



July 26 2026

Grace Notes

IN THIS ISSUE...

Outreach for Hope

Page 2

SALT Lunches Photos

Pages 5 & 6

Book Club

Page 7

School Supplies Drive

Page 8

Steve's Science

Tidbits

Page 11



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226



Summer Outing

Sunday, July 26 at 2:00pm
Grant Park/Seven Bridges Trail

Join Mt Zion friends and neighbors for a relaxing hike through Grant Park/Seven Bridges in Milwaukee. Located along Lake Michigan, we'll explore wooded areas, streams, and yes, many bridges. The trail will lead us to the beach, so we can up our feet in the water! It's expected to be in the 90s on Sunday, so taking solace in the shade of the trees before splashing on the beach might feel nice!

Bring water, healthy snacks, sunscreen, and bug spray. Wear tennis shoes with socks or hiking sandals if you have them.

Jess will bring first aid supplies for minor cuts and such. Bring your personal inhaler, epipen, diabetic supplies.

Outreach for Hope



Come Out to Panera for Outreach for Hope!

Eat at Panera and support life-giving ministries serving low-income communities. ♥

**Waukesha**
Thursday, July 30
4–8 p.m.
The Shops at Fox River,
1170 W. Sunset Dr.

**Mequon**
Friday, July 31
4–8 p.m.
Mequon Road location

Present a fundraiser flyer when ordering to receive 30% of qualifying sales.

Use code **FUND4U** at panerabread.com, in the Panera App, or at the kiosk in-cafe.



OUTREACH FOR HOPE

RIDE RUN WALK 2026
HOPE ON THE MOVE

19th Annual Outreach for Hope Ride Run Walk

Saturday, Sept. 26 @ Four Event Sites:
Grafton • Milwaukee • Waukesha
Kenosha (**NEW location: Site #4 Petrifying Springs**)

As always, there is NO CHARGE for this event!

Together, let's raise \$175K for grants to ministries serving communities experiencing material poverty in the Greater Milwaukee Synod, ELCA.

- Bike rides, a walk and 5K run (route options vary by site)
- Picnic lunch and fellowship with friends from other churches
- Celebrate progress towards our \$175K fundraising goal
- Hear stories of impact from OFH Ministry Partner leaders



SCAN ME



Register at

OFHRRW.org

(Registration opens July 1)

Questions? Contact us at 414-671-1212 or penny@outreachforhope.org

July 26 to August 2

Sun July 26	9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012 2:00pm Hike at Grant Park/Seven Bridges
Mon July 27	7:00pm Book Club 7:00pm NA 12 Step Group Fellowship Hall
Tues July 28	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room
Wed July 29	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 July 30	
Friday July 31	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Aug 1	9:00am Women of Heart Bible Study
Sun Aug 2	9:30am Worship Service Communion at the Rail 5:00pm Community Dinner

Commemorations

Olaf, King of Norway, martyr, died 1030

Wednesday, July 29, 2026

Considered the patron saint of Norway, Olaf went from a life of piracy to becoming Christian and declaring himself king of Norway. He revised the laws and tried to administer them fairly. Driven from Norway in a rebellion, he was killed in the battle of Stiklestad trying to regain his kingdom.



Today's Volunteers

Altar Care: Gloria and Kevin Caruana

Assisting Minister: Lora Marheine

Acolyte: Arlo Johnston

Lector: Refilwe Magasa-Bockhorst

Communion bread: Refilwe M.

Communion wine: Jen Johnston, Liz Anderson, Lora M.

Ushers: Carl and Karen Engelhardt

Audio/Visual: Mike and Brenda Marciniak

Greeters: Bob and Nancy Schrap

Tellers: Ellyn Steinke and Carl and Karen E.

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

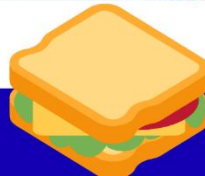
 414-258-0456

 Fill out a prayer card in-person

Reformation SALT Lunches

S.A.L.T. LUNCHES

Thanks to Mt. Zion's May Mission , 230 lunches were made and delivered, and funding for the Reformation summer youth ministry program is supported. Thank you Mt. Zion. Thank you volunteers Dave, Karen, Jerry, Mavis, Gloria, Grace, Vince, Bob, Tom, Linda



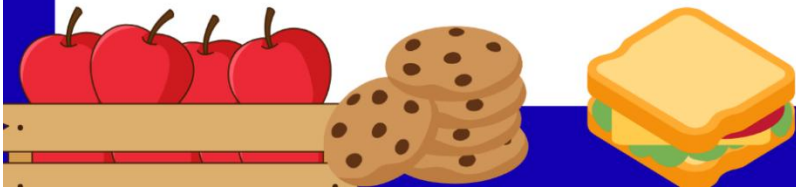
Reformation SALT Lunches



S.A.L.T. LUNCHES



**Meeting some participants
and getting ready for lunches
provided by Mt Zion**



Book Club

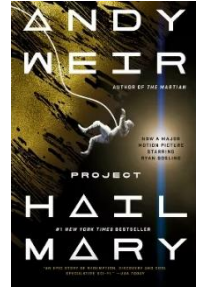
Book Club
7:00pm
Hearth Room

Project Hail Mary

Andy Weir

Astronaut Ryland Grace is the sole survivor on a desperate, last-chance mission – and if he fails, humanity and the earth itself will perish. Except that right now, he doesn't know that. He can't even remember his own name, let alone the nature of his assignment or how to complete it. His crewmates dead, his memories fuzzily returning, Ryland realizes that an impossible task now confronts him. Hurtling through space on this tiny ship, it's up to him to puzzle out a scientific mystery – and conquer an extinction-level threat to our species. And with the clock ticking down and the nearest human being light-years away, he's got to do it all alone. Or does he?

Host: Erik Peterson



Community Dinner

Free Community Dinner

Sunday, August 2
5:00pm

Mt Zion Lutheran Church
12012 W North Ave, Wauwatosa



It's free but R.S.V.P.

so we can set a place
 for you and accommodate
 dietary restrictions:

<https://bit.ly/4dSqyz>
 Or

Call church at 414-258-0456

Scan the QR code here ----->



Are you able to help cook food,
 set up tables, or clean up dishes?

If you can volunteer time or food,
 please contact Jess at
parishadmin@mtzionlutheran.org

July Mission of the Month



Donate Supplies or
let Tosa Cares shop for you with
your monetary donations



Supplies Needed:

- Backpacks
 - any size and shape
- Small glue sticks
- Pens and pencils
- Pink erasers and
- Pencil top erasers
- Wide washable markers, highlighters, and thin markers
- Two pocket folders
- Notebooks
 - wide and college ruled
- Packs of lined paper
 - wide and college ruled

We Are America

July is Disability Pride month, where we have the opportunity to better understand the culture of people with disabilities and celebrate their contributions to society.

People with Disabilities in America

Dorothea Dix

Throughout the 1700 and 1800s, individuals with disabilities were frequently cared for by the community. Families may not have been able, financially or physically, to care for a loved one with a disability. So those people were sent to alms houses and poor farms. Yet, that care was far from effective, or even compassionate. Dorothea Dix “became devoted to the welfare of the mentally ill after witnessing their inhumane treatment at the East Cambridge House of Correction in Massachusetts in 1841.” ([Britannica.com](https://www.britannica.com)) People, including children, with physical and cognitive disabilities were housed alongside prisoners and debtors in dark, filthy buildings with little regard for clothing, heat, or waste. Dorothea’s efforts over 40 years did result in healthcare reform and more than a dozen state hospitals across the country!

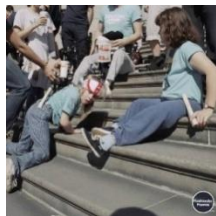
[Disability History: Early and Shifting Attitudes of Treatment \(U.S. National Park Service\)](https://www.nps.gov/learn/education/disability-history/early-and-shifting-attitudes-of-treatment)

Despite progress toward better treatment, people with disabilities were still seen as having problems to be fixed and were often not included in the conversation about how to accept and include people with disabilities into the broader society.



Jennifer Keelan-Chaffins

In March 1990, at the age of 8, Jennifer Keelan-Chaffins pulled herself up out of her wheelchair and joined in a ground-breaking protest. Born with Cerebral Palsy, her disability limited access to the world around her, both through physical barriers and societal barriers. She joined thousands of other protesters who, unable to walk, held a Capital Crawl up the steps to the US Capitol. And as this Jennifer pulled herself up step after step, she remarked, “I’ll take all night if I have to.” The protest demanded, “The passage of the Americans with Disabilities Act” ([Pbs.org](https://www.pbs.org)), which would help people with disabilities be more included in society. The efforts of the Capitol Crawl put pressure on President George H.W. Bush and just months later, on July 26 he signed the ADA into law! The ADA has been used as a global model and “since 200, 181 countries have passed disability rights laws inspired by the ADA” ([amightygirl.com](https://www.amightygirl.com))



We Are America

Ron Mace

After contracting polio at the age of nine, Ron Mace used a wheelchair to help him get around. Yet, building accessibility was far from common. He had to be carried up and down the stairs of North Carolina State University while he studied architecture. He worked to help pass the ADA and the Fair Housing Amendments Act which supported people with disabilities. But he also helped develop the concept of Universal Design, which helps both individuals with physical, developmental, visual, and auditory disabilities, neurodivergent individuals, and able-bodied people. Mace believed, “that accessibility features could make life easier for both disabled and nondisabled individuals. ([Britannica.com](https://www.britannica.com))



Check out the seven principles for Universal Design here:
[Universal Design Principles | RL Mace Universal Design Institute Udinstitute.org](https://www.udinstitute.org)

Where do you see Universal Design provided around Mt Zion?

Check out our admin wing door handles for an example!

Where would you like to see more?

Worship? Grace Notes? Physical features around the building?

Do you notice any Universal Design in your daily life?

Motion Sensor sliding doors! Password confirmation! Desks with writing surfaces that don't just favor right-handed individuals!

Marlee Matlin

Fans of the show “The West Wing” will recognize Marlee Matlin as Joey Lucas, who made her mark on Washington DC, and 1990s television. But Marlee Matlin made her mark on Hollywood back in 1986 with her role in “Children of a Lesser God”. She became the youngest person to win an Academy Award (21 years old) and the first Deaf person to win an Oscar! She has put her fame to work and advocated for the Deaf population. In the late 80s she pushed for, “legislation that would require new TV sets to be equipped with closed captioning circuitry.” ([PBS.org](https://www.pbs.org)). She has served as an ACLU ambassador to help law enforcement with the Deaf community and in 2020 supported efforts to have the White House provide onscreen ASL interpreters at press conferences ([PBS.org](https://www.pbs.org)). And she's still acting! And writing books! And directing!



Steve's Tidbits

The Curious Relationship Between Protein Intake and Age on Muscle Formation

As we advance through middle age and beyond, we progressively lose more muscle mass, a phenomenon called *sarcopenia*. This is a very serious health issue among the elderly, because a person's strength is compromised, making them susceptible to falls and potentially serious injury. Every year at their annual Medicare physical, patients are asked the same question—"Have you fallen recently?"

Sarcopenia is due to a curious condition known as *anabolic resistance*. When we are younger, our bodies are efficient at using dietary protein to build new muscle. This results from an anabolic mechanism whereby small protein building blocks--amino acids-- are built into complex muscle protein molecules. However, in our older years, because of anabolic resistance, this ability to stimulate muscle protein synthesis (MPS) becomes seriously compromised and our muscle mass decreases.

The bottom line is that in our advanced years, consuming the same amount of protein that supported muscle growth in our younger years is now insufficient to do the same in our aged muscle. The resulting sarcopenia is difficult to combat.

A landmark study in 2015 put precise numbers on the problem: older men (average age 75) had a 16% lower MPS rate after a meal compared with young men (average age 25), and the younger men had a 3-fold greater MPS response to a fixed amount of protein.

Another 2015 study determined that older men require approximately 0.4 grams of protein per kilogram of body weight per meal to maximally stimulate MPS, whereas MPS peaks out at only 0.24 g/kg per meal in younger men. Put another way, older men require 67% MORE protein for the SAME MPS level. Thus, two people with the same body weight can have completely different protein requirements based on age.

Nevertheless, anabolic resistance is not an inevitable consequence of aging. A 2025 study showed that the situation is not necessarily hopeless for the elderly. Lean, healthy and physically active older men retain full anabolic capacity and MPS comparable to much younger men when they get (1) adequate protein and (2) an exercise stimulus.

Anabolic resistance is accentuated by a sedentary lifestyle, being obese and/or living with chronic inflammation. Inflammation leads to oxidative stress and is often accompanied by increased insulin resistance, which promotes muscle cell resistance to every anabolic signal, including protein.

It is important to stress that it is not sufficient just to eat more protein. A 2022 study confirmed that protein supplementation alone, in the absence of resistance training (eg, lifting weights) produces zero significant increase in muscle strength. Exercise is required. Protein is the fuel.

Another detail is that plant proteins are not as efficient as animal protein. Consequently, due to reduced digestibility of plant sources, vegetarians need to eat 20-25% more plant proteins to achieve comparable results with muscle synthesis.

Steve Downs

Birthdays & Anniversaries

Birthdays

Kyle C. 7/1
 Vince P. 7/1
 Jeff P. 7/1
 Hadley P. 7/2
 Tony F. 7/3
 Tyler R. 7/4
 Carole S. 7/5
 Tom E. 7/6
 Lorna S. 7/8
 Gabby R. 7/8
 David Y. 7/8

Teagan L. 7/8
 Ellyn S. 7/11
 Anne M. 7/11
 Kevin S. 7/14
 Lilly S. 7/15
 Bella B. 7/18
 John R. 7/19
 Tyler F. 7/19
 Norm W. 7/19
 Mary C. 7/20

Lynda Y. 7/21
 Hunter F. 7/21
 Jase F. 7/21
 Keston S. 7/23
 Callie S. 7/23
 Michael C. 7/23
 Jeff K. 7/23
 Don S. 7/25
 John Y. 7/28
 Hayden P. 7/29
 Douglas J. 7/31

Anniversaries

Jeff and Marja K. 7/1
 Luke and Shauna J. 7/6
 Steve and Sherry D. 7/7
 Chasity and Scott B. 7/16
 Joe and Nancy D. 7/27

Handbell Concert

Thursday, July 30, 2026 • 7:00 pm

Directed by Sandra Eithun

St. John's Lutheran Church • 20275 Davidson Road • Brookfield, WI

This unique concert is free and open to the public. Both sacred and secular selections will be performed with guest musicians joining the handbell choirs on piano, flute and percussion.

All are welcome! Bring your friends!

Free Will Offering to benefit the Waukesha Food Pantry and St. John's Handbell Ministry

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

Parish Administrator
Jess Monahan
parishadmin@mtzionlutheran.org

Director of Choirs
and Contemporary Music
Danielle Lawson
choirs@mtzionlutheran.org

Director of Traditional Music
Mark Schroeter
music@mtzionlutheran.org

Office Volunteers
reception@mtzionlutheran.org

Website
website@mtzionlutheran.org

Leadership Board

Mike Marciniak, Secretary
boardsecretary@mtzionlutheran.org

mtzionlutheran.org
facebook.com/mtzionlutheran
instagram.com/mtzionlutheran
youtube.com/mtzionlutheran

Church Office Hours Monday — Friday 10:00am — 3:00pm
Stop by in-person, call 414-258-0456,
or email parishadmin@mtzionlutheran.org

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,
or email parishadmin@mtzionlutheran.org