November 1 2026

Grace Notes

IN THIS ISSUE...

Blessing Sunday
Page 2

Reformation Photos
Page 5

All Saints
Pages 6-8

Blood Drive
Page 9

Science Tidbits
Page 10



Friendly Wager

Bishop Paul Erickson of the Greater Milwaukee Synod and Bishop Pedro Suarez of the Florida-Bahamas Synod entered into a friendly wager this week regarding the outcome of the World Series. Each Bishop placed $500 on the table and designated a ministry which would receive the funds.

Bishop Suarez designated Lutheran Service Florida which supports children's education, mental health services, and families in need. https://www.lsfnet.org/lsf-who-we-help/

But since the Brewers **WON**, our very own Milwaukee's Outreach for Hope will receive the pool of money.

Donations to Outreach for Hope are welcome any time, pre-season, post-season and off-season.

Mt ZION LUTHERAN CHURCH
Joyfully Growing Disciples in Christ

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Reformation's Blessing Sunday







Some of our Mt Zion community visited Reformation Lutheran Church to celebration their Blessing Sunday with them!





Congratulations!

Congratulations,
Bella Burke and Jonas Seorum,
on your engagement!



November 1 to November 8

Sun Nov 1	**All Saints Day** **Daylight Saving Time** 9:30am **Worship Service** Zoom ID: 841 6597 2335 Passcode: Communion at the Rail
Mon Nov 2	7:00pm **NA 12 Step Group** Fellowship Hall
Tues Nov 3	**Midterm Elections** Noon **AA 12 Steps Meeting** Upper Room 6:30pm **Hands of AA 12-Step** Upper Room
Wed Nov 4	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 Nov 5	3:45pm **Staff Meeting**
Friday Nov 6	12:00pm **Mayfair AA Group** 6:00pm **ACA 12 Step Group** Room 100
Sat Nov 7	9:00am **Women of Heart Bible Study** 9:00am **Tosa Cares Donation Drop Offs**
Sun Nov 8	9:30am **Worship Service**
Next Week	Fall Clean Up

Commemorations

Martín de Porres, renewer of society, died 1639
Tuesday, November 3, 2026
Martín was the son of a Spanish knight and a freed Black woman from Panama. As a lay brother in the Order of Preachers (Dominicans), he engaged in many charitable works in Lima, Peru. He founded an orphanage, a hospital, and a clinic for cats and dogs.

Volunteers for November 1

A/V: Janet McCarthy and Gabby Riccaboni
Acolyte: Emmett Johnson
Altar Care: Susan Kenny and Lilly Snow
Assisting Minister: Lora Marheine
Communion Bread: Jenny Hawes
Communion Wine: Linda Ertel, Mavis Roesch, Lora M.
Greeter: Carl and Karen Engelhardt
Lector: Linda E.
Teller: Joe Di Giacinto, Jim Goetzinger, and Gary Goll
Usher: Dave Nelson, Niko Anderson, Debbie Rack-Kleppek



Reformation Sunday





We had a joyful and heartfelt celebration this past Sunday. From wearing red for Reformation; to special music"; to blessing Tom and Linda as they end one journey and Cristin Bock takes over the wheel of Tosa Cares.















All Saints Day

Remembering the Saints



Carol Cobus

8/1/1930 - 1/16/2026

Friend of many and member of Mt Zion



Mickey Riggle

2/18/1933 - 2/20/2026

Wife of Dudley Riggle



Michael Ausloos

3/2/1990 - 2/1/2026

Son of Tom and Jill Ausloos

Brother of Jenna Lozano and Matt Ausloos

Partner of Justin VanBeckum



Joyce Nedset

5/22/1929 - 3/30/2026

Long-time member of Mt Zion



Shelly Rusch

11/7/1934 - 8/8/2026

Husband of Diane Rusch

All Saints Day

Remembering the Saints



Robert Engman

11/16/1934 - 8/26/2026

Longtime Member of Mt Zion



M. Jean Miller

11/27/1944 - 4/23/2026

Family friend of PJ Boylan



Marilyn Jean Fedran

12/20/1939 - 3/25/2026

Sister of PJ Boylan



Barbara Graham

4/16/1942 - 8/27/2026

Grandmother to Gloria Caruana
Great-Grandmother to Vince and Grace Caruana



Neil Koenig

11/6/1951 - 10/10/2026

Brother of Ellyn Steinke

All Saints Day

Remembering the Saints



Lynn Malec

7/9/1979 - 2/11/2026

Friend and colleague of Tina Koplinski



Lacey Webb

3/31/2012 - 10/14/2026

Friend



Kristin Marx

12/23/1979 - 11/21/2025

Friend of Jennifer Johnston

Celebrating the Newly Baptized



Grace Whiting Anderson

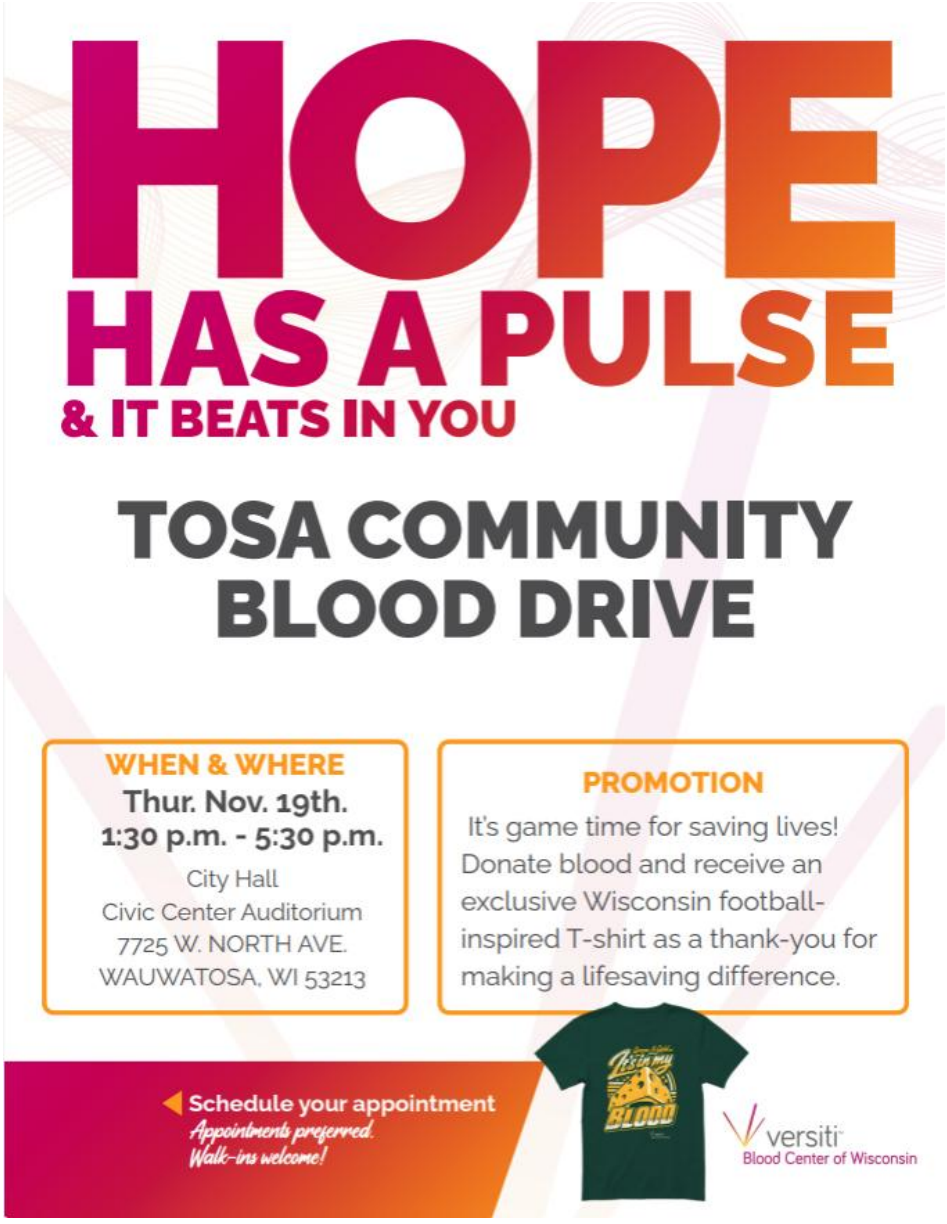
Baptized 1/11/2026



Owen Lozano

Baptized 5/22/2026

Tosa Community Blood Drive



Steve's Science Tidbits

Daily Multivitamins—Important or a Waste of Money?

Dietary supplements are a big business in this country. A supplement is an umbrella term that includes many different substances such as single vitamins, multivitamins, minerals, herbs and botanicals, fish or algae oils, probiotics and prebiotics, protein powders, amino acids, melatonin and glucosamine. They are available in pills, capsules, gummies, powders and liquids. There are many who think "If I take a supplement, I can overcome the adverse effects of a poor diet…lack of activity…poor lifestyle." Americans spend over 36 billion dollars each year on these products, but is it worth it?

Some supplements are absolutely necessary medically; for instance, if one has a known deficiency. Thus, I started taking vitamin B12 pills when a lab test determined low levels of this vitamin were responsible for my fatigue. But people can overdo it. Self- medication without a doctor's involvement can lead to serious complications from excessive dosing.

For this article, I concentrate on multivitamins. In my youth, consuming a daily multivitamin was in vogue--everyone seemed to be taking them. They became as common as your morning orange juice. As I grew older, the multivitamins came under greater scrutiny, and advice regarding them vacillated tremendously. A landmark study surfaced in 2013, published in Annals of Internal Medicine, entitled, Enough is enough: Stop Wasting Money on Supplements. The overall conclusion was that vitamin and mineral supplements provide no clear benefit for cognitive decline or cardiovascular and cancer risk and should be avoided. The joke widely shared in the medical community was that taking daily multivitamins without a specific medical deficiency just results in "expensive pee." For a long time, that joke was a reasonable summary of the evidence.

A recent blockbuster reexamination of multivitamins has a different story to tell. As reported in a mammoth COSMOS meta study and work published in a 2024 article from The American Journal of Clinical Nutrition, while daily multivitamin use was shown to have no real effect in cardiovascular and cancer mortality, multiple randomized controlled trials involving thousands of adults aged 60 and older found significant, consistent benefits in episodic memory and global cognition compared to a placebo. These are two aspects of cognition known to predict the later development of Alzheimer's disease and related dementia. Cognitive decline was slowed by two years! (For people in my age range, that's big news.)

The multivitamin used in these studies contained 20 vitamins and minerals. More research will be necessary to determine which specific components are responsible for the effect and if longer term usage of the pills produces longer lasting protection from cognitive decline.

Take home for daily multivitamin use:

(1) may be beneficial when certain mineral or vitamin deficiencies exist.

(2) provides no longevity or mortality benefit for generally healthy adults.

(3) may offer modest benefits for cognitive aging and functional independence in older adults.

Steve Downs

Birthdays and Anniversaries

Birthdays

David W. 11/1
Sharon R. 11/1
Niko A. 11/2
Beth F. 11/2
Janice G. 11/2
Judy H. 11/3
Mary J. 11/3
Brian C. 11/4
Jason F. 11/5

Emmett J. 11/8
Katy M. 11/8
Kyle F. 11/8
Erin M. 11/9
Andrew F. 11/10
Bob C. 11/12
Linda H. 11/13
Mike K. 11/15
Jean W. 11/15
Gabby G. 11/16

Jacob B. 11/17
Elena B. 11/17
Amy K. 11/17
Jelani S. 11/23
Krista H. 11/26
Scott B. 11/30
Brenda F. 11/30
Debbie R. 11/30
David K. 11/30

Anniversaries

Brenda and Mike M. 11/2
John and Anna K. 11/14
Jill and Tom A. 11/16
Tom and Mary C. 11/21
Ellyn and Wayne S. 11/26
Kent and Marge S. 11/28

Yard Clean Up



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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Church Office Hours

Monday — Friday 10:00am — 3:00pm
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