



September 13 2026

Grace Notes

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Welcome, Daniel!

Daniel Edward Parks is joining Mt Zion as our new Director of Choirs and Contemporary Music which includes the Voices of Zion, Festival Bells, and Praise Team.

As an educator, Daniel taught choral music in Wisconsin schools at the middle and high school levels. He has held conducting appointments from the College of William & Mary, the Williamsburg Choral Guild, and the Longmont Chorale. He recently served as Director of Music at Trinity United Methodist Church in Richmond, Virginia.

As a professional ensemble singer, Daniel performs with the Milwaukee Symphony Chorus and Alium Spiritum, a chamber vocal ensemble based in Texas. His recent appearances include the Virginia Chorale, Cathedral of the Sacred Heart Schola Cantorum, and Bruton Parish Chancel Choir.



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With Sympathy

We were saddened to hear of the passing of one of our at-home members, Robert Engman. We give thanks for his steadfast generosity and take comfort in the joy we shared when we sang carols with him and talked about coffee.



Visitation will be held Thursday, September 17th from 10:00am to 12:00pm.

The funeral service will follow at 12:00pm.

Both will take place at Mt Zion.

Mission Investment Fund

Meals for those in need. Housing for seniors. Care for children. And a good interest rate on top of it.

When you or your ministry invests and saves with the Mission Investment Fund (MIF), you're doing so much more than earning above-average returns.†

You're opening doors to new worshipping communities. You're combatting food insecurity. You're providing affordable housing. And you're supporting countless other acts of service that happen every day, all across the country.

How? Because your investments with MIF help fund the loans we make to ELCA congregations and ministries nationwide. Today, these loans support nearly 700 ministries, allowing them to further the important work—God's work—they're doing in their communities.

[Personal Investments for ELCA Lutherans —
Mission Investment Fund](#)

September 13 to September 20

Sun Sept 13	9:30am Worship Service <u>Zoom ID: 841 6597 2335</u> <u>Passcode: 12012</u> <i>Season of Creation Liturgy Continues</i> 10:40am Rally Day Cookout
Mon Sept 14	6:00pm Property Team Meeting 7:00pm NA 12 Step Group Fellowship Hall 7:00pm Knit One, Pray Too
Tues Sept 15	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room
Wed Sept 16	8:30am Health Clinic at Courtyard Parking Lot 12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donation Drop-Off
Thurs Sept 17	10:00am R. Engman Visitation 12:00pm R. Engman Funeral Service 5:30pm Public Theology Night
Friday Sept 18	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100 6:00pm Young Adults Group Off-Site
Sat Sept 19	9:00am God's Work. Our Hands
Sun Sept 20	9:30am Worship Service 10:40am God's Work. Our Hands. <i>Gift baskets for at-home members</i>
Next Week	Outreach for Hope Run, Ride, Walk

Commemorations

John Chrysostom, Bishop of Constantinople, died 407

Sunday, September 13, 2026

John was a priest in Antioch and an outstanding preacher. His eloquence earned him the nickname "Chrysostom" ("golden mouth"). Appointed bishop of Constantinople, seat of the empire, he criticized corruption in the court. As a result, he was exiled by the empress.

Volunteers for September 13

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

Assisting Minister: Nancy Di Giacinto

Acolyte: Shae Urbanek

Lector: Linda Ertel

Communion bread: Linda E.

Communion wine: Jen Johnston, Sherry Downs, Nancy D.

Ushers: Dave Fohr and Suzy Morgan

Audio/Visual: Joe Di Giacinto and Erik Peterson

Greeters: Kent and Margie Spicer

Tellers: Brad Hext and Tom Morgan

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

HEAR OUR PRAYERS

Join in and lift up our community's prayers of concern and thanksgiving. Prayer warriors meet Wednesdays at 1:00pm. Or you can pray at home as you're able:

<https://bit.ly/4j0emzo>

Need Prayer? Contact Pastor Tyler

414-258-0456

pastor@mtzionlutheran.org

Fill out a card in church or at the prayer box

Submit a request online: mtzionlutheran.org

Public Theology



Pub(lic) Theology returns
September 17th.

5:30p at

Ferch's at Mayfair and Bluemound.
Show up by 6 to get those happy
hour deals and to be there when we
move from social to theology.

In honor of this new Season of
Creation, this month's debate:

**We can blame Christianity for
driving the world into the
ecological ditch.**

(or is that too simple?)

That's an exact quote from a
podcast I enjoy: Scene on Radio

<https://sceneonradio.org/s5-e1-in-the-beginning/>

Feel free to listen to the episode if
you have time. Either way, come
prepared to wonder - for or against
the statement - what the role of
Christianity is in the way we view
and treat our planet.

Gods Work. Our Hands.

We are called to be the hands and feet of God. So, here's a chance to do just that! Share the love of God and care for our neighbors with these service project opportunities!

God's Work. Our Hands.

Now with
more
info!



Saturday, September 19

- 1) Serve hospitality treats to Tosa Cares guests
(Bring in a breakfast item on Friday the 18 or by 8:00am on the 19th)
- 2) Volunteer to pack food boxes Tosa Cares
- 3) Help staff the Tosa Cares booth at Green Summit

Sunday, September 20

- 4) Assemble gift baskets for at-home members

Saturday, September 26

- 5) Outreach for Hope Run, Ride, Walk



Sign-up on the clipboards near the sanctuary

LOPPW Voter Guide



Updates & Opportunities

Constitutional Amendment Voter Guide

Wisconsin voters will consider **three Constitutional Amendments** on their ballots this fall.

The Lutheran Office for Public Policy in Wisconsin has created a Constitutional Amendment Voter Guide, which shares explanations, recommendations, and context on the amendments, made within the framework of the principles, values, and commitments of the ELCA's social statements and messages.

The amendments include:

- **Amendment 1: Freedom to Gather in Places of Worship During an Emergency**
- **Amendment 2: Government Entity Discrimination Prohibited**
- **Amendment 3: Partial Veto**

Explore our new [Constitutional Amendment Voter Guide](#) to learn more.

* Note: This guide is developed by the Lutheran Office for Public Policy in Wisconsin. Positions taken by LOPPW are based upon **ELCA social teaching**. What is ELCA social teachings? It's **guidance - not doctrine**. That means it's a faithful reflection on Scripture's application to modern issues, but that **reasonable Christians can disagree** on the topics. Whether LOPPW feels ELCA social teaching supports or opposes an amendment is **not instructions on how to vote**; rather, they are **reflections based on the wisdom the Holy Spirit** has given to this church.

Church Lady's Cheap Creation Care

Project Name: Office binders into closet organizers

Tools needed: Binder, hammer

Optional supplies: cleaning product, marker, paper, gloves

Cost: Free **Skill:** Beginner.

Time: About ten minutes per binder and sheet set.

The why: I've been seeing ads for bedsheet closet organizers which look like an old-school magazine holder. These can cost up to \$50 and add more "stuff" to the planet. So, I thought, "Could I repurpose something that's already out there?" Could I create a closet where I can find linens rather than pawing through stuff shoved everywhere?



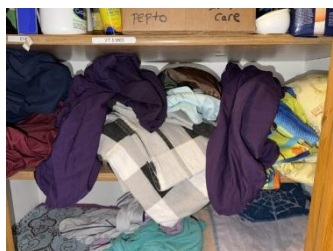
Step 1: Grab binders from the shelf in the northeast corner of the church (head toward the new conference room area and go downstairs.

Step 2: Remove the binder rings using a hammer and sheer willpower. It will take a few tugs to loosen it and finally free it from the cover.

Step 3: Wipe down the binder. You don't want dust, fingerprints, and the memories of old spreadsheets touching your bedsheets.

Step 4: Fold the sheets as best as anyone can then put inside the binder. Label them as desired with "Queen" and "Twin" or with the design of our kid's sheets like we did here.

Step 5: Ideally we'd stand them up in your closet, but our shelves were a quarter-inch too short so we put them on their side. Oh well! It still feels more organized!



Before and After



Steve's Science Tidbits

How Exercise Lowers Blood Sugar

Keeping circulating blood glucose levels low is a critical function in our bodies. Failure to do so leads to serious health complications. Muscle tissue is essential for this process. After we eat, skeletal muscle is responsible for roughly 80% of the body's disposal of blood glucose. There are two ways this is accomplished.

The first is normal homeostatic control through the release of insulin from the pancreas. An important protein, GLUT4, is stored in vesicles inside muscle cells. When insulin binds to the cells, it causes these internal vesicles to relocate to the muscle cell surface and release GLUT4 molecules that become incorporated into the cell membrane and serve as a transport portal that facilitates glucose entry. There are two ways this can go awry—by insufficient pancreatic release of insulin (type 1 diabetes) or loss of muscle cell insulin sensitivity (insulin resistance, known as type 2 diabetes).

The second way muscles take up, and thereby lower, blood glucose is through exercise. If your glucose-reducing system is hampered (ie, diabetes), exercise will enable you to bypass the insulin-mediated process and becomes an essential and effective tool for diabetics like me. So how does it work...

When your muscles do work, they activate GLUT4 through an entirely different, insulin-free pathway that results in the same vesicle translocation of GLUT4 vesicles to the cell surface that promotes glucose entry. It does so by activating an enzyme called AMPK which, in turn, stimulates a flood of calcium release from intracellular stores. Both of these responses independently send GLUT4 vesicles to the service.

Hope that wasn't too mind-numbing, but **HERE'S THE BOTTOM LINE:** intense exercise can raise muscle glucose uptake up to 100-fold above resting levels, **WITHOUT ANY INSULIN SIGNALING.** This is huge. For diabetics like me, this is no minor workaround; it's a completely alternate mechanism. It helps me be less dependent on medication.

This effect persists for up to 2 hours after you stop moving your body. This is why a post-meal walk (as short as 10-15 minutes at low intensity) produces a significant reduction in the post-meal blood glucose elevation.

But wait, there's more. For the next 24-48 hours following a workout, the insulin-dependent pathway becomes more sensitive and more efficient. In one study of prediabetic adults, a single, moderate intensity workout improved insulin sensitivity by 51%, while a high-intensity workout improved it by 85%.

An important additional detail comes from one-legged exercise studies that showed increased insulin sensitivity is confined only to the exercised leg. Thus, recruiting more muscle groups during exercise produces a larger, more powerful effect.

This 24-48 hour window is why exercise sessions should be spaced a maximum of 48 hours apart, because after two days without activity, the insulin sensitization effect fades. Over weeks and months of consistent exercise training, these acute effects morph into durable structural changes, including increased GLUT4 expression, new capillary growth delivering more blood to working muscle, and production of more mitochondria (the energy-producing cell organelles).

Steve Downs

Birthdays and Anniversaries

Birthdays

Jessica R. 9/1	Carter D. 9/15	Tina K. 9/21
Sara B. 9/3	William F. 9/16	Brent D. 9/21
Talula J. 9/4	Misty S. 9/16	Jena N. 9/21
Grace C. 9/4	Nora P. 9/17	Jordan T. 9/24
PJ B. 9/5	Marja K. 9/17	Abby P. 9/24
Dave B. 9/7	Michael B. 9/18	Karen E. 9/26
Dave N. 9/7	Mike M. 9/18	Francesca R. 9/27
Dan S. 9/8	Jessica P. 9/18	Joey S. 9/28
Dave M. 9/12	Charlotte W. 9/19	Pete P. 9/28
Devin T. 9/14	Michele M. 9/20	Jonathan F. 9/29
Gary G. 9/15		Mavis R. 9/30

Anniversaries

Dick and Judy M. 9/3	Bob and Nancy S. 9/20
Robert and Mary J. 9/4	Kevin and Kira S. 9/23
John and Lauryl P. 9/6	James and Angela R. 9/26
Dave and Vicki N. 9/8	Rich and Rondi D. 9/27
Mark H. and Debbie K. 9/12	John and Donna W. 9/27
Jim and Pat G. 9/17	

Thank You!

Thank you for the continued prayers for my mom, Randi Dawson. She had right shoulder surgery a few months ago and now that shoulder feels much better! But her left shoulder pain became almost unbearable over the past 2 months. As she's been in so much pain, her spirits have gotten really low this summer. She does see some friends, but she has had to cancel many get-togethers because she's either in so much pain or utterly exhausted. We don't even talk as much as normal, and my mom and I usually talk about 3-4 times a week. So, it's been rough.

I know many of you haven't met her, but she really enjoys getting cards in the mail. If you're so inclined to send her a get well note or a prayer of support, I would be happy to give you her address. Thanks again.

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**

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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