



Grace Notes

September 6 2026

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SEPTEMBER 13



Rally Day

Rally Day, our kick-off to the start of a new year of Sunday School, Faith Forums, and MZY Mornings, Is next Sunday, September 13!

Join us for teacher meet and greets, activities and classmate reunions.

Then stick around for a Rally Day cookout at 10:40 in the Gathering Space. Mt Zion is going to provide the brats, hot dogs, and sodas.

If you are able, please bring a side dish or dessert to share.



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12012 W North Ave
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Waving Betsy Ross' Flag Higher

"The United States of America: An Interfaith Discussion"

Wednesday, Sept. 9 6:30 - 8 PM

Redeemer Lutheran Church, 1905 W. Wisconsin Ave

On September 9, 2026, The Interfaith Conference of Greater Milwaukee will be hosting an event at its offices at [1905 W. Wisconsin Avenue](#) in Milwaukee, entitled "The United States of America: An Interfaith Discussion", from 6:30 to 8 PM.

The discussion will focus on challenges that people of faith face in our country. While the event is free, you are requested to [register](#) if you plan to attend. The event will be streamed as well.

Register here: <https://bit.ly/4yiKumt>

September 9, 1776, was the date that the name United States of America was formally adopted by the Second Continental Congress.



25 Years Since 9/11 Attacks

On the morning of September 11, 2001, planes were deliberately crashed into the World Trade Center and the Pentagon in a coordinated attack on the United States of America. Flight 93's attack was thwarted by brave passengers and flight attendants. The days that followed were full of grief, hate-crimes, and anger. Yet, compassion, unity, and kindness emerged, too. May we never forget the ordinary people who showed up for extraordinary acts of love.

God, guide us as we continue to walk with our neighbors of all faiths and backgrounds as we work toward peace and understanding as you taught us.

September 6 to September 13

Sun Sept 6	9:30am Worship Service <u>Zoom ID: 841 6597 2335</u> <u>Passcode: 12012</u> Communion at the Rail And new Season of Creation Liturgy
Mon Sept 7	7:00pm NA 12 Step Group Fellowship Hall
Tues Sept 8	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room 6:30pm Outreach Meeting
swWed Sept 9	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donation Drop-Off 6:30pm Interfaith Discussion Redeemer/Zoom
Thurs Sept 10	
Friday Sept 11	25th Anniversary of 9/11 Attacks 12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Sept 12	9:00am Women of Heart Bible Study
Sun Sept 13	Rally Day – Sunday School Resumes! 9:30am Worship Service
Next Week	God's Work. Our Hands.

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 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.

Volunteers for September 6

Altar Care: Gloria and Kevin Caruana

Assisting Minister: Luke Johnson

Acolyte: Shae Urbanek

Lector: Joe Di Giacinto

Communion bread: Erik Peterson

Communion wine: Liz Anderson, Mavis Roesch, Janet McCarthy.

Ushers: Carl and Karen Engelhardt

Audio/Visual: Jeremy and Angella Goss

Greeters: Dick Hollander and Irene McCarthy

Tellers: Tom Ertel, Jim Goetzinger, Gary Goll

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

Volunteers Needed



SHARE THE LOVE OF CHRIST

Be a Sunday School Teacher

Grades K4 – 5th

WHAT TO EXPECT

You'll teach students using the Spark Rotation Curriculum. Students understand the same less over several weeks using a variety of subjects from science to games to drama. You'll only teach once a month. Individually, the commitment is light; collectively, we make a huge impact in the lives of our children

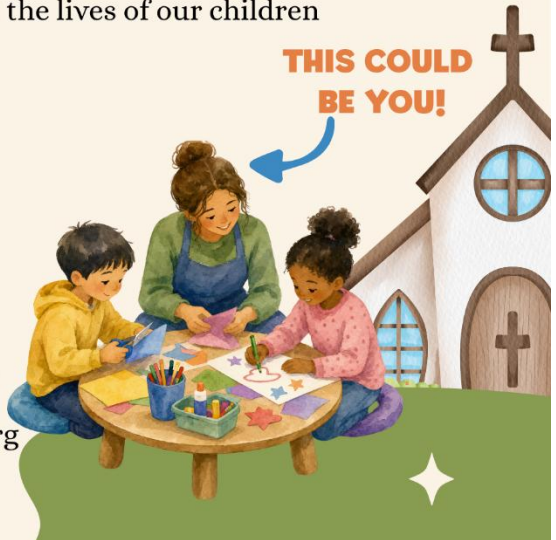


**THIS COULD
BE YOU!**



CONTACT

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Tuckpointing!



Exciting tuckpointing update! Thanks to all the generous donors to our “Nip n’ Tuck” campaign, we raised the necessary funds to repair the cracked mortar between bricks all around our building. The tuckpointing has been completed! Thank you!



Day of Service

God's Work. Our Hands.



Saturday, September 19

Set up and serve breakfast for Tosa Cares Guests
Volunteer at Tosa Cares
Garden clean-up
Help Tosa Cares at Green Summit

Sunday, September 20

Assemble gift baskets for at-home members

Saturday, September 26

Outreach for Hope Run, Ride, Walk



Sign-up on the clipboard near the sanctuary

Rescheduled Pride Worship



The Greater Milwaukee Synod Reconciling in Christ Ministry Team invites you to

CELEBRATING OUR
DIVERSITY AS GOD'S
CHILDREN

PRIDE WORSHIP

THURSDAY, OCTOBER 8, 2026, 6PM

Ascension Lutheran Church, 1236 S Layton Blvd, Milwaukee, WI



RECONCILING IN CHRIST



ELCA



Steve's Science Tidbits

Nacho Doritos: The Poster Child for Utrprocessed Food Addiction

I remember well the first time I tasted Nacho Cheese Doritos. It was in the early 1970s. I was working as a camp counselor in northern Minnesota, and a fellow counselor and I drove into town to get something to eat. Up until this time, the only snacks to be had were potato chips and Fritos, so we were intrigued by this new Frito-Lay product. When I put the first chip in my mouth, the response was electric. I said something like, "Oh man, these are really good—I mean really good!" I had never tasted anything like them before, and I ate them one by one, slowly, taking time to savor the experience.



These days, people are jaded by the incredible array of flavored chips available, but at the time this new chip was revolutionary. To this day it is one of Frito-Lay's most iconic products, a top seller bringing in over a billion dollars in proceeds each year. It is no accident they are addictive, because every ingredient has been carefully crafted to make them so. Here's how:

(1) To maximize pleasure, the goal is to deliver half the calories through fat, and Nacho Cheese Doritos does this precisely. It is experienced not as a taste but as a "sensation," with the signal conveyed by the trigeminal nerve directly to the brain's pleasure center.

(2) The blend of ingredients gets intensive grinding, producing a fine powder that fills every little nook and cranny in the chip. This ensures maximal contact with saliva. And who can resist licking the excess powder left on your fingers? That pure powder sends an even more intense signal to the brain.

(3) Frito-Lay uses an expensive Romano cheese not found in other brands and is packed with its own flavor enhancers.

(4) Garlic powder. It imparts a powerful savory flavor known as umami. Its long "hang time" creates a lingering, appealing smell that contributes to "Dorito breath."

(5) Not surprisingly, salt is featured prominently in three of the ingredients (a 1.75 oz bag contains nearly a quarter of the recommended daily maximum sodium intake). It is important in delivering what food companies call "flavor burst." It dissolves on the tongue, activating the salt receptors that send signals that activate the brain's pleasure center.

(6) Monosodium glutamate. By itself, not much, but when combined with salt the taste explodes. Add two additional ingredients—disodium inosinate and disodium guanylate—and your brain starts to sizzle.

(7) Despite the powerful tastes, the formula balances them so well that no single flavor dominates. This avoids what scientists call "sensory-specific satiety," so you never get sick of eating them.

(8) Two acids, lactic and citric, gets the saliva flowing, which stimulates the impulse to eat. Another ingredient, buttermilk contributes even more lactic acid.

(9) Even color is taken into account. Research shows that consumers are drawn to bright colors. Doritos have three artificial colors—two yellows and a red.

Steve Downs

Birthdays and 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

Where Were You?

I was heading into second period Algebra and my classmate, James, asked me, "Did you hear? Someone flew into the twin towers." "What, like in a video game?" I asked. What else could it possibly have been? The rest of the day, every class aired footage and news reports. High School teachers were left stunned and speechless. All after school activities were cancelled. My boyfriend and I walked to his house, but his mom drove me home almost immediately. They were processing their fear and relief because his dad was home safe – he worked in a tall office building in downtown Chicago, a possible third plane target.

When I got home, I pawed through VHS cases to find a predictable, comforting Disney movie. Mom said no, we were going to church. United Lutheran had whipped up a last-minute prayer service. Those of us who were there in the dim lights of the sanctuary prayed for the victims, world leaders, and first responders.

My mom would later say something like, "I'm sorry, sweetheart. From this moment on, the world will never be the same."

Jess Monahan

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

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