



June 15 2025

# Grace Notes

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## Happy Father's Day!

God of all creation,

Pour out your blessing on all fathers and  
those who provide fatherly care.

Grant them keen insight into their children's  
needs. Help them to be faithful examples of  
truth and love.

Sustain them with the knowledge that they  
are beloved children.

Amen.

Today we pray for all those  
who are fathers

Who wish to be fathers

With broken or strained relationships

Who are missing their fathers

And for fathers who have lost children.



[mtzionlutheran.org](http://mtzionlutheran.org)

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12012 W North Ave

Wauwatosa, WI 53226

## Congregational Meeting

# Annual Congregation Meeting

June 22  
10:40am

## Spaghetti Dinner



Following the  
Meeting  
(about 11:30)



# June 15 to June 22

Sun June 15	<b>Father's Day</b> 9:30am <b>Worship service</b> 10:30am <b>Graduation Celebration</b>
Mon June 16	6:00pm <b>Leadership Board Meeting</b> 7:00pm <b>NA 12 Step Meeting</b> Fellowship Hall
Tues June 17	Noon <b>AA 12 Steps Meeting</b> Room 211 6:30pm <b>Outreach Committee Meeting</b> 6:30pm <b>Hands of AA 12-Step Meeting</b> Upper Room
Wed June 18	12:00pm <b>Brown Bag Bible Study</b> 1:00pm <b>Prayer Warriors</b> 4:30pm <b>Staff Meeting</b> 7:00pm <b>Stewardship Meeting</b> Conference Room
Thurs June 19	<b>Juneteenth</b> 
Fri June 20	6:00pm <b>ACA 12 Step Group</b> Room 100
Sat June 21	
Sun June 22	9:30am <b>Worship Service</b> 10:40am <b>Congregational Meeting</b> 11:30am <b>Spaghetti Dinner</b> 5:00pm <b>MZY Night</b>
Next Week	<b>Public Theology</b>

Zoom Worship, Brown Bag Meeting, Book Club ID: 841 6597 2335  
 Passcode: 12012

## Commemoration

On June 17, 2015, Clementa C. Pinckney, Cynthia Marie Graham Hurd, Susie Jackson, Ethel Lee Lance, DePayne Middleton-Doctor, Tywanza Sanders, Daniel Lee Simmons, Sharonda Coleman-Singleton, and Myra Thompson were murdered by a self-professed white supremacist while they were gathered for Bible study and prayer at the Emanuel African Methodist Episcopal Church (often referred to as Mother Emanuel) in Charleston, South Carolina. Pastors Pinckney and Simmons were both graduates of the Lutheran Theological Southern Seminary. A resolution to commemorate June 17 as a day of repentance for the martyrdom of the Emanuel Nine was adopted by the Church-wide Assembly of the Evangelical Lutheran Church in America on August 8, 2019. Congregations of the ELCA are encouraged reaffirm their commitment to repenting of the sins of racism and white supremacy which continue to plague this church, to venerate the martyrdom of the Emanuel Nine, and to mark this day of penitence with study and prayer.

## Today's Volunteers

**Altar Care:** Dom Gordon and Liv Juel

**Assisting Minister:** Lynda Yanny

**Lector:** John Yanny

**Communion:** Lora Marheine, Erik Peterson, John and Lynda Y.

**Ushers:** Carl and Karen Engelhardt

**Greeters:** Bob and Nancy Schrap

**Acolyte:** Gwen Anderson

**Audio/Visual:** Douglas and Mary Johnson

**Tellers:** Roy Durrenberg and John Link

**Volunteer Schedule:** [mtzionlutheran.org/pages/member-resources](https://mtzionlutheran.org/pages/member-resources)

### Access the Prayer List

<https://bit.ly/4jG083z>

The printed prayer list is updated  
every two weeks.



### Submit prayer requests

**Email:** [pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

**Call:** 414-258-0456

**Write:** on the prayer cards at the  
prayer share wall in the  
north narthex.

## Observing Juneteenth

*Excerpts from “Litany of Freedom: Juneteenth Colorful Family”*

*Rev. Dr. Ralen M. Robinson, June 2023*

Juneteenth is a celebration of liberation and freedom for All. So, on this day, June 19th, everyone comes together to stand hand in hand with one another and celebrate the abolishment of slavery.

This day celebrates and commemorates a time in our history when color defined a community. Where the content of someone’s heart was colored by their hue. The year 1865 said no more to the imprisonment of our siblings in Christ, for it was a new era. I joyfully echo the words from the letter of Galatians and say, “There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.” For in God’s kingdom, we are all a part of the beautiful tapestry of the church, which consists of various hues, shapes, sizes, and rough edges.

So, as you look at the stained-glass windows of your church Sunday morning, be reminded that it reflects your neighbor. A neighbor that doesn’t look like you, act like you, vote like you, think like you, talk like you, or subscribe to the same God as you. Love, your neighbor, with no exceptions. Just as Jesus tells us repeatedly that we need to love one another as he does. Do not forget he intentionally sat on the margins to embrace the ones who were ostracized and felt unloved.

If we are called to pick up where Jesus left off and walk in his footsteps, how can we not celebrate the kaleidoscopes of colors within one another? I don’t think it is a mistake that love is mentioned 714 times in the Bible because it is love that prevails and overcomes any hurdle or obstacle thrown our way.

Juneteenth is an opportunity to celebrate and continue to stand with one another and speak out for justice and equality. To bear the burdens of our neighbors when they cannot and proclaim the good news Christ bestowed upon us before he departed this world. A commandment that says in the Gospel of Saint John, “love one another. As I have loved you, so you must love one another. By this, everyone will know that you are my disciples if you love one another.” What a powerful and raw commandment. Everyone will know that you are my beloved faithful child, for we are part of a beautiful, diverse, colorful family that loves, cares, and cherishes one another.

“Liberty is meaningless where the right to utter one’s thoughts and opinions has ceased to exist. That, of all rights, is the dread of tyrants. It is the right which they first of all strike down. They know its power. Thrones, dominions, principalities, and powers, founded in injustice and wrong, are sure to tremble, if men are allowed to reason... Equally clear is the right to hear. To suppress free speech is a double wrong. It violates the rights of the hearer as well as those of the speaker.”

**Frederick Douglass**

Congrats, Grads!

Ethan C.

Brookfield East HS

UW-Whitewater  
Accounting



Clare F.

St. Thomas More HS

Western Kentucky University  
Dance and Math

Mason H.

Brookfield East HS

Youngstown State University  
Business Marketing



Abby P.

Wauwatosa West HS

University of Kentucky  
Social Work

Jack S.

Wauwatosa West HS

UW-Milwaukee  
Digital Media and Music Production



# Congrats, Grads!



Caleb S.

Brookfield East HS

UW-La Cross  
Environmental Sciences

Griffin S.

Brookfield East HS

UW-La Crosse  
Business



Bella B.



University of Minnesota  
BA in English, History Minor  
UW-Milwaukee  
Masters in Library & Information Science

Troy J.

UW-Milwaukee  
BA in Journalism

Sports and Radio Broadcasting



Erica M.

University of Wisconsin  
BS in Nutritional Sciences  
Working in Madison, planning to  
pursue Masters in 2026



# From the Synod Assembly

## THE GREAT HUNGER BOOK SALE!



**ALL SAINTS' CATHEDRAL**  
818 E. Juneau Avenue, Milwaukee

### ***AREA'S LARGEST USED BOOK SALE***

**Feeding the hungry for 44 years  
Proceeds go to local and world hunger causes.**

***Follow us on Facebook!  
All Saints' Hunger Book Sale***

**OPENING NIGHT: \$5 Donation**  
***Thursday July 31 6-9 pm***

**Sale continues admission free.**

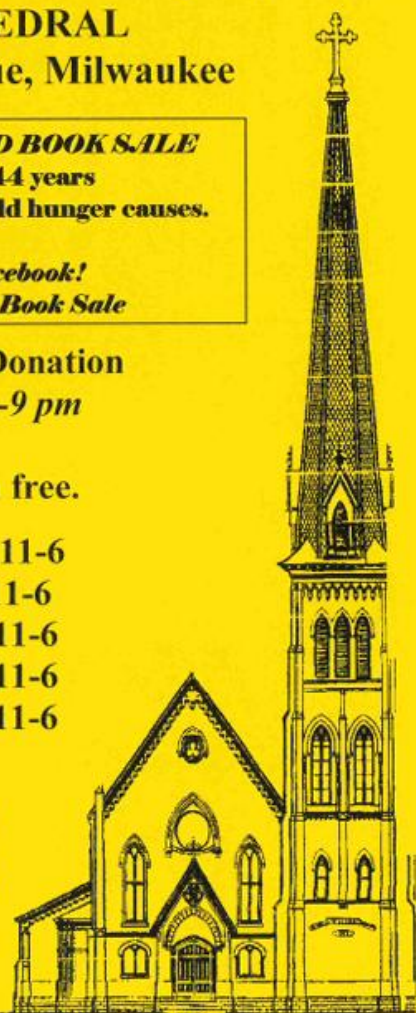
<b>Friday</b>	<b>August 1</b>	<b>11-6</b>
<b>Saturday</b>	<b>August 2</b>	<b>11-6</b>
<b>Sunday</b>	<b>August 3</b>	<b>11-6</b>
<b>Monday</b>	<b>August 4</b>	<b>11-6</b>
<b>Tuesday</b>	<b>August 5</b>	<b>11-6</b>

### **Donations Needed!**

**All types of books, DVDs & CDs!**  
***Please! No magazines, ex-library,  
Readers' Digest Condensed Books,  
Textbooks, or encyclopedias.***  
**Donations accepted starting 6/17,  
M-Th., 9 to 1. Call 414-271-7719  
or email for more info.**

**Hungerbooksale@gmail.com**

**www.ascathedral.org ♦**





# Courage +

Besides housing, Courage Plus provide support, love, and sense of community in the following ways.



## Advocacy

Courage Plus is committed to being amplifiers for the voices that are most vulnerable. They frequently talk with Gay-Straight Alliances (GSA) and other groups about ways they can get involved and advocate for Queer youth. Reach out if you have an advocacy opportunity.

## Scholarships & Grants

Courage Plus advocates for access to post-high school education. Since 2015, Courage Plus has granted over \$29,000 in scholarships to support post-high school education.

Courage Plus also welcomes applications for Gay-Straight Alliance (GSA) grants. GSA leaders can submit one student written essay per school each school year.

## Give-Back Programs

Every quarter, Courage residents do at least one community service project, including an "after winter" clean up of the neighborhoods, trash pick-ups by the Kinnickinnic River, and acting as "Holiday Helpers" by gifting wish list items to over 600 families on Milwaukee's South Side.

## +You

+YOU is Courage's community facing programming. They offer an array of services to fellow nonprofits, organizations, businesses, allies, and anyone wanting to learn. This includes a one hour LGBTQ+ crash course at your next all staff meeting, a comprehensive 6 week course on how to be an ally, and an 8 week community support group led by a trained social worker.

## Junior Advisory Board

Meeting virtually once a month, seven passionate youth (ages 15-20) board members will identify pressing needs, develop programs, and lead initiatives that directly impact LGBTQ+ youth in Wisconsin.

Don't forget to support Courage Plus with your financial gift through Mission of the Month.

[Give to Mt Zion's Mission of the Month Today!](#)

## **Steve's Science Tidbits**

### **Dying of a Broken Heart**

A popular theme in Shakespearian works is that of a character who dies from sheer heartbreak or severe emotional distress. Examples include King Lear, who dies shortly after daughter Cordelia's death; Lady Montague in *Romeo and Juliet* after Romeo's banishment; King Henry's death in *Henry IV* is hastened due to extreme sadness; and Enobarbus in *Antony and Cleopatra*, whose guilt from deserting Antony leads him to proclaim, "I alone am the villain of the earth," and then wills his heart to break and soon dies.

Medical writings of the 1500's and 1600's spoke of the dangers of extreme emotions, warning they could overwhelm a person and even cause death. Overwhelming sadness was targeted as the most dangerous passion a person could experience. Thomas Elyot, one of the best-selling authors of his time, claimed that "there is nothing more enemy to life than sorrow." People were strongly urged to practice emotional moderation or even stoicism. A popular metaphor used at the time to describe the process of both growing old and grieving was of a lamp that gradually burned away its fuel.

Sadness is recognized today as one of the many pains of life that can negatively affect general wellbeing. But can it cause death? Cardiologist Peter Rahko at UW in Madison remembers a case from the 1980's. An elderly woman was summoned to a hospital in rural Wisconsin and asked to identify the body of her son who had died in a car accident. Within minutes of viewing her son, she started having severe chest pain and collapsed on the floor.

The woman was flown to Madison where Dr. Rahko inserted a catheter into her heart to determine if a blockage was causing a heart attack. To his great surprise, the arteries were totally clear, although heart function was severely reduced. In retrospect, he realized she had suffered from Takotsubo Syndrome.

When improvements in heart imaging technology were developed, doctors could directly study the hearts of patients who suffered serious heart symptoms after great emotional distress. In many such patients, they made a fascinating discovery: the left ventricle--the chamber that pumps oxygenated blood to the body--balloons out. The resulting shape reminded Japanese clinicians of a takotsubo, a round jar sea divers use to capture lobsters and octopuses, and in 1990 the term was chosen to describe the condition.

What triggers the ventricular swelling remains a mystery. One hypothesis is that an acute emotional event causes a surge of stress hormones such as norepinephrine in the brain and epinephrine in the adrenal glands. Because the left ventricle is rich in receptors for these hormones, it follows that exposure to a sudden flood could cause loosening of the muscular wall and subsequent ballooning, preventing adequate blood delivery to the body.

Takotsubo syndrome is rare, accounting for only 2% of patients seeking medical care. Nevertheless, now there is a physiological answer for historical deaths due to "grief" in patients with a seemingly normal heart.

**Steve Downs**

# Birthdays & Anniversaries

## Birthdays

Jill A. 6/2	Keith A. 6/9	Jan R. 6/17
Grace Y. 6/3	Blake P. 6/12	Brendan M. 6/17
Sue K. 6/3	Rachel H. 6/12	Troy J. 6/17
Marika M. 6/3	Ethan C. 6/12	Mason H. 6/18
Susan K. 6/5	Drew C. 6/14	Donna H. 6/22
Tristan P. 6/5	Gianna S. 6/14	Vicki N. 6/23
Owen G. 6/5	Brian G. 6/15	Andrew K. 6/28
Jacob F. 6/5	Amanda E. 6/15	Jeremy G. 6/28
Kaylyn N. 6/6	Ava L. 6/16	Andrew U. 6/29
Michael D. 6/6	Tina H. 6/16	Don F. 6/29
Pam H. 6/9		Rich D. 6/30

## Wedding Anniversaries

Mike and Amy K. 6/1	Carl and Karen E. 6/23
Linda and Roy D. 6/10	Kim and Sue M. 6/26
Kim and Norm W. 6/12	Dave and Lora M. 6/26
Kate W. and Jesse M. 6/17	

# Shakespeare in the Park

Steve Downs writes of Shakespeare's common theme of dying from a broken heart on the previous page in his Science Tidbits. While this is found in Shakespeare's tragedies, what you'll find in The Bard's "Love's Labour's Lost" is a hilarious romantic comedy full of mistaken identities, confessions of love, and heartfelt affection. Six actors from Summit Player's will portray all the parts.

This is a **free, all-ages play** great for an afternoon out in  
Havenwoods State Forest  
6141 N Hopkins St  
Milwaukee, WI 53209

The play starts at 2:30pm  
and will go until about 4:30pm



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](mailto:pastor@mtzionlutheran.org)

**Parish Administrator**  
Jess Monahan  
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**Director of Choirs  
and Contemporary Music**  
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**Director of Traditional Music**  
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**Office Volunteers**  
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Janet McCarthy (volunteer)  
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**Maintenance**  
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**Sunday School Superintendent**  
Brenda Marciniak (volunteer)  
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**Social Media**  
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[socialmedia@mtzionlutheran.org](mailto:socialmedia@mtzionlutheran.org)

**Website**  
[website@mtzionlutheran.org](http://website@mtzionlutheran.org)

## Leadership Board

Linda Havlicek, President  
[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

Dave Nelson, Vice President  
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Joe Di Giacinto, Treasurer  
[treasurer@mtzionlutheran.org](mailto:treasurer@mtzionlutheran.org)

Mike Marciniak, Secretary  
[boardsecretary@mtzionlutheran.org](mailto:boardsecretary@mtzionlutheran.org)

Abby Sumiec

Kevin Burke

Anna Kissel



**Church Office  
Hours**

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,  
or email [parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)

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