



June 21 2026

Grace Notes

IN THIS ISSUE...

News and Updates

[Page 2](#)

Welcome, Pastors

[Page 5](#)

Home of the Brave

[Page 6](#)

Stewardship Update

[Page 8](#)

Newsletter Changes?

[Page 9](#)



Happy Father's Day!

Whether you're a poppa
who cooks and cleans and cuddles or a dad
working third shifts and extra shifts,
Your caregiving is appreciated here.

Whether you're a father proudly smiling at
the stage door or a dad loudly
cheering from the sidelines
your support style is appreciated here.

Whether you're a new dad,
a seasoned pro, or an empty nester,
Your insights are appreciated here.

May the love you give
be cherished now and always.

Thanks, dads!



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12012 W North Ave

Wauwatosa, WI 53226

Kidz Cave Cuts Ribbon!

On Monday, June 15, Kidz Cave officially opened their doors with a ribbon cutting ceremony. The mayor of Wauwatosa was in attendance as speeches were given and oversized novelty scissors cut through the red ribbon.

Congratulations, Kidz Cave!



June Mission of the Month

Courage House

The planned Forum with Courage House staffer, Alisha Hart on June 28 has been rescheduled for **Sunday, July 12**. Mark your calendar for this Forum that will detail the work of Courage House and their work with LGBTQ+ youth and young adults.

Courage House. A community grounded in safety, affirmation, and support, where wLGBTQ+ youth are empowered to grow. Courage+ is the resilient, evolutionary family of change agents for LGBTQ+ youth and young adults, that cares for the full person to help them turn internal safe spaces into external brave spaces.

June 21 to June 28

Sun June 21	Happy Father's Day! 9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012 5:00pm MZY Night	
Mon June 22	7:00pm Book Club 7:00pm NA 12 Step Group Fellowship Hall Vacation Bible School	
Tues June 23	Noon AA 12 Steps Meeting Upper Room 6:30pm Troop 27 Meeting 6:30pm Hands of AA 12-Step Meeting Upper Room 7:00pm Outreach Committee Meeting	
Wed June 24	10:00am Pastoral Care Hours Office (<i>Until Noon</i>) 12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donation Drop-Off	
Thurs June 25		
Friday June 26	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100 6:00pm Young Adult Night Off-site	
Sat June 27	8:30am Tosa Cares Donation Drop Offs	
Sun June 28	9:30am Sunday Worship Service 10:40am Faith Forum 5:00pm Confirmation	
Next Week	The 250th birthday of the United States!	

Commemorations

**Onesimos Nesib, translator, evangelist, died 1931
Sunday, June 21, 2026**

Onesimos was born in Ethiopia. Captured, enslaved, and taken to Eritrea, he was there freed by Swedish missionaries. He converted to Lutheranism. He was educated at the Johannelund Seminary in Sweden for five years. He translated the Bible into his native Oromo and returned to preach there.



Today's Volunteers

Altar Care: Susan Kenny and Lilly Snow

Assisting Minister: Janet McCarthy

Acolyte: Gabby Riccaboni

Lector: Lora Marheine

Communion bread: Lora M.

Communion wine: Gabby Goll, Refilwe Magasa, Janet McCarthy

Ushers: Dave Nelson and Dave Fohr

Audio/Visual: Brenda and Mike Marciniak

Greeters: Carl and Karen Engelhardt

Tellers: John Link and Roy Durrenberg

Access the Worship Volunteer Schedule at: 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



414-258-0456



Fill out a prayer
card in-person

Welcome, Pastors!

We would like to give a great, big Mt Zion welcome to our summer supply pastors while Pastor Tyler is out on sabbatical. Rev. David Schoob and Rev. Marilyn Miller will be leading us in Sunday worship and Wednesday Bible study. They will provide Pastoral Care during office hours on Wednesdays from 10-12.



Pastor David served 28 years at Trinity Lutheran alongside his wife and fellow pastor Cristy Schoob. Pastor David's son, Nick, previously served as the bridge pastor at our partner church, Reformation Lutheran, and has since taken a call in Alaska. Pastor David is an avid gamer, playing board games and Dungeons and Dragons with family and friends and his prior congregation!

Want to read more about Dungeons and Dragons in Church?
Check out the Living Lutheran article here:

[Holy rollers | Living Lutheran](#)



Rev. Marilyn Miller grew up right here in Milwaukee! With degrees in Education and years spent working in universities, Rev. Miller still has a deep passion for teaching and learning. She went back to school as a second career candidate at Wartburg Theological Seminary. She continued to work with education and teaching in some capacity during her ministry having worked as a consultant for anti-racism training and serving on the board for MICA. She has since retired but continues to be involved throughout the Synod. She was featured in the 2025 Synod Assembly Devotional videos.

Want to hear what Rev. Miller has to say about compassion?
Check out her video here: [Synod Assembly 2025: Devotion 1](#)

20 Years of RIC

Did you know? The tradition of playing the National Anthem gained popularity after it was used to raise morale at a game between the Chicago Cubs and Boston Red Sox in 1918, in the midst of World War I. Just as it did back then crowds cheer at the last line, "O'er the land of the free, and the home of the brave".

In this country, it is no wonder we tend to think of our nation's military when the national anthem is played. After all, the lyrics were penned by Francis Scott Key as a direct result of the War of 1812. The phrase "The Land of the Free because of the Brave" is synonymous with those who have worn the uniform.

250 years ago, Through incredible acts of selfless bravery, this country secured its freedom as a nation. Yet, through incredible acts of selfless love, this country, in order to form a more perfect union, secured the freedoms for all in this manner will secure the country's future.

Twenty years ago, our nation's military adhered to a policy called, "Don't Ask. Don't Tell." Under this federal policy, LGBTQ+ military service members, pursuing freedom for so many others, could not be free to be their most authentic self. Leaders feared it would lower troop morale. Servicemembers could not disclose if they were LGBTQ+ and could be discharged from service if they were outed.

Twenty years ago same-sex marriage had not been nationally legalized. In fact, in November of 2006 Wisconsin voted to ban same-sex marriage.

Twenty years ago, the United States was still reeling from the brutal murder of a gay man named Matthew Shepard. Federal hate crime laws would not be passed for another three years.

And still...

Twenty years ago, Mt Zion became a Reconciling in Christ congregation. A congregation which welcomed and advocated for the full inclusion of our LGBTQIA+ siblings within and across the church. Our congregation came out to boldly proclaim that for all the ways someone identifies, they're welcome within these walls. One's most authentic, self is **free to simply exist** here.

Twenty years ago, Mt Zion was one of a few dozen RIC congregations. Today, there are over 1,000 RIC congregations across the country with 100 in Wisconsin and over 30 of them right here in the Milwaukee area!

Congratulations, and thank you, Mt Zion for

your enduring legacy to keep this church open and accepting for all. It is a loving thing you do, to ensure the full, authentic freedoms of our LGBTQIA+ siblings.

We are in God's home of the free — because of the brave.



Jessica Monahan

This Monday!



Dates

June 22-26

Times

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

Location

Mt Carmel Lutheran
8424 W Center St
Milwaukee



**Starts
Monday**



Stewardship Update

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.



Here is an update of the project cost including recent changes to the needed organ repairs, and the additional funds that we are trying to raise:

- Building Tuckpointing \$11,800
- Organ Pedalboard Repair \$2,970
- Organ 1995 Great Manual Bellows Repair \$7,200
- Project Cost \$21,970
- Gift to Courage House \$2,200
- Fundraising Goal \$24,170
- Funds Raised through 6/18/26 \$21,180
- Additional Contributions Needed to Meet Goal \$2,990
-

Work is currently starting on the projects indicated above, and we will continue our fundraising efforts through the July 4 weekend.

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.

Newsletter Changes

The Grace Notes may look a little different this summer.

In October, Microsoft Publisher, the computer program Jess uses to create the weekly newsletter, will no longer be available to use. Jess is looking for a suitable solution that will not cost money; she can learn to use with relative ease; and has the features we need for church.

So, there may be different page layouts, text styles, and other visual differences than we are used to in the weeks, or months, to come.

- ♦ She's looked into Scribus but formatting text from an outside source can be tricky. Considering much of what is provided is copy and pasted from other sources (emails, Word documents, ELCA website, etc.) this might not be the best option for our needs.
- ♦ Affinity is an option she will try. So far it looks like an extremely intense version of a computer art program Jess liked to play around with back in 1994 called Kidpix.
- ♦ Microsoft Word claims to have the same features of Publisher, but Jess is still skeptical after decades of struggling to place a single photo in a Word document without everything moving out of place.

Thank You!

Thank you for all your prayers for my mom with her shoulder pain and subsequent shoulder surgery. The surgery went well and the doctor is happy with the post-op visit.

We visited my parents last weekend and she was happy to see us. Although she's still exhausted, she's relieved her right shoulder is no longer in the severe pain it was before the surgery. She looks forward to when she can have her left shoulder operated on and also looks forward to getting more than three hours sleep at a time.

My dad looks forward to playing golf again, but he's reluctant to leave my mom's side. He's been cleaning, caring for my mom, and even trying his best to cook. He still has his sense of humor and spent the day we visited playing with his granddaughter. It was probably a nice break for him to kick the ball around, even though I'm sure he's exhausted, too. My dad is amazing and the world is a better place because he's in it. Happy Father's Day, Dad!

Again, thanks for all your prayers and support!

Jess Monahan

Steve's Science Tidbits

The Surprising Effect of Adding a Healthy Food Option to a Fast-Food Menu

You may have heard about Don Gorske, the man living in Fond du Lac, WI who tasted his first big mac in 1972 and has been eating two every day ever since. He holds the world's record, having consumed over 35,000 over this period. You'd think he would have keeled over of a heart attack long ago, but he is actually quite healthy, with super low cholesterol levels. His secret? It helps that he skips breakfast and mostly just eats the burgers without any fries or soft drinks, thus minimizing the consumed calories, plus he walks 6 miles each day. Doctors also say he has unusual genetics that helps prevent serious health issues.

But most people don't have that kind of discipline or genetic makeup, and for them a steady diet of fast food is a recipe for disaster; the high fat and calories lead to unhealthy weight gain and serious cardiovascular issues. It is for this reason that in 2010 the Affordable Care Act was passed that included a federal mandate for chain restaurants with 20 or more locations to disclose calorie counts on menu boards to aid customers in making healthy choices. Subsequent government pressure took a step further with strong suggestions that these restaurants also provide "healthy" alternatives that often included some kind of salad. Surely this would encourage people to achieve a healthier diet.

Interestingly, in a series of experiments, researchers at Duke University carried out some sociological experiments that tested their contrary concept of "vicarious goal fulfillment," in which having the opportunity to act in a way that fulfills long-term objectives -- for example, eating healthier -- fulfills a person's goal, even if he or she doesn't actually make that healthier choice. They hypothesized that people would choose the worst option on a menu more frequently when that menu included a food that represented a healthy goal, compared to when they were presented with a menu that included primarily a range of less-healthy options.

The amazing results consistently supported their hypothesis. When 70 undergraduates were tested, 37% chose a bacon cheeseburger when the alternatives included a veggie burger or chicken or fish sandwich; however, without the veggie burger on the menu, only 17% chose the bacon cheeseburger.

Similar results occurred with side dishes. When salad was included with French fries, chicken nuggets, and baked potato, significantly more people chose fries. Or desert: when low-cal oreo cookies were added to the choices of regular oreos, golden oreos or chocolate-covered oreos selection of chocolate-covered oreos shot up.

These types of experiments have been repeated by others with consistent results, demonstrating that the brain can be a crazy, illogical place. By merely seeing a healthy food item on a menu or observing some other person consuming that item, a person can unconsciously feel a goal (healthier eating) has been met.

Birthdays & Anniversaries

Birthdays

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

Anniversaries

Mike and Amy K. 6/1	Carl and Karen E. 6/23
Roy and Linda D. 6/10	Kim and Sue M. 6/26
Kim and Norm W. 6/12	Dave and Lora M. 6/26
Jesse M. and Kate W. 6/17	

Second Place!



Congrats to Joe H. who took silver at the State Special Olympics competition!

Joe threw the javelin 14.65 meters to take second place in the event!

He also ran 100 yard dash in 21.27 seconds. He took sixth place for that event.

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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Dave Nelson

Linda Havlicek
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**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

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