



# Grace Notes

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## A Call to Christians

Bishop Paul Erickson, along with at least 7 other ELCA Bishops and over 400 Christian leaders, signed "A Call to Christians", calling Christians in American to a time of courageous and faithful witness.

**<https://acalltochristians.org>**

Joining our Bishop's lead, we encourage you to watch the video, read the statement, and ponder their call to you and to me to resist injustice of any form and to fulfill the greatest commands: Love God, and Love Neighbor.



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# Daylight Savings

We will once again, our clocks will spring forward Sunday, March 8.

Douglas Johnson faithfully goes around our building every six months to change the clocks.

How many clocks do you think he changes throughout Mt Zion?

- A) 42   B) 12   C) 73   D) 67   E) 38

Answer in next week's edition

# With Sympathy

We were saddened to hear of the recent passing of Mary "Mickie" Riggle, who died surrounded by family at her home on February 20, 2026. Mickie was born in Ohio in 1933, graduated from Wittenberg University, and in the midst of a teacher shortage, accepted a request to teach 49 first graders. She was thrilled that each student could read by the end of that year! For nearly 75 years, Mickie was the dearly loved wife and best friend of Rev. Dudley Riggle. Please keep the family in your prayers during this difficult time.

Read Mickie's full obituary at:

[krausefuneralhome.com/obituary/mary-e-riggle](http://krausefuneralhome.com/obituary/mary-e-riggle)



Thursday, March 5th  
Visitation 4:00-7:00  
Krause Funeral Home 21600  
W. Capitol Drive Brookfield, WI  
(not east location)

**Friday, March 6th**  
Visitation 12:00-1:15  
Service 1:30-2:30  
Mt. Zion Lutheran Church

Dinner following service (3:00) at  
Alioto's restaurant  
3041 N Mayfair Road  
Wauwatosa, WI

## March 1 to March 8

Sun March 1	9:30am <b>Worship Service</b> <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012 10:40am <b>Faith Formation Hour</b> 5:00pm <b>Community Dinner</b>
Mon March 2	7:00pm <b>NA 12 Step Group</b> Fellowship Hall
Tues March 3	Noon <b>AA 12 Steps Meeting</b> Room 211 6:30pm <b>Hands of AA 12-Step Meeting</b> Upper Room
Wed March 4	12:00pm <b>Brown Bag Bible Study</b> 1:00pm <b>Prayer Warriors</b> 4:30pm <b>Staff Meeting</b> 6:00pm <b>Voices of Zion Choir Rehearsal</b> 7:00pm <b>Festival Bells Handbell Rehearsal</b>
Thurs March 5	5:30pm <b>Midweek Lent Supper and Worship</b> 7:00pm <b>Stewardship Meeting</b>
Friday March 6	11:00am <b>Riggle Funeral</b> 12:00pm <b>Mayfair AA Group</b> 6:00pm <b>ACA 12 Step Group</b> Room 100
Sat March 7	9:00am <b>Women of Heart Bible Study</b> 9:30am <b>Ausloos Visitation</b> 11:30am <b>Ausloos Funeral</b>
Sun March 8	<b>Daylight Savings Time</b> 9:30am <b>Worship Service</b> 10:30am <b>Faith Formation</b> 5:00pm <b>Confirmation</b>
Next Week	

## Historic Day in Jerusalem

On a bright, mild January day in the Old City of Jerusalem, with the sounds of Christmas carols leading the parade, the spirit of joy echoed through the narrow corridors as a festive procession made its way to the Church of the Redeemer. Inside the crowded sanctuary—just a stone’s throw from the Church of the Holy Sepulchre—Imad Haddad was consecrated as the fifth bishop of the Evangelical Lutheran Church in Jordan and the Holy Land (ELCJHL).

Read the full article at [livinglutheran.org](https://www.livinglutheran.org):

<https://www.livinglutheran.org/mission-ministry/a-historic-day-in-jerusalem/>



## Today's Volunteers

**Altar Care:** Jen and Andy Johnston

**Assisting Minister:** Mavis Roesch

**Lector:** Liz Anderson

**Communion, bread:** Liz A.

**Communion, wine:** Mavis Roesch, Gwen Anderson, Linda Ertel

**Ushers:** Dave Nelson and Suzy Morgan

**Audio/Visual:** Zach Peterson and Jack Johnston

**Greeters:** Kent and Margie Spicer

**Tellers:** Gary Goll, Jim Goetzinger, and Tom Ertel

**Access the Worship Volunteer Schedule at:** [bit.ly/4jEMCPf](https://bit.ly/4jEMCPf)

## PRAYER WARRIORS

*Help lift up our community's concerns and thanksgivings*

<https://bit.ly/4s23oLk>

**Need Prayer?  
Submit prayer requests:**

 [pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

 414-258-0456

 Fill out a prayer card in-person

# March Faith Forums

## FAITH MARCH In the Upper Room FORUMS

1

**TOSA CARES**18<sup>th</sup> Anniversary Party  
and Tour of Tosa Cares

8

**BISHOP PAUL ERICKSON**Enjoy a conversation or cup of  
coffee with the Bishop after worship

15

**LUTHERAN SOCIAL SERVICES**Learn more about this ministry  
partner which is this year's Lenten  
Giving Cross recipient

29

**PALM SUNDAY**Discover how it's  
celebrated in Jerusalem

## Summer at Lutherdale!

Do you have a grade-school age child? Would they enjoy a week at camp?  
Make it Bible camp!

Lutherdale, just 45 minutes southwest of Milwaukee, is the closest ELCA  
Bible camp to Mt Zion. And their summer  
schedule is now available!

Check out [https://www.lutherdale.org/  
summer-camp](https://www.lutherdale.org/summer-camp) for all the details. Coordinate  
with Mt Zion friends and other favorite bud-  
dies, and find a date to enjoy summer camp  
today!



# March Mission of the Month

## TOSA CARES HAPPY BIRTHDAY

In celebration of the 18th BIRTHDAY FOR TOSA CARES please consider offering one, or several of the following birthday gifts during the month of March:

1. Donate a bag of oranges or apples or cans of soups or crackers or cereal.
2. Offer a prayer for the individuals and families facing food insecurity.
3. From the Lutheran Office for Public Policy in Wisconsin, contact your lawmakers to allocate funding for Food Share, Wisconsin's Snap program.
4. Offer a prayer of thanksgiving for the blessing of the ministry of Tosa Cares.
5. Donate dish soap and or laundry detergent.
6. Bring in bed sheets or blankets to distribute in the clothing room.
7. Recommend Tosa Cares to a person needing food or clothing.
8. Take the Tosa Cares Nooks and Crannies Tour.
9. Sign up as one of the Mt. Zion volunteers to help on the distribution day Saturday morning, April 25 (sign up in narthex)
10. Pray for the families and volunteers of Tosa Cares



**Continued on the next page**

# March Mission of the Month



11. Volunteer to help in the clothing room- Kim Nel son at [kknw279@gmail.com](mailto:kknw279@gmail.com)
12. Create a new idea of how to show acts of kindness and support for the Tosa Cares families
13. As you get ready for spring, find spring clothing to donate.
14. Shop for low sugar or no sugar items for our friends with diabetes.
15. Bake cupcakes and or treats (some gluten free or low sugar) for Tosa Cares families and volunteers for March 31 or April 1.
16. Offer words of encouragement for the Tosa Cares families and volunteers.
17. Make a financial donation to Tosa Cares as March Mission of the Month
18. Pray this prayer from Bread for the World:

Holy God, you call us to deeper commitment and communion with you. As we focus on you during the season of Lent, may we do so with the ability to see the needs of the poor, the hungry, the oppressed, and the broken hearted. Allow us to live your love as advocates for justice and change in the world. Grant us the courage to act on behalf of those in need, ensuring the hungry have food, and the thirst have drink. May our desire to draw closer to you deepen our love and care for our neighbors. Let the light shine from us into the world. We give thanks in the name of the one who taught us to love unconditionally, Jesus Christ.  
AMEN

# Happy Birthday, Tosa Cares!

**It's a Birthday Party  
and You are Invited!**

**Tosa Cares'  
18<sup>th</sup> Birthday**

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**When:** March 1 after worship

**Who:** YOU

**What:** Birthday Treats in the  
Gathering Area

**What else:** Take a Birthday Tour:

**TOSA CARES NOOKS AND CRANNIES**

Follow the leaders to discover those  
nooks and crannies to hear what  
happens in those usual and unusual  
places.

**Sponsored by the Mt. Zion Outreach  
team, where the mustard seed of this  
ministry began December 2007.**

Tosa Cares information cards available on Mt. Zion entrance  
table. Contact information: [tosacares@gmail.com](mailto:tosacares@gmail.com) or talk with  
or call Linda at 414-861-4725 or talk with Karen and Carl  
Engelhardt, Jim Goetzinger, Dave Fohr, Bob Young, Andy  
Johnston, Tom Ertel, Jerry Roesch.

Weekly donation drop-off times: Saturdays 10-noon,  
Wednesdays 1-3pm or use the Tosa Cares donation  
barrel by the coat racks in the hallway.



## Celebrating Black Lutheran History



**Sister Emma Francis (1876-1945)** was the first deaconess of African descent in American Lutheran History. She served in St. Croix, Virgin Islands where, in 1907, she helped open an orphanage named the Ebenezer Home for Girls. She also served in Philadelphia and Harlem at a time when many Black Lutherans were moving from the islands to the states. Sister Francis spoke English, German and Spanish and was able to help arriving immigrants find the resources they needed upon reaching the United States.

Read more about Sister Emma Francis here:

<https://www.lss-elca.org/sister-emma-francis/>

Or on the Southeastern Pennsylvania Synod site:

<https://ministrylink.org/black-history-month-pioneering-deaconesses/>



Sister Edith leading children in her care on St. Croix. The legacy of serving those in need in the Virgin Islands continues today through LSS! <https://lssvi.org/history/>

**Sister Edith Prince (1887–1982)** met Sister Emma Francis at the Ebenezer Home for girls, where Francis became her mentor. Inspired by that relationship, Sister Edith pursued her own call to diaconal ministry and became the second Lutheran deaconess of African descent in North America.

She also serviced in Harlem, Philadelphia, and the Virgin Islands, with decades devoted to teaching and caring for children at the Ebenezer Home for Girls in St. Croix.

We give thanks for the power of mentorship, courage, and calling passed from one generation to the next.

*From the Deaconess Community ELCA Facebook Page*



Learn more about ELCA Deaconesses at: <https://deaconesscommunity.org/history/>

## Steve's Science Tidbits

### Staying Active Beyond Exercise

Research indicates that to live longer, people should ideally engage in a variety of exercises and activities that promote physical exertion. Health experts often throw out the magic number of 150; that's the number of minutes of moderate exercise per week recommended for "maintaining a healthy lifestyle." Split it up any way you wish, but the consensus is that accruing that total amount of activity (or more) will help you withstand the ravages of aging. Many people interpret this as necessitating workouts at the gym or Y, combining both cardiovascular and strength training into your routine; or alternatively, swimming laps or running. Those are certainly helpful goals; however, recent research greatly expands the scope of healthy activities that bolster good health.

The new phrase is: active beyond exercise. It simply refers to activities not usually associated with "exercise." Traditional forms of exercise may not be the only way to avoid a sedentary lifestyle. If you have physical limitations or facilities are unavailable, there are alternative approaches that are sustainable and available to everyone.

The key is to prioritize the activities that bring you the most satisfaction and keep you motivated. Think of movement as anything that makes you feel good and keeps your body engaged. Some examples include a walk through the park, tai chi, dancing, gardening, cleaning the house, a gentle hike or a swim. Most of these activities stimulate both motor and cognitive networks. Even standing while talking on the phone instead of sitting helps maintain blood flow to the brain and keeps neural pathways active without requiring formal workouts. And the experts reassure us that simple activities like these contribute to the 150 minutes of exercise recommended per week. Moreover, those activities involving lifting, bending, gripping, and sustained movement activate muscles and engage balance systems in the brain, thereby strengthening brain-body connections.

People with limited mobility may find it difficult maintaining the recommended levels of physical activity on a regular basis. But there are ways, such as chair-based exercises, resistance bands, tai chi, or slow controlled arm and leg movements, which all help maintain neural signaling between muscles and the brain. Even small movements improve circulation and sensory feedback, which supports balance and reduces the risk of further physical decline. The key is regularity rather than intensity.

Setting simple, realistic goals can make a big difference. In addition, variety is important, as switching activities challenges different brain regions and supports long-term cognitive resilience. Plus, when you start seeing benefits, like feeling more energetic or loss of a couple pounds, your motivation is intensified.

For me, one of the easiest activities is walking. A great feature on my cell phone is the step count. Every day I record the number of steps I've taken and often adjust my behavior to reach a step goal. You might be surprised by how many steps you get just by grocery shopping! Also, by keeping a regular journal, it helps keep you honest.

**Steve Downs**

## Birthdays & Anniversaries

### Birthdays

Darian M. 3/1	Jerry R. 3/6	Shelly S. 3/18
Ray S. 3/1	Kim N. 3/7	JerryLene H. 3/18
Ruth M. 3/1	Charlotte B. 3/8	Mike W. 3/19
Madilynn W. 3/2	Karen P. 3/9	Suzy M. 3/20
John L. 3/3	Clare F. 3/9	Jacob S. 3/24
Sue M. 3/3	Deb S. 3/11	Anna J. 3/27
Noah F. 3/4	Jeff B. 3/11	James R. 3/27
Dick M. 3/4	Larry S. 3/12	Alexis H. 3/28
Louise H. 3/4	Regina B. 3/12	Donna W. 3/29
Emma F. 3/4	Kelly S. 3/12	Tracie J. 3/30
Luke J. 3/4	John W. 3/13	Michael F. 3/31
Ian K. 3/4	Connor F. 3/15	Kevin C. 3/31
Becky P. 3/5		Abby S. 3/31

## New Sunday Dinner Format

While we continue to hype up our monthly Sunday Community Meals (open to anyone who craves food and fellowship) let's make the menu a little easier each month until we hit our stride.

### The menu will be:

Spaghetti

Marinara sauce

Salad

Dessert

*Optional items can include:*

*Boneless, skinless chicken breast*

*Shredded Cheeses*

*(for making chicken parmesan)*

We still need people to cook, serve, and clean-up from the meal. Can't be a part of the meal itself but still want to support this event? Purchase and drop off menu items or consider a financial donation to help offset the cost of the meal. Thanks!

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

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](mailto:pastor@mtzionlutheran.org)

**Parish Administrator**  
Jess Monahan  
[parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)

**Director of Choirs  
and Contemporary Music**  
Danielle Lawson  
[choirs@mtzionlutheran.org](mailto:choirs@mtzionlutheran.org)

**Director of Traditional Music**  
Mark Schroeter  
[music@mtzionlutheran.org](mailto:music@mtzionlutheran.org)

**Office Volunteers**  
[reception@mtzionlutheran.org](mailto:reception@mtzionlutheran.org)

**Worship Volunteer Coordinator**  
Nancy Di Giacinto (volunteer)  
Janet McCarthy (volunteer)  
[worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org)

**Maintenance**  
Jasmine Pruitt  
[maintenance@mtzionlutheran.org](mailto:maintenance@mtzionlutheran.org)

**Sunday School Superintendent**  
Brenda Marciniak (volunteer)  
[sundayschool@mtzionlutheran.org](mailto:sundayschool@mtzionlutheran.org)

**Social Media**  
Douglas Johnson (volunteer)  
[socialmedia@mtzionlutheran.org](mailto:socialmedia@mtzionlutheran.org)

**Website**  
[website@mtzionlutheran.org](http://website@mtzionlutheran.org)

## Leadership Board

Anna Kissel, President  
[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

Kevin Burke, Vice President  
[vp@mtzionlutheran.org](mailto:vp@mtzionlutheran.org)

Joe Di Giacinto, Treasurer  
[treasurer@mtzionlutheran.org](mailto:treasurer@mtzionlutheran.org)

Mike Marciniak, Secretary  
[boardsecretary@mtzionlutheran.org](mailto: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](mailto:parishadmin@mtzionlutheran.org)

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