

May 17 2026



Grace Notes

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Sabbatical Send Off

Join us on Sunday, May 31 for Pastor Tyler's last worship service before he leaves for a three month sabbatical.

Join us as we bless the projects he will be working during his sabbatical. Those include one for the Lutheran School of Theology at Chicago and his very own Confirmation curriculum. Join us as we bless his time of reflection and reset away from the office here at Mt Zion.

After worship we will send him off in style with a cookout and memorable fellowship.



mtzionlutheran.org

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Still Going Strong

Celebrations!

We started at Easter and we're still going strong!

May 17th

Welcoming new members and
Launching mini-stewardship campaign

May 24

A Baptism; Pentecost; and Memorial Day

May 31

Pastor's last Sunday before Sabbatical
Let's send him off in style with a cookout

June 7th

Celebrating Graduates; Pride Parade;
Community Dinner

June 14th

Congregational Meeting

June 21st

Father's Day

July 4

Celebrating America's 250th birthday with
special ELCA blessings



May 17 to May 24

Sun May 17	<p>9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012</p> <p>10:40am Faith Formation Hour</p> <p>4:00pm Wild Church Bonfire <i>more info on page 9</i></p> <p>5:00pm MZY Night</p>
Mon May 18	<p>6:00pm Leadership Board Meeting</p> <p>7:00pm Book Club</p> <p>7:00pm NA 12 Step Group Fellowship Hall</p>
Tues May 19	<p>Noon AA 12 Steps Meeting Upper Room</p> <p>6:30pm Hands of AA 12-Step Meeting Upper Room</p>
Wed May 20	<p>8:30pm Health Clinic at the Courtyard</p> <p>12:00pm Brown Bag Bible Study</p> <p>1:00pm Prayer Warriors</p> <p>1:00pm Tosa Cares Donation Drop-Offs</p> <p>4:30pm Staff Meeting</p> <p>6:00pm Voices of Zion Choir Rehearsal</p>
Thurs May 21	<p>5:30pm Public Theology Night</p> <p>6:30pm Troop 27 Meeting</p>
Friday May 22	<p>12:00pm Mayfair AA Group</p> <p>6:00pm Young Adult Night Off-Site</p> <p>6:00pm ACA 12 Step Group Room 100</p>
Sat May 23	<p>8:30am Tosa Cares Donation Drop Offs</p>
Sun May 24	<p>9:30am Sunday Worship Service Baptism</p> <p>10:30am Faith Formation Hour</p>
Next Week	Memorial Day this year is on May 25th!

Commemorations

Erik, King of Sweden, martyr, died 1160

Monday, May 18, 2026

Erik is considered the patron saint of Sweden. As king of that nation, he tried to bring peace in the region, and to spread Christianity in Scandinavia. He was also known for his attempts to make fair laws and to protect those who were poor or sick.

Helena, mother of Constantine, died around 330

Thursday, May 21, 2026

Influenced by her son to become Christian, Helena (or Helen) lived an exemplary life of faith. She is also remembered for traveling through Palestine building churches on the sites she believed to be associated with Christ's life.

Today's Volunteers

Altar Care: Susan Kenny and Lilly Snow

Assisting Minister: Janey McCarthy

Lector: Erin McDougal

Communion bread: Erin M.

Communion wine: Janet M., Joe Di Giacinto, Jenny Hawes

Ushers: Suzy Morgan and Dave Fohr

Audio/Visual: Luke and Shauna Johnson

Greeters: Carl and Karen Engelhardt

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

PRAYER WARRIORS

Help lift up our community's concerns and thanksgivings

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

Need Prayer?

Submit prayer requests:



pastor@mtzionlutheran.org



414-258-0456



Fill out a prayer
card in-person

From Famished to Full

Given how well received our May 3 Community Dinner was, we thought we'd share the story of another community meal in the synod.

The following excerpt is from Outreach for Hope's May newsletter.

"This week's devotion—"[From Famished to Full!](#)"—comes from **Emaus Lutheran Church in Racine**, where their annual **Mexican Fiesta** brings together food, fellowship, family, and faithful community support.

Every first Saturday in May, Emaus opens its doors and welcomes the wider community for a joyful day of authentic Mexican food, a car show, children's activities, a petting zoo, face painting, raffle baskets, and conversation around the table. As Carol Beltran shared, it is "a wonderful day of fellowship and community with authentic Mexican food made with grace and love and passion."

But this Fiesta is more than a great meal — though the food is clearly worth celebrating. It is also a fundraiser that helps support the ministries of Emaus, including outreach to children, families, and neighbors through programs like EASY — Emaus After School Youth — and ELCA Neighborhood Camp.

One Emaus member described the heart of the day beautifully: "***People moving from famished to full.***"

That is what ministry looks like. Hungry people are fed. Children are welcomed. Volunteers of all ages discover the joy of serving. Neighbors become friends. And a church becomes a place where hope is not just talked about — it is served, shared, and tasted.

[Watch the story unfold through video and song here](#)

And as you watch, remember — this is just one story among many.

Across our network, Outreach for Hope's Ministry Partners are showing up every day — feeding, healing, teaching, welcoming, and walking alongside neighbors in need. It is steady, faithful work. Not always flashy. But it fills bellies, builds community, and changes lives.

And it happens because of you!



Luther and Leo

Would Luther have agreed or disagreed with Pope Leo XIV?

In 1517, Martin Luther posted his 95 Theses, which addressed his concerns regarding the financial corruption of the church and the lack of care for people as Jesus taught. Where Pope Leo X (10th) promoted the sale of indulgences during the 1500s as a way to generate more income for St. Peter's Basilica, Pope Leo XIV (14th) earlier this year, ousted a bishop who was charged with embezzling over \$250,000 from a California church. Luther would have definitely agreed with Leo 14th on that!

Because Luther spoke out, and Pope X disagreed with the criticism, Luther was eventually excommunicated by Pope X. Luther was declared a heretic and an outlaw for his writings and Pope X gave permission for Luther to be killed without consequence.

Pope Leo XIV, on the other hand said just this April in his Easter address, "Let those who have weapons lay them down! Let those who have the power to unleash wars choose peace! Not a peace imposed by force, but through dialogue! Not with the desire to dominate others, but to encounter them!" ([Vatican.va](#)). Leo 14th seems to be the kind of leader who would try to understand and talk through the issues Luther had regarding the church.

Luther believed God's grace and love were for everyone, without the "gatekeeping" of the traditional Catholic church. Anyone, regardless of identity or status, would be able to care for one another, serve others, and share God's love freely. Where Leo 14th continues to hold mass in Latin, Luther translated the Bible into German for more people to be able to read and understand. Despite Leo 14th's welcome of LGBT Christians and women in certain roles in the Catholic church, Luther would likely disagree with Leo 14th on the continued Catholic "gatekeeping" practices that still limit who can be in positions of power and who can receive certain blessings or sacraments.

Luther viewed Katie as an equal and he might delighted to see women pastors leading congregations today, discussing the Bible, and healing the world's wounds. It is likely because Luther married Katie that Luther experienced a deeper love of and for God; richer spiritual nourishment; and even better aided the poor and those around him than what he could have experienced through a sequestered, celibate lifestyle of the monastery. Why would we bar that kind of love from being felt by others or shared with others?

Personality wise, Luther and Leo would have probably gotten along quite well. Both crack jokes and [adore kids](#). I could see them sitting next to each other at a baseball game—Pope Leo cheering on the White Sox with his Chicago style hot dog and Luther rooting for the Brewers while eating a brat. And if we can get to a point where our only true disagreements with one another is who to cheer for in a game or if hot dogs or brats are better, I think we'll be alright.

Jess Monahan

Christian in the Holy Land



MOUNT HOPE
LUTHERAN CHURCH

BEING CHRISTIAN IN THE HOLY LAND

The Holy Land is the center of the Christian faith, and has been home to indigenous Christians for generations. It is also a place we hear about in the news, and one that is home to many stories. What is it like to be a Christian there?

Pastor Fursan Zu'mot is a Lutheran Christian pastor outside of Jerusalem, Palestine. He will share his perspective on being a Palestinian Christian in the Holy Land.



Born in Jordan, Pastor Fursan Zu'mot serves the Lutheran Church of the Reformation in Beit Jala, Palestine.



June 3rd 2026, Wednesday



6:30 PM



**Mount Hope Lutheran Church
8633 W. Becher Street
West Allis, WI 53227**

(Enter through the parking lot doors)



WORLDWIDE LUTHERAN



ELCA

Welcoming New Members

Nancy Kohl

I first heard about Mt Zion through Ruth McGill. I am looking for a friendly church and I am very interested in helping with the community dinners.

I currently help Goodwill Industry with kids and I think our kids who might have any animal interest could benefit from my work.



Dan,Carolynn, Shaelyn, and Michael Urbanek

We live in Brookfield and have a busy household. We are very active with our jobs and kids. Both Carolynn and Dan are engineers. Carolynn and I come from different faith backgrounds and wanted to find a church that fit us both and our kids. We enjoy the Mt Zion community and that is what excites us to become members.



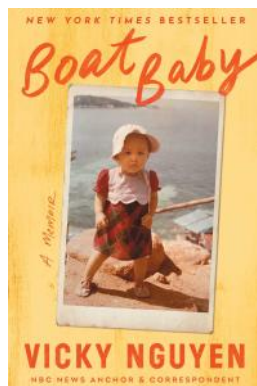
Book Club

**Monday, May 18
7:00pm**

We will pick books for next year at this meeting.

Boat Baby by Vicky Nguyen

Starting in 1975, Vietnam's "boat people" - desperate families seeking freedom - fled the Communist government and violence in their country any way they could, usually by boat across the South China Sea, but deciding to leave and start a new life in a new country is half the story...figuring out how to be American is the other. Boat Baby is Vicky's memoir of growing up in America with unconventional Vietnamese parents who didn't always know how to bridge the cultural gaps. It's a childhood filled with misadventures and misunderstandings, growing up gritty and resilient, and becoming a leading Asian American TV journalist. *Host: Alys Herranen*



Wild Church

Wild Church is hosting a Bonfire Gathering this coming **Sunday, May 17th at 4 pm**. The theme this week focuses on Aldo Leopold and his idea that "life isn't possible without some wildness in our lives". We will be meeting at Unity, Christ the King Campus, 4600 Pilgrim road in Brookfield. They have a beautiful bonfire area in the back.

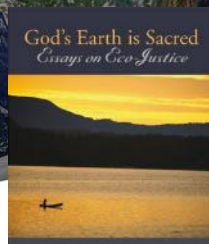
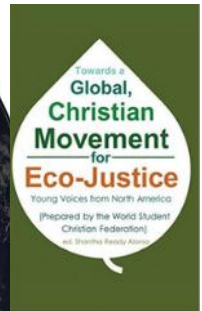
We meet rain or shine. We will move inside to the fellowship hall if the weather is not nice to us. Please bring a chair to sit on around the bonfire. We do have some chairs, but we appreciate it if you bring your own.

Books on Creation Justice



Check out these books listed
on the Creation Justice Ministries
website

[https://www.creationjustice.org/
books.html](https://www.creationjustice.org/books.html)



We're All Invited!

FAMILY PRIDE NIGHT

Saturday, June 13

5 - 8 PM

OUTDOOR
CARNIVAL

TEEN DANCE
WITH A DJ

BOUNCE
HOUSES

FAMILY-FRIENDLY
DRAG PERFORMERS

FOOD &
BEVERAGES

FOAM GAMES

PHOTO
BACKDROP

Hosted by Plymouth Church in conjunction with
Congregation Shir Hadash

2717 E Hampshire St Milwaukee

Tickets are \$5 each.

More information & registration at

plymouth-church.org/events/family-pride-night



Mission of the Month

Reformation Lutheran's Summer Youth Program



Summer is approaching fast and that means Reformation's Serving and Learning Together (SALT) Youth Program will be starting soon! Your donations to the May Mission of the Month will support this opportunity for kids from Reformation's neighborhood to build healthy friendships, study God's word, serve their community, get real-life work experience and have some fun!!



In addition to the great experiences the kids will have, they also receive a free lunch every day. The lunches are provided by some of Reformation's partner churches, including Mt. Zion. Your donation will help cover the food costs. (If you are interested in preparing and/or serving lunches in July, please contact Linda Ertel.)



Other expenses your donation will help to cover include field trip costs like tickets and transportation, and bus passes provided to families who have no other means of transportation to get their kids to Reformation each day. And at the end of the program, each child receives a backpack filled with school supplies and a stipend for school clothes.

Your donations help make this ministry happen for Reformation youth and neighbors. Please donate by contributing on line to Mission of the Month, noting Reformation or by check to Mt. Zion with Reformation Youth noted.

Thank you for your support,

Mt. Zion Outreach Committee

Truth Telling Initiative

The Truth-Seeking and Truth-Telling Initiative is leading a coordinated effort to research Lutheran involvement in Indian boarding and day schools dating back to the 1820s. They are seeking both clergy and lay volunteers who want to be part of this initiative. All are welcome, including those with skills in research, data collection, organizing, education, and leadership. The goals are to find and gather information in order to share it with impacted Indigenous individuals, families, and communities; for our church members to know our history of church-sponsored Indian boarding schools and their devastating impacts on Native communities; all as part of an ongoing truth and healing process.

The initiative started in 2022 with 15 synods across four states. In May 2023, they expanded to 27 synods across ten states. They are now expanding to all synods across all states!

To learn more and to get involved, visit

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



Both Sides of the War

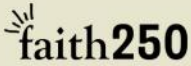
When the American Revolution broke out, Indigenous people had many views regarding the conflict. The Iroquois Confederacy, made up of the Oneida, Onondaga, Mohawk, and Seneca nations in upstate New York, initially intended to remain neutral. “But after the colonists declared Independence in 1776, the war threatened their peace.” (amrevmuseum.org) The Confederacy divided. Some tribes stayed neutral. Others supported the British as they believed the British would not encroach on their tribal lands. And still many supported the colonists because the tribes viewed them “As their neighbors and the British as invaders.”

Learn more about how each nation impacted, and were impacted by, the American revolution at Museum of the American Revolution

amrevmuseum.org



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
1883

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

Steve's Science Tidbits

Even a Little Alcohol...

It seems everywhere we go there is alcohol: ball games, parties, receptions, celebrations, casual get-togethers, and even some church functions. In fact, 85% of adults 21 and older reported drinking alcohol at least once. No one worries much about casual alcohol consumption—a glass of wine here, a can of beer there. The Centers for Disease Control and Prevention (CDC) recommends that women limit themselves to one drink per day and men to two drinks per day. The common assumption is that a drink or two poses a low risk; some older research even suggested positive psychological effects and reduced heart disease.

However, results of a new study challenge these ideas. The research team focused on healthy adults who drink alcohol moderately. Some recent research suggested that this level of consumption might lead to DNA damage and increase the risk of some cancers. The goal of this new study was to see if it could also bring about negative neurological issues.

The study included 45 healthy individuals between the age of 22 and 70 who did not have a history of alcohol use disorder (ie, they were free of alcohol addiction). The researchers made sure the participants had no preexisting neurological condition that would confound the data. They next used MRI scans to measure cortical thickness, brain volume, and blood flow. Then they analyzed how alcohol consumption related to these brain measurements, including the combined effect of age and total lifetime drinking.

The results showed that even low levels of alcohol reduced brain blood flow, a critical process delivering oxygen to the brain, and this was accentuated by subjects with higher average monthly consumption. Reduced blood flow in the frontal and temporal lobes is significant because these areas control thinking, memory, and language. Over time, this reduced blood flow could contribute to a significant decline in cognition.

Not surprisingly, the news worsened for older adults. When older age was combined with higher lifetime alcohol intake it led to widespread lower blood flow in most regions of the brain. Moreover, those older adults with higher alcohol consumption had thinner brain cortices which increases the risk of cognitive decline and dementia.

Lead study author, Timothy Durazzo, explained what's next: "to investigate the associations of low-level drinking with measures of balance, coordination, and dexterity."

It must be stressed that this was a small study, and therefore bears repeating. Nevertheless, Dung Trinh, a spokesperson for the Healthy Brain Clinic, commented that "For many years, the public message was that light or moderate drinking may be harmless, or even beneficial in some cases. This study challenges that older idea by suggesting that even alcohol intake within traditional 'low-risk' ranges may be associated with measurable brain changes...It should be viewed as a credible warning signal...that low-level alcohol directly causes brain damage. The main takeaway is that 'low' risk does not mean 'no' risk."

Steve Downs

Birthdays & Anniversaries

Birthdays

Janet M. 4/30	Charlie S. 5/5	Leah C. 5/14
Jill W. 5/1	Della S. 5/7	AJ K. 5/18
Ryan M. 5/2	Maya S. 5/7	Will S. 5/23
Meghann S. 5/2	George R. 5/7	Finley S. 5/25
Linda D. 5/3	Tom A. 5/8	Lori J. 5/28
Bob S. 5/3	Arihanna H. 5/8	John K. 5/30
Shannon S. 5/3	Kira S. 5/9	Jack S. 5/30
Brian J. 5/5	Isabella R. 5/9	Marleen C. 5/31
	Mark H. 5/13	

Anniversaries

Vince and Vicki C. 5/10
 Kurt and Debbie K. 5/15
 Matt C. and Marika M. 5/29
 Bob and Marleen C. 5/30
 Liv and Dom J. 5/31

Sprinting to the Finish Line

Joe H. Has been practicing the past several weeks with the Special Olympics track team. He has a track meet for regional competition Saturday, the 16th at Muskego High School. He will be competing in the 100 yard dash and the Javelin throw! If he takes first or second place at this event he will go onto State in June in Whitewater.



Good Luck, Joe!

For more information on Special Olympics in Wisconsin, visit

<https://specialolympicswisconsin.org/>

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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Mike Marciniak, Secretary
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Chasity Brimeyer
Andy Johnston

Dave Nelson

Linda Havlicek
Bob Young



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm
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