



Grace Notes

August 30 2026

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Prayer for Back to School

Dear God,
As we begin another school year, we ask you to bless all students, teachers, staff, coaches, bus drivers, and parents. Keep them safe, well fed, and healthy.

Bless children with the eagerness to learn, that their world may be filled with wonder, empathy, and love.

Deepen the patience, compassion, and coffee cups, of teachers, staff, and parents.

Amen.

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First Time in 100 Years!

For the first time in over a century, there's a new event on the liturgical calendar!

Church bodies all around the world - Catholic, Lutheran, Orthodox, Methodist, and more - are joining together in a Season of Creation! This new liturgical event runs from September 1 to October 4.



Join us in worship on **September 6** as we kick off a month-long celebration of God's creation.

Throughout this season, we will be inviting one or two people to stand up each Sunday and tell a short (1 minute) story about a time they experienced God in creation. When is a time you encountered and were transformed by God's presence in creation?

Summer Ending

Heads up: School starts September 1.
Please drive safely and traffic gets heavier.



Use caution around school buses.

Send up a couple extra prayers for teachers and staff.



Pastor Tyler will return to the office on Tuesday, September 1.

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



August 30 to September 6

Sun Aug 30	9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012
Mon Aug 31	7:00pm NA 12 Step Group Fellowship Hall
Tues Sept 1	Noon AA 12 Steps Meeting Upper Room 4:30pm Staff Meeting New Conf. Room 6:30pm Hands of AA 12-Step Upper Room
Wed Sept 2	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donation Drop-Off
Thurs Sept 3	7:00pm Stewardship Meeting New Conf. Room
Friday Sept 4	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Sept 5	
Sun Sept 6	9:30am Worship Service Communion at the Rail And new Season of Creation Liturgy
Next Week	

Commemorations

Nikolai Frederik Severin Grundtvig, bishop, renewer of the church, died 1872

Wednesday, September 2, 2026

Grundtvig was, with Søren Kierkegaard, one of the two great Danish theologians of the nineteenth century. As a pastor, he battled the prevalent idea that Christianity was more a philosophy than divine revelation. He wrote over a thousand hymns.

Volunteers for August 30

Altar Care: Debbie Rack-Kleppek and Edie Di Giacinto

Assisting Minister: Joe Di Giacinto

Acolyte: Arlo Johnston

Lector: Mavis Roesch

Communion bread: Joe D.

Communion wine: Bob Young, Sherry Downs, Mavis R.

Ushers: Suzy Morgan and Dave Nelson

Audio/Visual: Mike and Brenda Marciniak

Greeters: Carl and Karen Engelhardt

Tellers: Nancy Di Giacinto and Shauna Johnson

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

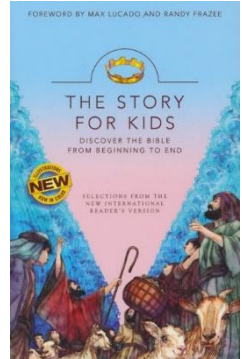


Fill out a prayer
card in-person

Bible Sunday

Is your child at the age where they are reading chapter books or will be soon? If your child is able to read chapter books, then it's time for them to have a Bible they can read as well!

At Mt Zion, we have found a translation of the Bible that is especially formatted for kids. It is a direct translation of Scripture (NIRV - translated at a 3rd grade level), but instead of a whole, 1000+ page Bible, it's 31 chapters (250 pages) of the most important stories of Scripture. It removes the stories and sections of the Bible that may be confusing or difficult for a child and what remains is a story they can follow at their level.



We'll be giving out Bibles to any child who wants one in worship on September 14.

If one of your older children already has this book and you would like to pass it down, bring your copy with you.

Wellness for Women in Ministry

Save the date for the "Wonderment and Wellness for Women in Ministry" retreat, organized by the Northwest Synod of Wisconsin on November 17-20, 2026. The retreat will take place at Green Lake Conference Center in Green Lake, WI. Registration is coming soon! Cost for this event will be minimal thanks to a grant from the ELCA.



Everyone's Invited!

RALLY DAY

**TO KICK OFF THE START
OF SUNDAY SCHOOL**

SEPTEMBER 13



Rally Day

MT ZION

RALLY DAY

✦✦ Cookout ✦✦

MT ZION WILL BE GRILLING UP
BRATS, HOT DOGS,
AND PROVIDING SODA

SEPT
13

10:40
AM



PLEASE BRING A SIDE DISH OR
DESSERT TO SHARE
AS YOU ARE ABLE

Elevator Repairs



An interesting thing tends to happen each summer – the Elevator shuts down! It seems to happen after a big thunderstorm or power outage.

The elevator gets slightly misaligned and stops working. It can't move up or down and needs to be reset to return to proper functioning.

In the hope of preventing that from happening next year, Douglas called up the elevator company to do an overhaul so everything would be aligned and in total working order.

To do this, the elevator had to be moved out of the way, so the elevator was hanging by chains from the very top of the elevator shaft! The work was safely completed in a day and a half.



Steve's Science Tidbits

A New Wrinkle To Heart Disease

Heart disease has been the leading cause of death in the United States for decades, with over 680,000 each year, beating even cancer (at 610,000/yr). Doctors have known for years about four major risk factors: hypertension, smoking, elevated LDL (bad) cholesterol and type 2 diabetes. That is why when I was diagnosed with diabetes over 20 years ago, I was immediately prescribed blood pressure and lipid medications.

But for as long as these risk factors have been proposed, cardiologists have treated patients who have none of them yet still die from heart ailments, and they haven't had a clue as to why.

Roughly one-fourth of all patients who enter hospitals because of a heart attack exhibit none of these risk factors. Curiously, they are 57% more likely to die from a heart attack than other patients that demonstrate at least one of these factors, and for no understandable reason. Some unknown determinant of heart disease had to be responsible.

Recent research and clinical trials have yielded some invaluable clues, enough for Paul Ridker at Brigham and Women's Hospital in Boston to propose an answer to the mystifying riddle—chronic inflammation. A prolonged state of immune system activation may accelerate cardiovascular demise.

Cholesterol buildup in the arteries morphs into a sharp, jagged form that activates the immune system to attack. The carnage left behind leads to heart attacks and strokes. These initial ideas were long met with resistance, but recent work is quelling such doubt.

I grew up hearing that atherosclerosis—the buildup of fatty substances in the arteries—was a passive, inevitable condition accompanying aging, like “rust in a pipe.”

In the mid-1990s, several studies showed that individuals showing high blood levels of C-reactive protein (CRP), an inflammation marker, had a much higher incidence of cardiovascular events. Many subsequent studies over the years have confirmed that the higher your inflammatory markers in blood, the higher your risk of clinical events.

Statin drugs have been used for decades to lower unhealthy lipid levels. In 2001, Ridker obtained data suggesting statins didn't just lower bad lipid levels, but also damped inflammation by reducing CRP levels. Moreover, people who took statins and had high CRP levels were much more likely to have a serious cardiovascular event than statin-takers with low levels.

This raised the radical idea that statins could benefit people with healthy levels of LDL. Most doctors scoffed at the idea. But Ridker proved the skeptics wrong. When patients with low LDL and high CRP were given either statins or placebo, those receiving the statin were 50% less likely to have a stroke or heart attack.

A critical study showed that when cholesterol becomes highly concentrated in arteries, it can crystallize, forming sharp needle-like structures (pic) that can tear arterial walls, leading to an immune response that accelerates plaque formation. Thus, inflammation is a necessary concomitant for plaque formation. A new era of medicine has been ushered in—that of controlling inflammation to battle cardiovascular disease.

Steve Downs

Vacation Vibes



Jess and her family are back after their vacation to Colonial Williamsburg. We commemorated the nation's 250th while celebrating our own 10th wedding anniversary! Yes, we're history geeks. We saw sheep! We combed wool. We spent 45 minutes learning about wool, spinning, weaving and the sheer amount of labor it took to make one yard of fabric. We explored streets and gardens, restaurants and shops. We learned the names of people – gentry and enslaved - who lived there and empathized with the political and social climate of 1776.

And yes, we belted the “Hamilton” soundtrack in the car for days. We did meet Lafayette after all.



Leafy Wants to Know:

Why was the Marquis de Lafayette important in the American Revolution?

Born Gilbert du Motier, but often known by his title, Marquis de Lafayette, this rich and noble French Musketeer traveled to the American colonies with enthusiasm for the cause of freedom. He supplied the rebels with weapons and provisions which ultimately helped America win the war.

Imagine that you play on an underfunded little league soccer team going up against Brazil. You have the fire in your heart, but holes in your shoes. Then Kylian Mbappe of France supplies your team with the cleats, shin guards, water bottles, and confidence to compete...and win.



Birthdays and Anniversaries

Birthdays

Brad H. 8/1	Mia B. 8/13	Karen C. 8/21
Jenny H. 8/2	Dom J. 8/13	Mickey F. 8/22
Jada G. 8/4	Mark S. 8/17	Megan B. 8/22
Edie D. 8/5	Jennifer D. 8/17	Jenni P. 8/24
Doris J. 8/5	Tammy C. 8/20	Spencer J. 8/26
Jesse M. 8/6	Vicki C. 8/21	Amanda W. 8/28
Tom W. 8/7	Katie F. 8/21	Liz A. 8/28
Quintin P. 8/8		Kurt K. 8/29
Refilwe M. 8/10		Grace B. 8/30
		Julie B. 8/31

Anniversaries

Dave and Sara B. 8/2	Gloria and Kevin C. 8/14
Jenny and Brian H. 8/5	Liz and Keith A. 8/15
Liz and Adam F. 8/8	Tom and Linda E. 8/16
Mitch and Kelsey L. 8/11	Mavis and Jerry R. 8/21
Brad and Meghann S. 8/11	Elmer and Loretta B. 8/25
Erin M and Drae S. 8/11	Dave and Debbie F. 8/27

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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Church Office Hours

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,
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