



# Grace Notes

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## Godbwyne

Slán go fóill  
A Bientot  
Tókša akhé

Whether in Irish, French, or Lakota these phrases mean, "See you later!" We like knowing, or believing, that we'll see someone again after a short amount of time. Goodbyes are hard.

But even Goodbye isn't final. Goodbye originated in the 1500s as Godbwyne. Godbwyne was an abbreviated version of the phrase, "God be with ye". It's kind of like the medieval version of texting, "BRB" or "TTYL" ("Be right back" or "Talk to you later").

As we get ready to send Pastor Tyler off on his three month sabbatical, may we all say *goodbye* not as a long parting, but as the blessing that God be with him in his heart, his mind, and his soul this summer. Until we meet again, my friend...godbwyne.



mtzionlutheran.org  
(414) 258-0456  
parishadmin@mtzionlutheran.org  
12012 W North Ave  
Wauwatosa, WI 53226

## Volunteers Needed

# Free Community Dinner



**Sunday, June 7  
5:00pm  
Mt Zion, Fellowship Hall**

We want to serve a hot meal to our neighbors in the community.

If you can help cook spaghetti, meatballs, garlic bread, toss a salad, or bring a dessert we want you!

Sign up at: [mtzionlutheran.org](http://mtzionlutheran.org)  
or call the church office at 414-258-0456

## May 31 to June 7

Sun May 31	<p>9:30am <b>Worship Service</b> <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012</p> <p>10:30am <b>Sabbatical Send-Off Cook-Out</b></p> <p>5:00pm <b>Confirmation</b></p>
Mon June 1	7:00pm <b>NA 12 Step Group</b> Fellowship Hall
Tues June 2	<p>Noon <b>AA 12 Steps Meeting</b> Upper Room</p> <p>6:30pm <b>Hands of AA 12-Step Meeting</b> Upper Room</p>
Wed June 3	<p>12:00pm <b>Brown Bag Bible Study</b></p> <p>1:00pm <b>Prayer Warriors</b></p> <p>1:00pm <b>Tosa Cares Donation Drop-Off</b></p>
Thurs June 4	7:00pm <b>Stewardship Meeting</b>
Friday June 5	<p>12:00pm <b>Mayfair AA Group</b></p> <p>6:00pm <b>Young Adult Night</b> Off-Site</p> <p>6:00pm <b>ACA 12 Step Group</b> Room 100</p>
Sat June 6	<p>8:30am <b>Aldrich Family Blood Drive</b></p> <p>8:30am <b>Tosa Cares Donation Drop Offs</b></p> <p>9:00am <b>Women of Heart Bible Study</b></p>
Sun June 7	<p>9:30am <b>Sunday Worship Service</b></p> <p>2:00pm <b>Pride Parade</b></p> <p>5:00pm <b>Community Dinner</b></p>
Next Week	<b>Pride Worship Service</b>

## Baptism Picture

Congratulations to the Lozano family on  
Owen's baptism!



## Today's Volunteers

**Altar Care:** Edie Di Giacinto and Debbie Rack-Kleppek

**Assisting Minister:** Refilwe Magasa-Bockhorst

**Lector:** Jenny Hawes

**Communion bread:** Jenny H.

**Communion wine:** Refilwe B., Gabby Goll, Janet McCarthy

**Ushers:** Dave Nelson and Tom Ertel

**Audio/Visual:** Mary and Douglas Johnson

**Greeters:** Edie D. and Lora Marheine

**Tellers:** Nancy Di Giacinto and Shauna Johnson

**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/4uNBxAb>

*Need Prayer?*

*Submit prayer requests:*

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

 414-258-0456

 *Fill out a prayer  
card in-person*

# Relational Ministry



**All IN Relational Ministry**  
**Relational Skills for Cross+Gen groups**  
**June 13 at 9:00am to 3:00pm**

On behalf of the newly form Synod Youth Ministry Team, we're inviting you – anyone with a heart for youth ministry – to join us on June 13 for a training on building relationships across generations. We are bringing in the **renowned Lyle Griner** to help us as we begin a new season of youth and community ministry in the Greater Milwaukee Synod.

## **Why is the Youth Ministry Team putting this event on?**

- ◆ The Youth Ministry Team held 6 listening sessions with 53 youth and young adults. One of the leading findings was youth want intergenerational conversations and experiences. Our young people want to be engaged with multiple generations. Every generation has different ways of communicating. Coming to the All In event will help us learn new communication strategies.
- ◆ The 12-to-30-year-olds have grown up in a multi different atmosphere than 35-to-80-year-olds. Each group sees the world in different ways. Spending a few hours learning how the younger group sees the world and what they need from the 35-to-80-year-olds is a necessity for both groups. The younger group is going to be given challenges in their 20s, 30s and 40s that the older group didn't experience until their 50s and 60s when they had already developed more wisdom. The younger group needs to build that wisdom earlier.
- ◆ **All age groups are needed at this event**

## Who's this for?

For staff, adults, young adults, and teenagers who have a heart to care  
 For anyone who wants to grow stronger relational connections  
 Learn to walk with others — and walk toward those who need connection  
 Practice relational skills that deepen conversations and build trust  
 Notice the moments where faith and everyday life meet  
 Build a culture where people feel seen, heard, and valued

We especially encourage anyone who currently works with youth – staff or volunteers – and teens who have a passion for their faith – to join us for this event.

<https://milwaukee-synod.org/event/all-in-relational-ministry/>

Pride Parade

**PRIDE**

**PARADE**

**JUNE 7**

**2:00PM STEP OFF**

**WALKER'S POINT**

**2<sup>ND</sup> STREET**

**BETWEEN SCOTT AND SEEBOTH**

**THIS YEAR'S THEME:**

**TOGETHER WE ARE PRIDE!**

**IF WALKING:**

**ARRIVE BY 1:45 TO STAGING AREA**

**BRING WATER. WEAR WALKING SHOES, SUNSCREEN**

**AND COLORFUL CLOTHES OR A MT ZION SHIRT**

# Pride Worship Service



The Greater Milwaukee Synod Reconciling in Christ Ministry Team invites you to

CELEBRATING OUR  
DIVERSITY AS GOD'S  
CHILDREN

**PRIDE WORSHIP**

**THURSDAY, JUNE 11, 2026, 6:30PM**

Ascension Lutheran Church, 1236 S Layton Blvd, Milwaukee, WI



RECONCILING IN CHRIST



ELCA



# Stewardship Campaign

In celebration of the 80th anniversary of Mt. Zion as a congregation we are excited to announce our Nip n' Tuck Special Stewardship appeal! While our building is in relatively good condition for its age, it is still in need of some structural and cosmetic repairs that will help to keep it strong for years to come. After much consideration the Stewardship Team has decided to focus its energy on two projects:



Mt Zion's  
Nip n' Tuck  
Stewardship Campaign

## Organ Renovations - \$7,125

Pipe organs are becoming much rarer at churches than they once were, and ours dates back to the year 1960. It is an integral part of our worship experience at Mt. Zion. It has been refurbished and repaired several times in the past, but the pedalboard which is needed to produce the beautiful music that the organ does has developed problems that is making it more difficult to play



## Building Tuckpointing \$11,800

Tuckpointing is the mortar work that holds the stone together on the outside of our building and needs to be in good condition to maintain its structural integrity. There are a few big cracks around the building, especially one running the length of the bell tower, that need to be repaired as shown here:



**Continued on the next page**

## Stewardship Campaign

### Continued from page 8

In total these renovations will cost approximately \$18,925 and we have already raised \$7,925 in donations for them resulting in a remaining need of \$11,000 – an incredible start. Would you please consider donating to the Nip n’ Tuck Appeal investing in the future of our church? Gifts can be made by check or cash, using Tithe.ly, or through our website at [www.mtzionlutheran.org/pages/give](http://www.mtzionlutheran.org/pages/give)

We are deeply grateful for the generosity and dedication of our congregation. Every gift, large or small, helps preserve Mt. Zion for worship, fellowship, and ministry for generations to come.

If we exceed our goal we will celebrate with a tithe to **Courage House of Milwaukee**, a home for LGBTQIA + youth who are struggling. Courage House recently moved to a new home that also needs renovations to make it a safe and welcoming place.

Thank you for your continuing support and prayers as we work together to care for our church and ensure the future of our congregation.

## Mission of the Month

### Courage House

In 2018, Courage House opened Wisconsin’s first and only licensed group home for displaced LGBTQ+ youth in out-of-home care. Youth at Courage House receive a stable and affirming living environment, clear expectations paired with supportive structure, daily care from trained and compassionate staff, and integrated programs that foster growth, coping skills, and independence.

In 2024, a second location for LGBTQ+ youth was opened for LGBTQ+ young adults ages 18-24. The C2 Apartments support young adults as they move toward independence.

Your gift in June to support Courage House as the Outreach Committee’s ‘Mission of the Month,’ will extend the care Courage House can provide LGBTQ+ youth toward a productive life.

June is a great month for meaningful giving.

# Celebrating Achievements

Joe Havlicek

Placed first in the javelin throw and  
2nd in the 100m

He now moves on to the Special Olympics  
state competition in Palmyra  
June 14-15.

Way to go, Joe!



**Congratulations** to the Grace B and the Gooses & Mooses Drinking Juices from Longfellow, which tied for 9th place in the Technical challenge at the Destination Imagination Global Finals in Kansas City! They competed against teams from Texas, Maryland, California, China, Washington state, Massachusetts, Quebec, Korea, Turkey, Mexico, and Guatemala, to name just a few. Way to go, Gooses & Mooses!!

Next week we celebrate our graduates  
and bless them during worship.

There is still time to send your graduates name,  
photo, school graduating from, major or area of  
focus (if any), and future plans to  
Douglas Johnson

At [socialmedia@mtzionlutheran.org](mailto:socialmedia@mtzionlutheran.org)







## What's your American story?

As we all know, 2026 marks the 250th anniversary of the United States' founding.

Our nation's history is complex—but at **Global Refuge**, we're choosing to take the 250th as an opportunity to reflect on the incredible role refugees and other immigrants have had in the shaping of this country.

To that end, we're collecting stories that capture the immigration history of families across the U.S. Whether you're a first-generation immigrant yourself or descend from immigrants who arrived centuries ago, we invite you to share your American story in 250 words or less (and submit photos, if you have them!). If Global Refuge played a role in your family's resettlement journey, we'd love to know, but it's certainly not required.

Our goal is to celebrate the countless contributions of newcomers throughout United States history and to show just how intrinsic migration has been and continues to be to the American story. We believe that empathy is built on understanding—and that we have far more in common than it might appear on the surface: a desire to create a safer, brighter future for ourselves and our families.

Selected stories may be featured across our social media and communications throughout World Refugee Month in June.

If you'd like to share, please send your name, city, and story to [workofwelcome@globalrefuge.org](mailto:workofwelcome@globalrefuge.org) with the subject line "My American Story."

We look forward to hearing from you!

**Kimberly Uslin**  
**Global Refuge Communications**

# Faith 250



Tikkun Ha-Ir • תיקון העיר  
Repairing Milwaukee

## FAITH 250: A MULTIFAITH JOURNEY THROUGH AMERICA'S FOUNDING TEXTS



Join us for gatherings leading up to July 4th, where neighbors read and discuss America's most inspiring founding words. It's a once-in-a-generation chance to counter division and build unity together.

**May 14, 6:30 PM**

**Progressive Baptist Church**

8324 W Keefe Ave, Milwaukee

**AMERICA  
THE BEAUTIFUL**  
KATHARINE LEE BATES  
1896, 1911

**May 28, 6:30 PM**

**Congregation Shalom**

7630 N. Santa Monica Ave, Fox Point

**THE NEW  
COLOSSUS**  
EMMA LAZARUS  
1893

**June 4, 6:30 PM**

**Congregation Shalom**

7630 N. Santa Monica Ave, Fox Point

**THE DECLARATION  
OF INDEPENDENCE**  
THOMAS JEFFERSON  
1776

**June 11 6:30 PM**

**Progressive Baptist Church**

8324 W Keefe Ave, Milwaukee

**WHAT TO THE SLAVE  
IS THE FOURTH OF JULY?**  
FREDERICK DOUGLASS  
1852



Scan to register



Questions? Contact Rhonda  
Lindner at [rhonda@wivecwi.org](mailto:rhonda@wivecwi.org)

# Steve's Science Tidbits

## Why Hiccups?

A week or so ago I awoke in the middle of the night with a case of hiccups. My immediate thought was What brought this on? Moreover, as I thought about it further, I wondered What's the point—what does it accomplish? Is there any physiological need for this bodily function?

Later, after some research, I found the answer...well, not exactly; fact is, they don't know. For now, hiccups have no known biological purpose. The best guess is that they are a vestigial reflex that is a holdover from an earlier stage in our evolutionary progression (ie, it has lost most of its original ancestral function/significance).

The scientific definition of a hiccup is: an involuntary spasm of the diaphragm, the muscle separating your chest from your stomach, which causes a sudden influx of air. The change in pressure makes your vocal cords snap shut, creating the classic "hic" sound.

The following are some theories for the evolutionary significance of hiccups:

- (1) A leftover from our water-breathing ancestors. Brain activity patterns are similar to those of tadpoles for pumping water over their gills while preventing it from entering their lungs.
- (2) Helps infant mammals expel trapped air from their stomachs while drinking milk. It is a burp-like reflex that clears space for more milk.
- (3) Hiccups are very common in developing fetuses. Because of this, some scientists believe the reflex is simply helping build up strength in the diaphragm, training the respiratory muscles for when they're needed after birth for breathing.
- (4) Some believe a hiccup is a simple nervous system misfiring. The vagus and phrenic nerves control the diaphragm, and anything that irritates them, such as soda water, sudden temperature changes or eating too fast might trigger a spasm.

Research has shown that hiccups can also be triggered by head injuries, goiters, infections, abdominal distension, multiple sclerosis, sudden emotion or stress, or smoking cigarettes.

Hiccups are usually just a temporary annoyance, but imagine the following: The record for the longest bout of hiccups goes to Charles Osborne. He had the hiccups for 68 years, from 1922 to 1990, with an estimated 430 million hiccups. Christopher Sands endured 10 million hiccups over 27 months from 2007 to 2009. He hiccupped every two seconds for 12 hours a day.

Nonstop hiccupping can be seriously inconvenient, especially if it affects your ability to eat, sleep, or communicate. According to Scientific American, persistent hiccups can be a sign of a health problem, whether it be an ear infection, kidney failure, laryngitis, or a hernia. In the case of Christopher Sands and his 10 million hiccups, he was found to have a brain tumor that pushed on the phrenic nerve. Once he had surgery to remove the tumor, his hiccups subsided.

**Steve Downs**

## Birthdays & Anniversaries

### Birthdays

John K. 5/30	Michael D. 6/6	Tina H. 6/16
Jack S. 5/30	Kaylyn N. 6/6	Jan R. 6/17
Marleen C. 5/31	Keith A. 6/9	Troy J. 6/17
Jill A. 6/1	Dan U. 6/11	Brendan M 6/17
Sue K. 6/3	Ethan C. 6/12	Mason H. 6/18
Grace Y. 6/3	Blake P. 6/12	Colt B. 6/18
Marika M. 6/3	Rachel H. 6/12	Donna H. 6/22
Tristan P. 6/5	Gianna S. 6/14	Vicki N. 6/23
Susan K. 6/5	Brian G. 6/15	Jeremy G. 6/28
Owen G. 6/5	Amanda E. 6/15	Andrew K. 6/28
Jacob F. 6/5		Rich D. 6/30

### Anniversaries

Bob and Marleen C. 5/30	Jesse M. and Kate W. 6/17
Liv and Dom J. 5/31	Carl and Karen E. 6/23
Mike and Amy K. 6/1	Kim and Sue M. 6/26
Roy and Linda D. 6/10	Dave and Lora M. 6/26
Kim and Norm W. 6/12	

## Items for The Taking

As we have been rearranging and moving around our spaces to make way for Tosa Cares and Kidz Cave daycare, Mt Zion has been downsizing quite a bit! We've gone through cabinets and closets and discovered items we haven't used in years, items we didn't even know we had, and stacks of stuff we had just too many of.

So, we're giving them away!

Most items are office supplies and include staplers, staples, paper clips and three ring binders. There are some office chairs, as well. And there are other various church related items that may be of interest to people. Feel free to peruse the Northeast stairwell entrance at your leisure and take what you think you might be able to use (or repurpose!).

Free will donations are welcome but not necessary.

If there is a sticky note with someone's name on it, they've already claimed that item. Items can be claimed and picked up at a later time.

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**  
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**Director of Choirs  
and Contemporary Music**  
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**Director of Traditional Music**  
Mark Schroeter  
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**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  
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Chasity Brimeyer  
Andy Johnston

Dave Nelson

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

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

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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