



October 25 2026

Grace Notes

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Thank You, Ertels!

To Tom and Linda,

Thank you for all your heart, your laughter, and your generosity. You have blessed this community through your work with Tosa Cares, your volunteering during worship services, and your friendly, cheery smile in the offices and hallways.

May God continue to bless you on your travels, family adventures, and all the new ways you find to share joy and love with this and many more communities.

The photo above is from the Brewer's collection at Metro Mart, May 2021.

For more photos, see pages 6 & 7

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Clothing the Naked

Thank you so much for the many clothing donations brought in as part of our season of giving!

What an incredible display of generosity and living out God's work!



Fall Clean Up

Fall Clean Up

**SATURDAY,
OCT. 24TH
AND
NOV. 14TH**

8am to NOON

**Come for awhile or stay the
whole time**



If you have a rake, trimmers,
gardening tools, gloves, shovel,
please bring them to prepare our
plants for winter.



October 25 to November 1

Sun Oct 25	Reformation Sunday 9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 10:40am Reception for Tom and Linda 11:30am Leadership Board Meeting
Mon Oct 26	7:00pm Book Club Hearth Room and Zoom 7:00pm NA 12 Step Group Fellowship Hall
Tues Oct 27	Noon AA 12 Steps Meeting Upper Room 6:30pm Hands of AA 12-Step Upper Room 6:30pm Troop 27 Meeting Hearth Room
Wed Oct 28	12:00pm Brown Bag Bible Study 1:00pm Prayer Group 1:00pm Tosa Cares Donation Drop-Off 6:30pm Voices of Zion Choir Rehearsal 7:30pm Festival Bells Handbell Rehearsal
Thurs Oct 29	11:00am Faith and OCD Conference Online 6:30pm Tosa Cares Board Meeting Hearth Rm
Friday Oct 30	12:00pm Mayfair AA Group 6:00pm ACA 12 Step Group Room 100
Sat Oct 31	Reformation Day and Halloween 9:00am Tosa Cares Donation Drop Offs
Sun Nov 1	All Saints Sunday 9:30am Worship Service 10:40am Reception for Tom and Linda 11:30am Leadership Board Meeting

Commemorations

Reformation Day

Saturday, October 31, 2026

By the end of the seventeenth century, many Lutheran churches celebrated a festival commemorating Martin Luther's posting of the Ninety-five Theses, a summary of abuses in the church of his time. At the heart of the reform movement was the gospel, the good news that it is by grace through faith that we are justified and set free.

Volunteers for October 25

A/V: Jack Johnston and Kyle Czervionke

Acolyte: Shae Urbanek

Altar Care: Linda Havlicek and Mavis Roesch

Assisting Minister: Luke Johnson

Communion Bread: Liz Anderson

Communion Wine: Sherry Downs, Bob Young, Luke J.

Greeter: Dick Hollander and Irene McCarthy

Lector: Gabby Riccaboni

Teller: Ellyn Steinke and Carl and Karen Engelhardt

Usher: Dave Fohr and Cody Di Giacinto

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

Ordained!

Last week, I placed an informational note in the Grace Notes about Breaking The Chains. This week, here is not only a bit of information, but also a clear bit of joy, On October 3, 2026, an alumnus of Breaking The Chains, Kyle McGinnis, was ordained in Genoa City, Wisconsin. After being a member at Breaking the Chains at the Felmers Chainey facility, he applied and was accepted at seminary. Now, having completed those studies and having been ordained, he is being called to lead a program similar to Breaking The Chains at a prison in Waco, Texas. He is now the second person that has gone through Break The Chains that has been called to the ministry.

God's miracles did not end 2000 years ago. They continue!
Thanks again for your Mission of the Month offerings!

Jerry Roesch

Interested in Seminary?



**Pastor Tyler attended
Lutheran School of
Theology at Chicago.**

If Jess had to choose one,
she'd go with Wartburg.

With seven ELCA seminaries across the country, there are many intentional communities where students can, "study scripture, engage in theological exploration, and examine the complexities and questions of life so that they can better communicate God's living Word in contexts that are always changing."

Discover more at: elcaseminaries.org

Thank You, Tom and Linda!



Thank You, Tom and Linda!



World Food Day

World Food Day was October 16. ELCA World Hunger helped raise awareness and encouraged action toward food security for all with the following information:

Why does World Food Day matter?

Five facts to know about hunger in 2025

1. According to the United Nations, **1 in 13 people around the world faces hunger**. That's about **645 million people** worldwide who don't have enough food to eat.
2. In the United States alone, **nearly 48 million people** experience food insecurity.
3. Global hunger rates are slowly declining after a yearslong spike, which shows that **progress is possible**. However, these improvements are unstable and uneven across regions, and **global hunger remains higher than it was before the pandemic**.
4. **Rising costs, global conflict and intensifying effects of climate change** continue to fuel hunger in communities around the world. Recent crises, such as the Iran war, could undermine the minor progress that's been made.
5. Last year, **64 million fewer people received aid** as reduced funding stressed the international humanitarian aid system.

Learn more at:

<https://www.elca.org/how-we-serve/relief-and-development/world-hunger>

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World Food Day

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What can we do about it?

The situation is dire, but we know that God is at work in the world.

When you support ELCA World Hunger, you join in the work our church does around the globe to address hunger from all angles:



HEALTHCARE: ELCA World Hunger supports health programs around the world where your gifts fund clinical care, maternal and child health, education of health professionals, and community healthcare workers as they provide early screenings and education in disease prevention.



EDUCATION: When children can attend school, they can secure better opportunities for their futures. Your gifts support teachers and educational programs around the world, ensuring that kids can do their best learning and reach their full potential.



NUTRITION: Feeding ministries provide immediate support to those in need. With community gardens and agricultural programs, communities grow food to nourish themselves and build stronger futures.



LIVELIHOOD: You support programs, including education and vocational training, that help people facing hunger, homelessness and other challenges to access jobs, increase their earning potential and break the cycle of poverty for good.

And much more!

Learn more at:

<https://www.elca.org/how-we-serve/relief-and-development/world-hunger>

Steve's Science Tidbits

Weight Loss: Can You Outrun A Bad Diet?

There is a prevailing viewpoint, shared by many, that in a person's quest to lose weight, they can overcome an unhealthy diet—ie, excessive caloric intake-- simply by exercising enough.

An interesting fact is that in most animals the majority of their energy expenditure comes from their daily activities. However, with humans it is just the opposite, because 60% of our daily calories burned occurs as a result of our basal, or resting, metabolic rate-- just keeping your body functioning (and you alive). In other words, this calorie consumption occurs whether you exercise or not. Even if you stayed in bed all day, your body would still burn over 1,000 calories just to fuel the basics like thinking, breathing, etc, thanks in part to our energy-intensive brains.

Our weight is determined by the balance of calories in and calories out. What many people don't realize is that we have much more power over calorie input. It turns out that exercise alone is quite ineffective in one's quest to shed unwanted pounds. The vast majority of "exercisers" accrue less than 2 hours of exercise per week, which may average out to 100 calories burned off each day. That's only about 5% of total daily energy expenditure. Consequently, the 2,000 calories we take in every day from the average diet can exert 20 times more influence than exercise over our weight destiny.

Virtually all recommendations from public health groups and government agencies include the use of physical activity in conjunction with diet to promote weight loss. Dozens of studies involving thousands of participants have been published on the effects of exercise on weight loss. Physical activity was not found to be an effective strategy. When the effects of exercise alone were examined over a 5-month period, participants lost only 3 pounds. It took six weeks to lose a single pound.

What about as an adjunct to diet modification? When a healthier diet (ie, more fresh fruits and vegetables, legumes, whole grains, nuts and seeds) plus exercise was compared to diet alone, during a year-long study the exercise did help although the difference in weight loss only averaged two pounds--not clinically significant. In a separate meta-analysis of 18 randomized studies, again the added exercise had a minimal effect. People tend to overestimate the beneficial effects of exercise on weight control. A single slice of pizza has about 300 calories. Working that off requires an hour of brisk walking. How many kids are jogging two hours a day to burn off their happy meals? Who's got the time to climb 50 flights of stairs to burn off the calories in one oreo cookie?

What's the answer? It's all in your power to control what you eat. (This article focused on weight control. Cardiovascular health is another story. Exercise has an incredibly beneficial role in maintaining a healthy heart and vasculature, even if you are overweight.)

Steve Downs

Birthdays and Anniversaries

Birthdays

Shae U. 10/1
Shauna J. 10/1
Joanne B. 10/2
Linda E. 10/2
Adam F. 10/3
Joey H. 10/4
Arlo J. 10/6
Chuck W. 10/8
Zach P. 10/8

Lexi G. 10/9
Brenda M. 10/10
Jason B. 10/11
Grace A. 10/12
Judy M. 10/13
Vivian T. 10/14
Shirley B. 10/15
Kristin W. 10/16

Amy F. 10/17
Carl E. 10/18
Ellie W. 10/19
Justin V. 10/20
Irene M. 10/21
Kent S. 10/21
Amanda C. 10/21
Elizabeth F. 10/22
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

Brewers Flashback

Enjoy this photo flashback from the last Mt Zion Brewers game in 2016.



Here's to all our Mt Zion Brewer fans, past and present. Whether you're cheering on the team from the bleachers, a barstool, or your comfy bed, may the excitement and hope of this World Series fill you with joy for years to come.

To those we remember and who are watching from Heaven, we hold you in our hearts during this incredible season. First pitch is for you.



