we enjoy each other's company, we are not an exclusive club and would heartily welcome your thoughts and input.

February's Mt. Zion Mission of the Month usually is MICAH and 2026 is no exception. From the time I became a member of Mt. Zion, I was always proud to say that Mt. Zion was one of the first congregations, not within Milwaukee's boundaries, to join MICAH. To me, it showed that Mt. Zion had a large vision in Christ's passion for justice and caring.

MICAH is a group of thirty-five congregations, located in the greater Milwaukee area who over its thirty-seven years of existence have provided grassroots organizing so that injustices and inequalities can be confronted. Its theme comes from the Old Testament prophet, Micah. In Micah 6:8, the scripture reads: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." That one verse gives a lot of meat to chew upon. To me, it demands involvement so that your neighbor and mine can have the justice that God requires.

MICAH is the Milwaukee area portion and one of thirteen affiliates of WISDOM, a state network. WISDOM, in turn is a Wisconsin base for GAMALIEL, which is the national network. MICAH works on local issues, but through WISDOM and GAMALIEL, comes to the state and national level to be a voice for justice for all.



February Mission of the Month

The nice thing about being involved with MICAH is that it is made up of different task forces. By being organized in this way, a member can decide upon which one or more task forces have topics with which that person believes will be the best direction to produce justice while still being able to see how the other task forces progress. My decision has been to be most involved in the Education and Health task forces. When other issues arise, which are of interest to me, I can always help along with the other task forces as I choose.

The current task forces are as follows:

- ◆ Education
- ◆ Health Equity
- ◆ We All Belong (a task force to dismantle white Christian nationalism)
- ◆ Jobs/Economics/Transportation
- ◆ Transformational Justice (working for justice in courts & incarceration facilities)

More information will follow about MICAH throughout February in the Grace Notes.

Thank you for your support,
Jerry Roesch

Art at Together in Mission

Everyone is invited to an unique opportunity to add your voice to the design of a new mural which will be installed in Milwaukee later in 2026!



Local artist Tia Richardson will be presenting and leading two workshops at our Together in Mission event on February 7th. If you would like to participate in this artistic endeavor, we encourage you to register today! This will be the only opportunity for you to contribute to the design phase (future events will allow you to assist in the physical process of creating the mural.)

Registration closes Sunday night! Please register today!
<https://milwaukeesynod.org/event/together-in-mission-2/>

We Will Not Grow Weary

Presiding Bishop Yehiel Curry and ELCA Synod Bishops from Minnesota share a joint pastoral message condemning recent immigration activity.

<https://www.youtube.com/watch?v=GX5LsIgUyI0>



You can also access the video through the ELCA website. Click on the tab that says, "We Will Not Grow Weary" with the outline of Minnesota.

<https://www.elca.org/>

Crossing the Chasms

This daylong workshop is grounded in the biblical story of The Rich Man and Lazarus and examines the chasms of separation in our communities. Join Rev. Marilyn Miller and Joyce Caldwell, PhD on **March 7 from 9:00 am - 4:30 pm at [Redeemer Lutheran Church](#)** to examine the construction and meaning of racism and the part we all play in upholding and maintaining the system. We will begin to identify steps and opportunities to grow in both understanding and action. Space is limited.



<https://milwaukeesynod.org/event/crossing-the-chasm-anti-racism-training/>

Raising Our Moral Voice

FAITH & CIVIC LIFE: RAISING OUR MORAL VOICE

TUESDAYS IN MARCH- A LUNCHEON / LECTURE SERIES

SPONSORED BY THE PEACE AND INTERNATIONAL ISSUES COMMITTEE OF THE INTERFAITH CONFERENCE OF GREATER MILWAUKEE

Tuesday, March 3

Rev. Jennifer Nordstrom,
Senior Pastor First Unitarian
Society of Milwaukee

Tuesday March 10

Rev. Dr. Demetrius Williams,
Professor at UWM, and Pastor
of Community Baptist Church
of Greater Milwaukee

Tuesday, March 17

Rev. Dr. Kerri Parker,
Executive Director of Wisconsin
Council of Churches
& Adjunct Professor, University
of Dubuque Theological
Seminary

Tuesday, March 24

Rev. Ricardo Martin,
Pastor of Saint Adalbert
Parish and Vice-Chancellor of
the Archdiocese

Tuesday, March 31

Bishop Paul Erickson,
Greater Milwaukee Synod ELCA

REGISTER AT:

[HTTPS://TINYURL.COM/FAITHCIVICLIFE](https://tinyurl.com/faithciviclife)



\$20.00 - INDIVIDUAL IN-PERSON LUNCH SESSIONS

(\$10 DISCOUNT FOR SIGNING UP FOR ALL 5)

INCLUDES A SIMPLE BUFFET-STYLE PRIMARILY VEGETARIAN MEAL

\$25.00 FOR REMOTE ACCESS ONLY FOR ALL 5 SESSIONS

IN PERSON LUNCH AND SPEAKERS WILL BE HOSTED AT

FIRST UNITARIAN SOCIETY OF MILWAUKEE

1342 N. ASTOR ST., MILWAUKEE

INTERFAITH
CONFERENCE
OF GREATER MILWAUKEE

Steve's Science Tidbits



How Do Animals Survive the Cold Winter

I don't know the last time January temp were this cold. Sure, in the last decade, we've had days that dipped below zero, but I don't remember too many when the air temperature reached double digits (before wind chill), and for days at a time. Even with heated cars, warm clothing and furnaces, many of us choose not to brave the elements if we don't have to.

But think of the challenge to members of the animal kingdom that have no access to the luxury of adaptive temperature controls. Below are some examples.

1. Turtles. Fresh water turtles hibernate in the winter at the bottom of lakes and ponds. Being cold blooded, some can reduce their internal temperature to 1oC. Some may never come to the surface for air the entire winter, absorbing oxygen through their skin. Sea turtles live in the ocean and can swim to warmer areas to modify their body temperatures. But, even so, many that come close to shore in the east and south coasts can become cold stunned and will die if not rescued by human beach patrols.

2. Spiders. The difference in temp between a frozen snow surface and a few inches below that cover can be surprising, such that spiders and insects remain active in this environment, sometimes only a few degrees above freezing. Like turtles, spiders and insects are ectotherms and cannot control their temperature; they produce an anti-freeze-like molecule that prevents ice crystal formation inside their body.

3. Honeybees. When temps drop, European honeybees cluster together in their hives and keep themselves warm, staying active all winter. The bees generate heat isometrically contracting and relaxing the two sets of muscles used to move wings in flight. However, this muscle action is not used flight; the sole purpose is heat generation.

4. Chipmunks. Unlike their relatives, the squirrels, that are out and about all winter, chipmunks stay underground. They don't hibernate like the groundhog (that doesn't emerge until springtime, presumably to predict the advent of spring); instead, they stay in their burrows, an elaborate system of tunnels and chambers, in a lower active state called torpor, with a season's supply of nuts and seeds at their disposal.

5. Snowbirds. More than 70% of backyard birds in the U.S. and Canada are migratory, with many heading south for the winter. Some of the distances these birds fly are mind-boggling. A great example is the ruby-throated hummingbird, the only hummingbird that frequents our state. This bird is only the weight of a penny, yet on their way to South America these birds cross the Gulf of Mexico—500 miles—in a single 18-24 hour non-stop flight! They double their weight through pre-migration fat storage known as hyperphagia.

One animal many of us wish would migrate is the Canada goose. Have you ever had a flock take over our yard? Unfortunately, they have become year-round residents of urban/suburban areas due to abundant food and the lack of natural predators.

Steve Downs

Birthdays & Anniversaries

Birthdays

| | | |
|----------------|---------------|-----------------|
| Mickie R. 2/1 | Dean S. 2/9 | Harper P. 2/20 |
| Dave F. 2/1 | Kate W. 2/9 | Michael F. 2/20 |
| Robert J. 2/1 | Erica M. 2/11 | Margie S. 2/21 |
| Debbie F. 2/2 | Gwen A. 2/12 | Yvonne K. 2/21 |
| RJ J. 2/2 | Dick H. 2/13 | Logan W. 2/22 |
| Mara M. 2/2 | James H. 2/15 | Brian W. 2/24 |
| Loretta B. 2/2 | Lynn K. 2/16 | Alex H. 2/24 |
| Nancy K. 2/2 | Frank B. 2/17 | Garret J. 2/25 |
| Natasha P. 2/3 | Vince C. 2/17 | Joe D. 2/25 |
| Sherry D. 2/6 | Jim S. 2/19 | Vince C. 2/26 |
| Eliza F. 2/6 | | Pat G. 2/28 |

Wedding Anniversaries

| |
|---------------------------|
| Tina and Jim K. 2/17 |
| Andrew and Kelsey F. 2/23 |

Not Meant to Walk Alone



Are you planning to have surgery soon? Has your spouse been sick? Is your kid dealing with something challenging?

Please let Pastor Tyler know.

He wants to know how people are doing and care for the congregation. He can bring communion to you, pray with you over the phone, or just sit and visit in his office.

Now you might say something such as, "Oh, I don't want to be a bother"; or "I wouldn't want him to see me and my house like this". Please know, he's not visiting to judge your baseboards. He's there for you! Visits are one of the main things Pastor Tyler is called to do! He will make time for you.

He was called to Mt Zion to walk with you during the difficult times so that you wouldn't have to walk alone.

**pastor@mtzionlutheran.org
414-258-0456**

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

Stop by in-person, call 414-258-0456,
or email parishadmin@mtzionlutheran.org

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