



# Grace Notes

## IN THIS ISSUE...

**Welcome, Blue Saints**

**[Page 2](#)**

**Commemorations**

**[Page 4](#)**

**4th of July**

**[Pages 5—7](#)**

**Heat Wave is Coming**

**[Page 8](#)**

**Hooray for Chocolate**

**[Page 10](#)**



## Empowering Faith Communities Energy Efficiency Pilot Program

Empowering Faith, Saving Energy, Enriching  
Communities

## Faith in Place

On Sunday 6/28 we welcome Faith in Place to our adult faith forum at 10:40am in the Upper Room. As part of their "Empowering Faith Communities" program, we are receiving free advice on improving our energy efficiency at Mt Zion, and our congregation members can benefit too! Come to the forum to hear about:

- Current funding opportunities available through Faith in Place for Houses of Worship and community-based organizations, including how to apply
- Upcoming free online events, such as Faith in Place's Annual Environment & Spirituality Summit
- Focus on Energy's residential programs—including free energy packs and rebate opportunities—to help reduce your members' energy costs



[mtzionlutheran.org](http://mtzionlutheran.org)

(414) 258-0456

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

12012 W North Ave

Wauwatosa, WI 53226

# Welcome, Blue Saints!

We would like to extend a warm welcome to the Blue Saints Drum and Bugle Corps from Sudbury, Ontario, Canada who will be staying at Mt Zion this week as they march in several parades and perform in events throughout the Milwaukee area. The 11 time Canadian National Champion corps is comprised of students aged 12-21 with brass, percussion, and color guard/dance sections.

Mt Zion can cheer on the Blue Saints at parades in Wauwatosa, West Allis, New Berlin, Shorewood, Kenosha, and Menomonee Falls. \*

Thank you for gracing us with your music and marching! What an exciting way to celebrate the 250th anniversary of the United States with our neighbors to the north.

Welcome, Blue Saints!

\*For more information on 4th of July celebrations, please see page 7.

## VBS



Mt Zion joined the Combined Tosa Vacation Bible School fun this past week!



## June 28 to July 5

Sun June 28	<p>9:30am <b>Worship Service</b>  <u>Zoom ID:</u> 841 6597 2335  <u>Passcode:</u> 12012</p> <p>10:40am <b>Faith Formation</b></p> <p>5:00pm <b>Confirmation</b></p>
Mon June 29	7:00pm <b>NA 12 Step Group</b> Fellowship Hall
Tues June 30	<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 July 1	<p>10:00am <b>Pastoral Care Hours</b> Office (<i>Until Noon</i>)</p> <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 July 2	7:00pm <b>Stewardship Meeting</b>
Friday July 3	<p><b>Church Office Closed</b></p> <p>12:00pm <b>Mayfair AA Group</b></p> <p>6:00pm <b>ACA 12 Step Group</b> Room 100</p>
Sat July 4	<p><b>Independence Day</b></p> <p>Happy 250th Birthday, USA!</p>
Sun June 28	<p>9:30am <b>Worship Service</b></p> <p>5:00pm <b>Free Community Dinner</b></p>
Next Week	<b>Women of Heart Bible Study</b>

## Commemorations

Catherine Winkworth, died 1878; John Mason Neale, died 1866; hymn translators. Wednesday, July 1, 2026

Neale was an English priest who specialized in the translation of Latin and Greek hymns into English. Winkworth lived in Manchester, England, and devoted herself to translating German hymns. Almost all English-speaking hymnals include many of their translations.

Learn more about Catherine Winkworth's translation of "Lord Keep Us Steadfast in Your Word" at The Concordia Publishing House Blog:

<https://bit.ly/4gGT3Sp>



## Today's Volunteers

**Altar Care:** Liv and Dom Juel

**Assisting Minister:** Joe Di Giacinto

**Acolyte:** Jack Johnston

**Lector:** Jean Morack

**Communion bread:** Sherry Downs

**Communion wine:** Bob Young, Erin McDougal, Joe D.

**Ushers:** Carl and Karen Engelhardt

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

**Greeters:** Richard Hollander and Irene McCarthy

**Tellers:** Carl and Karen Engelhardt and Elyn Steinke

**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

# Welcome, Pastors!



**For all the weary,  
the hungry,  
the homeless masses  
yearning to breath free**

# **JULY 5<sup>TH</sup>**

**9:30AM WORSHIP SERVICE**

**Celebrate America's 250th and  
God's amazing grace which sets us  
all free. Reflect on our past, pray for  
our present, and renew our hearts  
for the justice work still to come.**

# 4th of July Celebrations!

FREE

## COMMUNITY DINNER



SUNDAY, JULY 5TH

5:00PM

FEATURING HISTORIC RECIPES FROM  
COLONIAL WILLIAMSBURG!

CAN WE SET A PLACE FOR YOU  
AT THE TABLE?

RSVP NOW WITH YOUR GROUP SIZE  
AND ANY DIETARY RESTRICTIONS.



EVERYONE IS INVITED!

[HTTPS://BIT.LY/4W6J90Z](https://bit.ly/4w6j90z)

# 4th of July Celebrations!

## **Wauwatosa**

9:00am Parade along North Ave

12:00pm Family-friendly entertainment at Hart Park

9:15pm Fireworks at Wisconsin Lutheran College



## **Elm Grove**

9:15am Fun Run

5:30pm Family Fun Fest (includes food trucks and DJ) at Elm Grove Park

9:30 Fireworks

## **West Allis**

Wednesday, July 1

6:30pm Feature on Becher "The Goonies" outdoor movie gathering

Thursday, July 2

7:00pm Parade on Greenfield Ave.

Saturday, July 4

7:30pm Concert and Fireworks at Nathan Hale High School

## **Milwaukee**

Friday, July 3

9:15 Lakefront Drone Show

Saturday, July 4

12pm to 12am Summerfest Fireworks and Celebration of America's 250th



# Heatwave



**A Heat Wave is Coming!**  
**A Heat Wave is Coming!**



**From Monday, June 29 to Thursday, July 2,**  
**Mt Zion's Gathering Space will be open 10am - 4pm.**  
We will have air conditioning, water, comfy seats,  
charging stations and reading materials available.


Temperatures are expected to be in the 90s with  
"feels like" temperatures between **102 and 109**.  
Please come to Mt Zion if you need a cool, safe place  
to spend part of the day.

For Milwaukee area cooling centers, visit:  
<https://city.milwaukee.gov/Health/Cooling-Sites>

# Stewardship Campaign



**Mt Zion's  
Nip n' Tuck  
Stewardship Campaign**



## Stewardship Campaign Update

Thank you to the 30 member families and several other anonymous small donors that have made donations to help Mt. Zion raise funds for tuckpointing of the outside of our building and repairs needed for our organ. The past week has been successful with another \$2,195 raised.

Here is an update on where we are at in our fundraising efforts:

Project Cost	\$21,970
Gift to Courage House	<u>\$2,200</u>
Fundraising Goal	\$24,170
Funds Raised through 6/24/26	<u>\$23,375</u>
Additional Contributions Needed to Meet Goal	\$795

Organ repairs have begun and we expect to have tuckpointing starting soon. We will continue our fundraising efforts through the July 4 weekend and at this point all of the project cost is covered by contributions, with any additional gifts received used to provide a tithing gift to Courage House

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. 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).

# Steve's Science Tidbits

## Hooray For Chocolate

I used to joke that someday they'd discover chocolate is a health food. Preposterous, I know, but I'm here to tell you that day has come! But before you run out to binge on it, there are some important caveats.

First a definition. True chocolate must meet specific minimum percentages of cocoa solids and cocoa butter derived from the cacao bean. If a chocolate candy bar uses vegetable fats or falls below the thresholds of cocoa derivatives, for "true" chocolate bars, it must be legally labeled as "chocolate-flavored, or "chocolate-coated." Because of the soaring cost of cacao beans, true chocolate bars are becoming much less common, with the chocolate replaced by high levels of sugar and unhealthy fat. I've found that the cheapest "chocolate bars" bear little resemblance to true chocolate.



In true chocolate bars, the higher the cacao content, the "darker" and healthier they become. This is because as the cacao content rises, the sugar content falls. Hershey chocolate bars contain 11% cacao, only 1% higher than the minimum, and rely more on milk solids and sugars. Much better options are 70% and 85% cacao dark chocolates that have much lower sugar content and no milk solids.

Consumption of animal products with high levels of saturated fats are generally unhealthy, as these fats can impair the liver's ability to clear cholesterol from the bloodstream, leading to high levels of LDL ("bad") cholesterol. This excess LDL builds up as plaque in the arteries, severely increasing the risk of heart disease and stroke.

With dark chocolate, the higher the cacao percentage, the higher the saturated fat level. Consequently, you would naturally assume that high percentage cacao bars are also very unhealthy, but you'd be wrong.

Plant saturated fats are different; they contain medium-chain triglycerides that are easily absorbed, sent directly to the liver and quickly burned for energy. Animal saturated fats, however, are made up of long-chain triglycerides that raise circulating levels of LDL (bad) cholesterol. In addition, plant fats are packaged alongside other beneficial nutrients, including polyphenols and phytosterols that research has shown lowers blood pressure, improves insulin sensitivity, boosts brain function and feeds beneficial gut bacteria.

**Continued on the next page**

## Birthdays & Anniversaries

### Birthdays

Jeremy G. 6/28	Gabby R. 7/8	Mary C. 7/20
Andrew K. 6/28	David Y. 7/8	Lynda Y. 7/21
Rich D. 6/30	Teagan L. 7/8	Hunter F. 7/21
Kyle C. 7/1	Ellyn S. 7/11	Jase F. 7/21
Vince P. 7/1	Anne M. 7/11	Keston S. 7/23
Jeff P. 7/1	Kevin S. 7/14	Callie S. 7/23
Hadley P. 7/2	Lilly S. 7/15	Michael C. 7/23
Tony F. 7/3	Bella B. 7/18	Jeff K. 7/23
Tyler R. 7/4	John R. 7/19	Don S. 7/25
Carole S. 7/5	Tyler F. 7/19	John Y. 7/28
Tom E. 7/6	Norm W. 7/19	Hayden P. 7/29
Lorna S. 7/8		Douglas J. 7/31

### Anniversaries

Kim and Sue M. 6/26	Steve and Sherry D. 7/7
Dave and Lora M. 6/26	Chasity and Scott B. 7/16
Jeff and Marja K. 7/1	Joe and Nancy D. 7/31
Luke and Shauna J. 7/6	

## Chocolate

### Continued from page 14

One of the magical compounds in cacao is stearic acid. Unlike those found in animal fat, this saturated fatty acid does not raise harmful LDL cholesterol and may even lower it! Once absorbed, much of it is rapidly converted in the liver into oleic acid, which is a heart-healthy, monounsaturated fat--one of the most important for overall biological function and disease prevention.

Because of the health benefits of dark chocolate, I make it a daily part of my diet. To reap the best benefits, select chocolate with at least 70% cacao (or cocoa) and limit consumption to 10-30 g/day. My choice is 85% cocoa from Aldi. It costs half as much as Lindt without sacrificing any taste, plus it comes in pre-wrapped segments, each 25 g bar containing 3g fiber, 3g sugar and 6g saturated fat.

**Steve Downs**

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)

12012 West North Avenue  
Wauwatosa, WI 53226  
(414) 258-0456  
[parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)



[mtzionlutheran.org](http://mtzionlutheran.org)  
[facebook.com/mtzionlutheran](https://facebook.com/mtzionlutheran)  
[instagram.com/mtzionlutheran](https://instagram.com/mtzionlutheran)  
[youtube.com/mtzionlutheran](https://youtube.com/mtzionlutheran)