



Grace Notes

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Join The Vigil!

Join us

Saturday, April 4 from 7:00-8:30pm

For the Easter Vigil!

We will meet outside in the courtyard, begin our worship service around the bonfire, before we progress down to the Fellowship Hall. There we will enjoy several skits and performances of Bible stories including The Tower of Babel and The Parting of the Red Sea. We will conclude the service upstairs in the Sanctuary with a renewal of baptism.

After worship we will enjoy treats and fellowship in the Gathering Space.

Everyone is invited to the celebration!



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Going Without During Lent

If you've been following the "No paper bulletins for Lent" challenge, you'll know that the goal was to only print 10 bulletins for Palm Sunday. Well, we would have made that goal had I not been reminded that Palm Sunday begins out in the Gathering Space (thank you to Ellyn Steinke!). And that since people are walking, and not able to look at the screens, or be in a position in the Gathering Space to effectively see the screens, we'll have to print out more bulletins. But, I am going to say that we did it and made our goal! Your ability to try something new, and in some cases, something difficult, was noticed and appreciated. Thank you for going without paper bulletins and for giving the screens a go during Lent.

Now, we'll have plenty of bulletins during Easter because you never know how many guests and visitors will join, and we will resume printing more bulletins in the weeks to come, but...would you consider going without paper bulletins in the future?

It has come to my attention that it is still difficult to communicate which song numbers will be sung out of the hymnal, so if you have a suggestion, please call or email me.



Also, I would like to extend a personal thanks to everyone who supported my own Lenten journey to give up junk food. I avoided cookies, candy, chips, ice cream and other desserts. It was hard at first. Okay, who am I kidding? It's still hard someday now.

So, why did I do it? I wanted to eat better so I could feel better about my body. I wanted to possibly lose some weight and gain more energy. But more importantly, I wanted to speak more lovingly about my body and my body image. I wanted to do this for not only my sake, and my daughter's sake so she can have a healthier example of body acceptance than what I grew up with (in the 90s...oh that was brutal), but I wanted to stop asking my husband "Do I look ok?". It was frustrating for him that I couldn't seem to ever believe him when he said I looked good.

I did slim down a little. I do feel better about myself. I'm not having meltdowns in the morning over how I look. Was it hard? Yes! Were there temptations? Yes! My husband made chocolate chip cookies one day and let me tell you I leaned on God's strength in that moment to see me through. I started to realize I can eat healthier and it doesn't have to feel like a chore, like a punishment. It's something I needed to have a little more faith in.

Jess Monahan



March 29 to April 5

Sun March 29	<p>Palm Sunday</p> <p>9:30am Worship Service In-Person will begin in the Gathering Space <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012</p> <p>10:40am Faith Formation Hour</p>
Mon March 30	7:00pm NA 12 Step Group Fellowship Hall
Tues March 31	<p>Noon AA 12 Steps Meeting Upper Room</p> <p>6:30pm Hands of AA 12-Step Meeting Upper Room</p>
Wed April 1	<p>1:00pm Tosa Cares Donation Drop-Offs</p> <p>6:00pm Voices of Zion Choir Rehearsal</p> <p>7:00pm Festival Bells Handbell Rehearsal</p>
Thurs April 2	<p>5:30pm Maundy Thursday Worship Service</p> <p>7:00pm Stewardship Meeting</p>
Friday April 3	<p>12:00pm Mayfair AA Group</p> <p>3:00pm Reformation Good Friday Cross Walk</p> <p>6:00pm ACA 12 Step Group Room 100</p> <p>6:30pm Good Friday Worship Service</p>
Sat April 4	<p>9:00am Women of Heart Bible Study</p> <p>8:30am Tosa Cares Donation Drop Offs\</p> <p>7:00pm Easter Vigil</p>
Sun April 5	<p>9:30am Easter Worship Service</p> <p>10:30am Easter Brunch</p>
Next Week	Spring Elections

Global Refuge Short

Bishop Paul Erickson of the Greater Milwaukee Synod was featured in a short by Global Refuge. In the video, he discusses Global Refuge's Faith Alliance and how we are called to love our neighbors and utilize our resources for the benefit of others.

<https://www.youtube.com/shorts/hzE-U1aPB-A>



Today's Volunteers

Altar Care: Debbie Rack-Kleppek and Edie Di Giacinto

Assisting Minister: Linda Ertel

Lector: Liz Anderson, Tom and Linda Ertel, Jessica Monahan

Communion, bread: Liz Anderson

Communion, wine: Mavis Roesch, Gwen Anderson, Joe Di Giacinto

Ushers: Dave Fohr and Suzy Morgan

Audio/Visual: Brenda and Mike Marciniak

Greeters: Kent and Margie Spicer

Tellers: Nancy Di Giacinto and Shauna Johnson

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

PRAYER WARRIORS

Help lift up our community's concerns and thanksgivings

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

**Need Prayer?
Submit prayer requests:**

 pastor@mtzionlutheran.org

 414-258-0456

 Fill out a prayer card in-person

VBS



Sign up as early as possible, today even, so we can plan accordingly and ensure there is room for your child(ren)!

Vacation Bible School

Rainforest Falls
Exploring the Nature of God

Dates
June 22-26

Times
Meal 5:00-5:30pm
Program 5:30-8:00pm

Ages
4yo to 5th grade

Ready for Adventure

- CREATIVE GAMES
- AMAZING EXPERIMENTS
- EXCITING SNACKS
- MISSION PROJECT
- NEW FRIENDS

At Mt Carmel Lutheran
8424 W Center Street
Millwaukee

Registration Link
<https://bit.ly/4a1hg7x>
Or scan the QR code!

MEAL INCLUDED

Celebrate Holy Week

REFORMATION GOOD FRIDAY WALK

You are invited, along with other partner churches and neighbors, to Reformation Lutheran Church for the Good Friday Walk on April 3.

The walk stops at nearby sites in the community that demonstrate both despair and transformation. We read Scripture, pray together and lift high the symbol of the Cross at each stop along the walk.

2:30 Carpool at Mt. Zion or meet at Reformation

3:00 Gather inside for prayer, scripture reading, song

3:15 Begin the walk

4:00 Arrive back at Reformation and depart



Location:

3806 W. Lisbon Avenue,
Milwaukee

The walk is suitable for all ages.
Street parking is available.

Celebrate Holy Week



PALM SUNDAY, MARCH 29 AT 9:30AM

MAUNDY THURSDAY, APRIL 2 AT 6:30PM

GOOD FRIDAY, APRIL 3 AT 6:30PM

EASTER VIGIL, APRIL 4 AT 7:00PM

EASTER SUNDAY, APRIL 5 AT 9:30AM

IN PERSON AND ONLINE

12012 W NORTH AVE

WAUWATOSA

[YOUTUBE.COM/MTZIONLUTHERAN](https://www.youtube.com/MTZIONLUTHERAN)

Join us for Easter Brunch

Sunday, April 5, at 10:45

in the Fellowship Hall

Let's celebrate our Risen Lord with a feast of
egg bakes, sausage, fruit, rolls and drinks

Bring the whole family

Relax and enjoy the fellowship

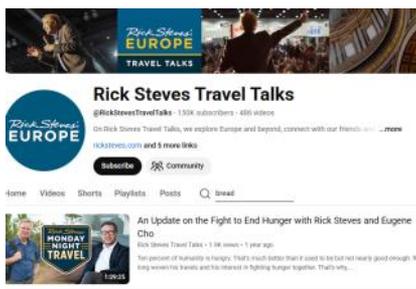


Rick Steves Talks Hunger

Travel writer, TV host, and lifelong Lutheran, Rick Steves, spoke with Eugene Cho President of Bread for the World, about the fight to end hunger. Although this video was recorded in 2025, the information is still as relevant as it was a year ago.

Key points from this video include:

- ♥ The harsh realities of hunger, why it exists, and how to fight it
- ♥ How taxpayer money can be put toward “Loving thy neighbor” to create a safer place
- ♥ How Bread for the World advocates for hungry people
- ♥ Fighting hunger is not a partisan act.



What are some things that have affected extreme poverty within the past decade?

Covid, Climate change; Conflict and war, Costs, Corruption

Statistics show that for every \$1 (one dollar) the United States spent to **prevent** conflict, it saves an estimated \$16 in response costs.

Learn more when you watch the video here:

<https://bit.ly/4syLy2X>

AB 604 Passed!

Dear Transformational Justice Leaders,
Because of your testimonies, emails, and relentless organizing, I am thrilled to announce that [Assembly Bill 604](#) has officially been passed by the State Senate and State Assembly!
[Read the full story here.](#)



This is an important victory for incarcerated people and their loved ones in Wisconsin. The full implementation of this bill would:

- reduce needless suffering in jails and prisons,
- put more people on a pathway to successful reentry,
- reduce the number of people being detained,
- enhance public safety, and save resources that can instead be utilized to build stronger and healthier communities.

When we started to organize on this issue, there was fierce resistance from some powerful legislators, but your actions proved that when our community fights and unites, we can overcome great obstacles.

Thank you for taking a stand on this crucial issue.

Mark Rice,
Transformational Justice Campaign Coordinator, WISDOM

Spring Elections

Remember to vote on Tuesday, April 7.

Don't know what's on your ballot?

Go to myvote.wi.gov to find out!

Mt Zion hosts wards

19, 20A, 20B, 21A, 21B

Steve's Science Tidbits

The Gut Biome and Memory Loss

I have often written of the importance of the microbiome, that population of bacteria in our digestive tract that is seemingly involved in every physiological process. Recent studies suggest that it is even involved in regulating our memory.

The loss of memory as we age is an important concern. However, the effect of age on memory varies tremendously between individuals. For some, loss of memory can be very rapid, while in others it may be very slow or nonexistent. With our rapidly aging population, it is important to understand the underlying mechanism for this phenomenon.

Not surprisingly, an exciting recent study in mice suggests that gut bacteria may drive age-related changes in memory. It was shown that interoception—that is, the detection of signals from within the body—is involved in memory changes.

Unlike exteroception, where we sense the outside world via sights, sounds, smells, etc, interoception in many instances is carried out by the vagus nerve that conveys signals to the brain from all the major organs—a veritable “superhighway” of internal signals.

Neuronal engrams are individual units of memory storage, and when activated by the appropriate cue, the memory is accessed. Our ability to form such engrams declines as we age, and this ability may be greatly influenced by the microbiome, since it also ages along with us. The same is true for mice. In the groundbreaking study, researchers studied the effect of converting the microbiome of young mice into that of aging mice. They did it either by poop transfer or housing young mice with older mice.

When a young mouse had an old microbiome, it exhibited cognitive decline like that observed in older mice. If then treated with antibiotics, which wiped out the microbiome, their cognitive abilities returned.

Using a variety of techniques, they determined that the vagus nerve was the culprit in transmitting the information to the brain. A type of neuron in the vagus nerve responds to a peptide, cholecystokinin (CCK), produced by gut bacteria, and sends a signal to the hippocampus, the memory center of the brain. When the scientists treated (1) old mice or (2) young mice containing aged microbiome with CCK, the mice recovered their cognitive abilities and were now indistinguishable from control mice.

The scientists then determined that increased levels of the gut bacterium, *P. goldsteinii*, were responsible for the cognitive decline. This decline was due to reduced functioning of vagal neurons that run from the gut to the hippocampus. Specific secretion products of the bacterium were tested, and a specific fatty acid, 3-hydroxyoctanoic acid (3-HOA), when treated orally to mice, induced cognitive decline. It was found to do this by activating inflammatory immune cells that negatively affect the functioning of neurons in the vagus nerve and compromising its communication with the brain.

The scientists are hopeful that simple nutritional supplementation supporting the growth of *P. goldsteinii* could prove to be effective therapy for cognitive decline!

Steve Downs

Birthdays & Anniversaries

Birthdays

Anna J. 3/27	Clara M. 4/3	Kara P. 4/20
James R. 3/27	Rick P. 4/3	Nancy S. 4/20
Alexis H. 3/28	Amy R. 4/3	Steve D. 4/21
Donna W. 3/29	Lisa K. 4/6	Jennifer V. 4/23
Tracie J. 3/30	Jessica M. 4/6	Ryan F. 4/23
Michael F. 3/31	Samantha K. 4/7	Anna K. 4/25
Kevin C. 3/31	Erik P. 4/10	Gloria C. 4/26
Abby S. 3/31	Rondi R. 4/13	Mary J. 4/28
	Sue S. 4/16	Sheree H. 4/28
Kathryn K. 4/1	Griffin S. 4/18	Wayne S. 4/29
Michael F. 4/2	Liv J. 4/19	Janet M. 4/30
Andy J. 4/2	Lora M. 4/19	
Siena K. 4/2	Matt C. 4/20	

Anniversaries

Kevin & DeAnn B. 4/1
 Natasha P & Michael F. 4/15
 Erik and Jessica P. 4.21

Commemorations

Hans Nielsen Hauge, renewer of the church, died 1824

Sunday, March 29, 2026

Hauge was a layperson who wished to revitalize the church in Norway. As a result of a mystical experience, he felt called to preach. Many professionals in the church feared his motives and influence, and he was imprisoned for leading unauthorized gatherings.

Benedict the African, confessor, died 1589

Saturday, April 4, 2026

Born into slavery on the island of Sicily, Benedict lived as a hermit until the pope ordered all hermits to attach themselves to a monastery, at which time Benedict joined the Franciscans. Though illiterate, he was highly respected as a confessor and later superior of his community.

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,
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