



IN THIS ISSUE...

Wednesday Event
Page 2

Season of Giving
Page 5

Blessing Sunday
Page 7

Taking Sides
Page 8

Volunteering
Page 9



Pastor Appreciation

Grace Notes reached out to the Rasmussen family in Iowa, who frequently tune in for our worship livestream to see if they had a message to share with Pastor Tyler.

"I want to thank him for being a great son and going into the ministry even when I questioned if that was really what he wanted to do. 😊"

I also want to thank him for always helping me out while working at the church and helping his home congregation when needed.

This truly is his calling."

Cheryl Rasmussen



mtzionlutheran.org
(414) 258-0456
parishadmin@mtzionlutheran.org
12012 W North Ave
Wauwatosa, WI 53226

Mt Zion is Invited!

WEST SUBURBAN COUNCIL-RETIRED BOOK CLUB

INVITATION

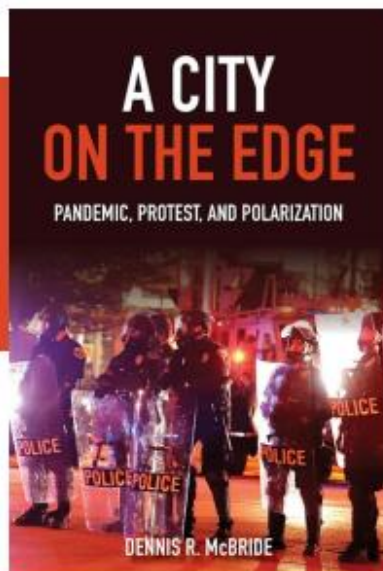
The West Suburban Council - Retired invites you to a special book club presentation featuring Dennis McBride, Mayor of Wauwatosa and author of *A City on the Edge*.

BOOK CLUB AUTHOR PRESENTATION & DISCUSSION

2020 was a year of historic events, globally and nationally. The COVID-19 pandemic, lockdowns, economic uncertainty, and police killings of people of color led to the largest protest movement in U.S. history. Mayor McBride shares what it was like to shape our hometown in the midst of all of these challenges. In *A City on the Edge*, Mayor McBride shares his firsthand perspective on leading Wauwatosa as these events unfolded in our community. Join us to hear from the author and participate in a discussion afterwards.

AUTHOR

Dennis McBride is the mayor of Wauwatosa, Wisconsin and co-author of the *Luckiest Boy in the World*. He earned his bachelor's degree in journalism from UWM before pursuing a career as a trial attorney for the U.S. Equal Employment Opportunity Commission. He previously served as an alderperson for Wauwatosa before becoming mayor.



AT A GLANCE

BOOK PRESENTATION

Wednesday, October 14, 10 am

Mt Zion Church
12012 W. North Avenue

Please use the parking lot north of the church.
Refreshments will be provided.

R S V P

BY OCTOBER 12

to

arthurf399@aol.com

October 11 to October 18

Sun Oct 11	9:30am Worship Service <u>Zoom ID: 841 6597 2335</u> <u>Passcode:</u> 10:40am Faith Forum Hour 5:00pm Confirmation
Mon Oct 12	6:00pm Property Meeting 7:00pm Knit One, Pray Too 7:00pm NA 12 Step Group Fellowship Hall
Tues Oct 13	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room 6:30pm Troop 27 Meeting Hearth Room 6:30pm Outreach Meeting New Conf. Room
Wed Oct 14	10:00am Retired Teacher's Book Club 12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donation Drop-Off 6:30pm Voices of Zion Choir Rehearsal 7:30pm Festival Bells Handbell Rehearsal
Thurs Oct 15	3:45pm Staff Meeting 5:30pm Public Theology Ferch's Crafhouses 7:00pm Stewardship Meeting
Friday Oct 16	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Oct 17	9:00am Tosa Cares Donation Drop Offs
Sun Oct 18	9:30am Worship Service 10:40am Faith Formation Hour 5:00pm MZYouth Night

Adult Faith Forums

Help us decide what topics to include in our Adult Faith Forums this year. Complete this brief survey by October 12.

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



Volunteers for October 11

A/V: Mary and Douglas Johnson

Acolyte: Emmett Johnson

Altar Care: Jess and Clara Monahan

Assisting Minister: Gabby Riccaboni

Communion Bread: Refilwe Magasa-Bockhorst

Communion Wine: Jess M. and Gabby R.

Greeter: Keith and Liz Anderson

Lector: Refilwe M.

Teller: Brad Hext and Tom Morgan

Usher: Dave Nelson, Suzy Morgan, Ray Socolick

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/4dKEf39>

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



Give What You Can

SEASON OF GIVING

Leading up to Stewardship Sunday, each week you are invited to bring an item for Tosa Cares. You may lay these items in the altar area before worship or bring them up during the Offering.



OCT 4



Care for Creation

Bring pet food

OCT 11



First Fruits

bring canned fruit or
apple sauce

OCT 18



Clothe the Naked

bring clothing, especially fall
or winter items

OCT 25



Heal the Sick

bring hand sanitizer or
hand soap

NOV 1



Give Drink to the Thirsty

bring coffee
(shelf stable grounds or beans)

NOV 8



Sharing our Abundance

bring your intent cards



NOT YOUR USUAL LIST OF FOOD PANTRY DONATION ITEMS?
THESE THINGS WERE SPECIALLY REQUESTED BY TOSA CARES.

Reformation Blessing Sunday

An Invitation from Reformation Lutheran Church

You have an opportunity to sit with us, worship with us, learn with us, laugh with us, and be a part of any of our ministries - Summer Youth Ministry, Sunday Worship, Sonshine Pantry, Grief Group, Strong Mothers, Strong Baby Fairs, Bible Study, Wednesday Night Education. You are invited.

Without our partners in the community who believe in us here at Reformation, so much of this work would not be possible. So, on this special Sunday, we want to pause and celebrate you.

PLEASE JOIN US FOR BLESSING SUNDAY, OCTOBER 18 AT 10AM
REFORMATION LUTHERAN CHURCH, 3806 W. Lisbon Avenue

Come worship with us. Come celebrate with us. Come share a cup of coffee and a piece of cake. Most of all, come knowing that you are appreciated, valued, and loved. Thank you for all you do. Thank you for believing in Reformation. Thank you for helping us care for others. We are grateful for you.

Neighborhood Minister Tharra Stallings (T)

I thank God for every remembrance of you...praying with joy for your partnership in the gospel from the first day until now.

Philippians 1:2-7



Pet Blessing Photos



Smiles appeared on the faces of congregants faster than a dog could snap up a milk bone. The joy and excitement that was shared through and for the pets brought people closer together. We give thanks for our amazing animal friends!



My Side is Better Than Yours??

Did you hear?

- The Watertown School District cancelled the planned production of the PG-13 musical “Flashdance” over controversy surrounding the age-appropriateness for the High School stage.
- New Yorkers demand accountability after Cornell 7 assault resulted in male students submitting essays as punishment.
- Despite protests, the last of four cottonwood trees, known as the Grandmother Tree, in Lochiel, Arizona was cut down to make way for another section of Border Wall.

Sometimes things feel black or white. Us versus them. Right or wrong.

But here’s the thing that I spent the better part of an afternoon discussing with Pastor Tyler – people do the things they do because they believe they are acting for the best. And the question then becomes, “How do we make decisions with other people in mind when figuring out what we want, or what we need?”

How does it look if we act with the consciousness of sin? The Civil Rights leaders of the South were keen to use this way of thinking as they knew all too well the monstrosities other human beings were capable of. In the podcast (thanks Pastor Tyler) [“Conversing: Episode 284”](#), David Brooks says,

“And if sin is baked into humanity, then in order to expunge sin or fight sin, you have to thrust yourself against the sin. You have to be super aggressive. And while you’re doing it you have to be aware of your own sinfulness. And so nonviolence was a strategy to thrust themselves at the sin while guarding themselves from their own tendency to become vicious and self-righteous. And so it’s a very admirable recipe for how you actually do social change without being weak about it.”

What I take away from this is that we can act for the greater good but we have to always, “turn to God” in that we must remember even in our most righteous riots or noble goals we are just as fallible, just as human, just as capable of harm as our “enemies” despite our best intentions.

In helping that person there, how many people are you hurting over here? If going about the “right thing” means you’re still using the same hurtful methods as “the other side”, is it still the better option?

Jess Monahan

Steve's Science Tidbits

Nuts About Nuts

Consumption of nuts is often an afterthought in our diets, their utility usually relegated to something fun to snack on. But they should be more than that. People exhibiting great longevity have often been found to incorporate nuts into their daily dietary routine. In the Global Burden of Disease Study (the longest analysis of risk factors for death and disease in history), it was calculated that not eating enough nuts and seeds was the third-leading dietary risk factor for death and disability in the world. Insufficient nut and seed intake is thought to lead to the deaths of millions of people every year, 15 times more than all those who die from overdoses of heroin, crack cocaine and all other illicit drugs combined. Lifespans may be increased by up to two years by regular nut consumption—a handful (~quarter cup) five or more days a week. Nuts contain a wide spectrum of micronutrients, including:

--LDL cholesterol-lowering phytosterols. This is huge, since LDL (low-density lipoprotein) cholesterol is a primary driver of cardiovascular disease. Regular consumption of nuts each week is estimated to reduce the risk of coronary heart disease by 35%.

--Arginine (an amino acid). Again, significant because arginine is a primary building block of nitric acid (NO), a critical signaling molecule that stimulates blood vessel dilation, thus lowering blood pressure. An additional benefit is that it also suppresses clot formation. --Minerals, including potassium, calcium, magnesium and selenium. They support core physiological functions, protect cells from damage, and help prevent chronic health conditions.

--Antioxidants, including flavonoids, resveratrol, tocopherols (Vit. E) and carotenoid. These compounds help suppress inflammation, which is thought to be the cause of all diseases. Nuts and seeds promote heart health. Eating five or more servings of nuts per week is estimated to reduce the risk of coronary heart disease by 35%; consistent with this is large-scale clinical evidence showing significant decreases in inflammatory biomarkers. Eating nuts and seeds protects against sudden cardiac death and reduces blood cholesterol and inflammation.¹⁻³

There may be resistance by some to eat nuts because of their high fat content and presumed danger of gaining weight. But countless studies have shown that this is not the case. Why? (1) Some of the fat and calories remain trapped inside tough plant cell walls and are excreted; (2) The nutrients in nuts help suppress appetite, thereby lower your desire to eat other high-calorie junk foods; and (3) They may slightly increase your metabolic rate and calorie consumption. Nuts and seeds are healthiest when eaten raw. Roasting can destroy some of the nutrients, but roasted nuts still have many benefits. Regular consumption of salted nuts is not a good idea, especially since much of what people eat is loaded with sodium as it is. If they must be salted, lightly salted varieties often contain half the salt content of regular salted nuts. And consuming honey roasted or other sweetened nut products essentially negates their health benefits.

Steve Downs

Birthdays and Anniversaries

Birthdays

Shae U. 10/1	Lexi G. 10/9	Amy F. 10/17
Shauna J. 10/1	Brenda M. 10/10	Carl E. 10/18
Joanne B. 10/2	Jason B. 10/11	Ellie W. 10/19
Linda E. 10/2	Grace A. 10/12	Justin V. 10/20
Adam F. 10/3	Judy M. 10/13	Irene M. 10/21
Joey H. 10/4	Vivian T. 10/14	Kent S. 10/21
Arlo J. 10/6	Shirley B. 10/15	Amanda C. 10/21
Chuck W. 10/8	Kristin W. 10/16	Elizabeth F. 10/22
Zach P. 10/8		Dorothy S. 10/23
		Paul Z. 10/24

Anniversaries

Jess and Brendan M. 10/9
Andy and Jen J. 10/13
Katie and Tony F. 10/22
Jeremy and Angella G. 10/24
Brian and Lori J. 10/26
Beth and Jonathan F. 10/30

Midterm Volunteer Opportunities

1. Souls to the Polls is a nonpartisan volunteer organization. I am a volunteer and learned they need three times as many volunteers as they have. <https://www.soulstothepollswi.org/>
2. There is a critical need for poll workers for early voting and on November 3d, especially in the City of Milwaukee where they are paid \$220 for a full day and \$117 for a half day. Any resident of Milwaukee County, 18 or older, can apply. Paid training is \$35-45. Go to the City of Milwaukee Election Commission website. Or in your own municipality, contact the City or Village Clerk for information.

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
Daniel Parks
choirs@mtzionlutheran.org

Director of Traditional Music

Mark Schroeter
music@mtzionlutheran.org

Office Volunteers

reception@mtzionlutheran.org

Worship Volunteer Coordinator

Nancy Di Giacinto (volunteer)
Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Maintenance

maintenance@mtzionlutheran.org

Sunday School Superintendent

Brenda Marciniak (volunteer)
sundayschool@mtzionlutheran.org

Social Media

Douglas Johnson (volunteer)
socialmedia@mtzionlutheran.org

Website

website@mtzionlutheran.org

Leadership Board

Anna Kissel, President

president@mtzionlutheran.org

Vice President

vp@mtzionlutheran.org

Chasity Brimeyer Linda Havlicek

Andy Johnston Dave Nelson

Bob Young Gloria Caruana

Joe Di Giacinto, Treasurer

treasurer@mtzionlutheran.org

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