



Grace Notes

August 16 2026

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Goodbye, Danielle

On Sunday, August 23 we will have a special blessing for our Director of Choirs and Contemporary Music, Danielle Lawson. After 4 years with Mt Zion, Danielle will be leaving to focus on her full-time position as a music teacher and on her upcoming wedding.

We have been truly blessed to have Danielle lead us with her singing and piano playing. We are grateful for her commitment to the Voices of Zion and Festival Bells choirs with exciting song styles and lyrics that blended seamlessly with the Gospel.

Thank you, Danielle!
We will miss you!



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12012 W North Ave
Wauwatosa, WI 53226

Out of the Office

Church Administrator Jess Monahan will be
out of the office

August 17 – August 21.

There will be no Grace Notes for Sunday August 23.

The weekly calendar for both

August 16 and August 23 have been printed in this edition.

Jess will return to the office August 24.

Pastor Tyler will be returning from sabbatical on September 1.

Labor Day 2026



A friendly reminder that this year Labor Day is September 7.

Labor Day is set for the first Monday of September.

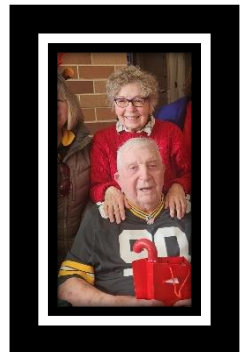
With the first day of September falling on a Tuesday this year,
the holiday feels later than typical.

With Sympathy

We were saddened this week to hear of the passing of Sheldon Rusch. Shelly was a long-time member of Mt Zion who enjoyed the annual Christmas Caroling group who visited him at the Congregational Home. From the dairy farm where he grew up, Shelly went on to study at UW on a baseball scholarship. Shelly spent 40 years teaching and coaching in Wauwatosa schools. Please keep his wife Diane, his sons, grandchildren, and friends in your prayers at this difficult time.

**Visitation will be held at Mt Zion
Friday, August 21 from 10:00am to Noon
Memorial Service at Noon at Mt Zion.**

<https://www.schmidtandbartelt.com/obituaries/detail.aspx?id=20204>



August 16 to August 23

Sun Aug 16	9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012
Mon Aug 17	6:00pm Leadership Board Meeting 7:00pm NA 12 Step Group Fellowship Hall
Tues Aug 18	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room 6:30pm Outreach Meeting New Conf. Room
Wed Aug 19	8:30 am Health Clinic at Courtyard Apartments 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 Aug 20	
Friday Aug 21	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Aug 22	8:00am Aldrich Family Blood Drive
Sun Aug 23	9:30am Worship Service
Next Week	Young Adults Group

August 23 to August 30

Sun Aug 23	9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012
Mon Aug 24	7:00pm NA 12 Step Group Fellowship Hall
Tues Aug 25	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room 6:30pm Troop 27 Meeting Hearth Room
Wed Aug 26	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 Aug 27	
Friday Aug 28	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100 6:00pm Young Adult Night Off Site
Sat Aug 29	
Sun Aug 30	9:30am Worship Service
Next Week	

Volunteers for August 16

Altar Care: Andy, Jen, and Talula Johnston

Assisting Minister: Erik Peterson

Acolyte: Gwen Anderson

Lector: Janet McCarthy

Communion bread:

Communion wine: Nancy Di Giacinto, Erik P., Gwen A.

Ushers: Dave Fohr and Rick Pearson

Audio/Visual: Joe Di Giacinto and Jack Johnston

Greeters: Kent and Margie Spicer

Tellers: Roy Durrenberg and John Link

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

Volunteers for August 23

Altar Care: Susan Kenny, Lilly Snow, and Edie Di Giacinto

Assisting Minister: Linda Ertel

Acolyte: Emmett Johnson

Lector: Lora Marheine

Communion bread: Lora M.

Communion wine: Tom and Linda E. and Joe Di Giacinto.

Ushers: Tom Ertel and Cody Di Giacinto

Audio/Visual: Luke and Shauna Johnson

Greeters: Nancy Kohl and Jenny Hawes

Tellers: Carl and Karen Engelhardt and Ellyn Steinke

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

From Bishop Erickson

In recent weeks, our neighbors to the west have experienced the violence of the death of Corey Ruiz at the hands of Madison police officers, and our neighbors to the north have experienced the violence of a massive tornado that did significant damage in the Fox Valley. Each tragedy has its unique dynamics and impact, and I am mindful that they may stir up a variety of responses in us.

As we take note of the prayer vigils and the encampment in Madison that has followed the shooting of Corey Ruiz, I am struck by the echoes of the many situations in which people of color have lost their lives at the hands of law enforcement, including the death of Sylville Smith 10 years ago this week, which led to days of unrest in the Sherman Park neighborhood.

As I have met with and spoken to leaders in the East Central Synod of Wisconsin (their bishop is currently on sabbatical), I have been struck with how that situation brings back memories of the massive damage wrought by the storms and floods in our area last August. As it turns out, the wisdom and experience we gained and some of the funds that we raised have been a valuable resource as we have worked to accompany them in their response.

While each of us may respond differently to these and other traumatic events, based on our own life experiences, I invite us all to pause, reflect, and pray for all whose lives have been upended, for all who continue to be traumatized by natural disasters and human sin, and for those for whom the echoes of past traumas may reverberate more strongly. We are all connected, as the body of Christ in the world and as the whole human family, and the apostle Paul reminds us that “if one member suffers, all suffer together with it.” (I Corinthians 12:26) And then, after we pray, allow the Holy Spirit to move in and among so that we may respond in helpful and healing ways, listening to the stories of others, sharing our resources with those who are struggling, and working to bring an end to unjust systems and behaviors.

Bishop Paul Erickson

Incarnation Fundraiser

Incarnation Lutheran
will be at Sendiks and on the grill making:
Burgers, Brats, and Hot Dogs
Sunday, August 16
8616 West North Avenue
11AM to 4PM



We will be grilling to help pay for our roof
Meet your fellow Lutherans while getting your Sunday meals
(Why work hard? Treat yourself to good food at good prices
and help Incarnation at the same time!)

Ride, Walk, Jog



**OUTREACH
FOR HOPE**

SAVE THE DATE

SEPTEMBER 26, 2026

REGISTRATION OPENS JULY 1, 2026

RIDE RUN WALK 2026 | *HOPE ON THE MOVE*



See this week's email for details, updates, and ways to get involved.

Event locations

Ambassador updates

Registration details

Sign up to join Mt Zion's team and ride alongside our Treasurer, Joe Di Giacinto. He will be riding at the Waukesha location starting at 9:30am. You can also ride at the Grafton and Kenosha locations. Or you can walk or jog at the Washington Park, Waukesha, Grafton, or Kenosha locations. Come out and join this fantastic annual fundraiser which supports congregations and ministries throughout the synod!

God's work. Our hands.



Join us for a day of service!

Our congregation will soon engage in service work right here in our community. We are one of over 8,300 congregations participating in "God's work. Our hands." day of service. Across the country, thousands of members will work to make a positive change in our communities, build and deepen relationships and share God's love. Join us as we do God's work with our hands! Contact us for more information:

Mt Zion Lutheran Church

Saturday, September 19

Multiple projects to help with

at Mt Zion and in the community

More details to come!



August Mission of the Month



As our young people start college this month, please support our August Mission of the Month, Lutheran Campus Ministry. This ministry serves students at all Milwaukee area colleges, providing a safe space at the Corner House on the campus of UW-Milwaukee to share and deepen their faith and make healthy friendships. Worship services are Sundays at 5:30pm and Faith Formation is held Wednesdays at 6:30pm, working well into many students' schedules. Something extra special is the free breakfast offered Mondays between 9:00am and 11:00am for any student of any religious background.

Put "August Mission" or "Campus Ministry" in the memo line of your donation.

Is A River Sacred?

I've spent much of my ministry asking a simple but weighty question: how do we help faith communities understand the climate crisis not as someone else's problem, but as a call rooted in our own theological tradition?

That question is what led us here.

I'm thrilled to announce that Creation Justice Ministries is launching Creation Justice Courses! This is a new online platform offering accessible, high-quality education in environmental justice through the lens of historically marginalized Christian traditions. To put it simply, it's theology, history, and justice woven together for people of faith who are ready to go deeper.

This September, we're launching our inaugural live course: **"Is a River Sacred?"**—a conversation I'll be leading alongside Father Pete Nunnally. As we wade into the Season of Creation next month, this course asks what it means to treat rivers, watersheds, and water itself as sacred— and what that demands of us as people of faith and neighbors in our communities.

Registration isn't open yet, but it's coming soon. We're saving you a seat.

More details to come. I can't wait to learn alongside you.



In faith,
Derrick Weston
Acting Executive Director/
Director of Theological Education
Creation Justice Ministries



Steve's Science Tidbits

Fit or Lean—What is Best?

GLP-1 medications like Ozempic and Wegovy are all the rage these days, with weight loss front and center in health discussions. A large segment of the population believes that being fat is a ticket to morbidity and losing excess weight and keeping it off is a be-all and end-all for a healthy lifestyle. But recent research turns this idea on its head! The following is paraphrased from an article by Cyrus Khambatta, a metabolic health expert.

The metric that best predicts how long you'll live is not whether you smoke, have diabetes or high blood pressure, or are overweight. Rather, it's your cardiovascular fitness (CRF)-- a measure of how your heart, lungs and muscles work together to collect, deliver and utilize oxygen while maintaining extended physical activity.

When a study compared the mortality risk of veterans with low CRF against every major chronic disease and risk factor, being in the least fit category had a more than 4-fold (ie, 400%) increased risk of dying from any cause compared to the most fit individuals. By comparison, for example, cardiovascular disease carried a 50% increased risk, smoking 40%, diabetes 34% and cancer 33%.

Probably the most eye-opening finding is what happens when fitness is compared directly to body weight. An immense 2025 meta-analysis (encompassing many studies) of nearly 400,000 individuals found that overweight-fit and obese-fit individuals had no increase in all-cause mortality compared to normal-weight individuals. By contrast, normal-weight unfit individuals had nearly double the mortality risk. Thus, an unfit lean person faces a greater risk of early death than a fit person with obesity! Let that sink in a minute.

Nevertheless, that fact doesn't make weight irrelevant. Excess adiposity still drives insulin resistance and chronic inflammation, leading to high blood sugar, high blood pressure, elevated cholesterol and muscle loss. The bottom line is if you choose between weight loss and getting fitter, fitness wins out every time. Of course, if you choose both—even better.

So what does low CRF feel like? The American Heart Association defines it as falling below the 20th percentile for age and sex, corresponding to briskly climbing two-to-three flights of stairs. If you cannot do this without becoming dizzy or severely winded, you are likely in the low CRF category.

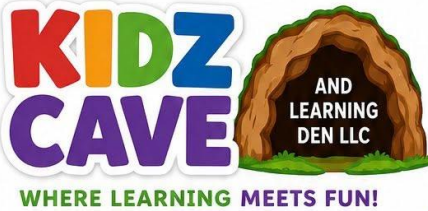
The good news is that even modest improvements in CRF yield disproportionately large survival benefits. For example, moving from the bottom 20th percentile to the 21st-40th percentile produces a larger mortality reduction than any other fitness transition.

A great misconception is that if you're overweight you can't be physically fit. These recent studies prove otherwise. The situation is never hopeless. A pill alone is not an easy fix, and appearance alone does not presuppose optimal health, at least in terms of morbidity risk. The fact that fit trumps lean should be encouraging to those who struggle with weight loss.

Steve Downs

Very Local Daycare

Kidz Cave infant rooms are now open! If you know someone who needs help looking after kids as little as 6 weeks, KidzCave right here at Mt Zion might be right for you!



NOW ENROLLING!

LIMITED SPACES AVAILABLE!

A safe, nurturing, and engaging environment where children learn, grow, and thrive every day.



LOCATION:

12012 W. North Ave
Wauwatosa, WI 53226



HOURS:

Monday – Friday
6:00 AM – 8:00 PM



AGES SERVED:
6 WEEKS –
14 YEARS



**TRANSPORTATION
AVAILABLE!**

OUR PROGRAMS

- ✓ Infant Care (6 Weeks & Up)
- ✓ Toddler Care
- ✓ Preschool Program
- ✓ Before & After School Care
- ✓ Summer Camp
- ✓ Homework Assistance & Tutoring
- ✓ Educational Activities
- ✓ Community Events



WHY FAMILIES CHOOSE US

- ★ Licensed & State Approved
- ★ Experienced & Caring Staff
- ★ Safe & Secure Environment
- ★ Nutritious Meals & Snacks
- ★ Flexible Scheduling Options



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\$150 REGISTRATION FEE PER CHILD

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TO LEARN MORE
AND ENROLL!**



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VISIT

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EMAIL

kidzcaveadmn@outlook.com



Learning Today. Leading Tomorrow.



Birthdays & Anniversaries

Birthdays

Brad H. 8/1
Jenny H. 8/2
Jada G. 8/4
Edie D. 8/5
Doris J. 8/5
Jesse M. 8/6
Tom W. 8/7
Quintin P. 8/8
Refilwe M. 8/10

Mia B. 8/13
Dom J. 8/13
Mark S. 8/17
Jennifer D. 8/17
Tammy C. 8/20
Vicki C. 8/21
Katie F. 8/21

Karen C. 8/21
Mickey F. 8/22
Megan B. 8/22
Jenni P. 8/24
Spencer J. 8/26
Amanda W. 8/28
Liz A. 8/28
Kurt K. 8/29
Grace B. 8/30
Julie B. 8/31

Anniversaries

Dave and Sara B. 8/2
Jenny and Brian H. 8/5
Liz and Adam F. 8/8
Mitch and Kelsey L. 8/11
Brad and Meghann S. 8/11
Erin M and Drae S. 8/11

Gloria and Kevin C. 8/14
Liz and Keith A. 8/15
Tom and Linda E. 8/16
Mavis and Jerry R. 8/21
Elmer and Loretta B. 8/25
Dave and Debbie F. 8/27

Join the Conversation

If you have recently added something for consideration to the Grace Notes, THANK YOU! It is a joyous thing to be in community with one another and our weekly newsletter is one way of staying in touch with people near and far throughout the congregation!

If you have not yet added anything, but you have something you want to say, please consider sharing it. It could be a moment where you found your faith grew...or your faith was challenged. It could be how much you liked a pastor's sermon. Or it could be a funny moment during coffee hour. If you would like to share that you'll be participating in an event soon (maybe a concert or game) let us know the details so we can come cheer you on!

Send it to Jess at parishadmin@mtzionlutheran.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

Pastor

The Reverend Tyler D. Rasmussen
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Chasity Brimeyer Linda Havlicek

Andy Johnston Dave Nelson
Bob Young

Joe Di Giacinto, Treasurer

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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