

June 22 2025



Grace Notes

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Putting a Face With a Name

This Sunday is our Annual Congregational Meeting. What better time to wear a name tag to make sure everyone can call you by name? It will also help our guests, visitors, and new members who may not know everyone's name. It can also help our neurodivergent population as sometimes the short-term, working memory just isn't there from week to week.

A table will be in the Narthex on Sunday to provide a space right outside worship where you can grab a name tag and use a marker to let everyone know your name.

For any visitors not comfortable sharing their name, please know you are still, and always, welcome here. We look forward to getting to know you when you're ready.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Book Club Meeting

The Demon of Unrest

By Erik Larson

June 23

7:00pm

Hearth Room

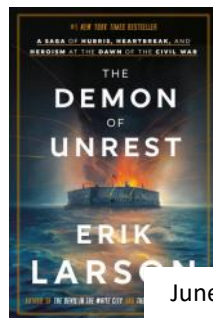
Brings to life the pivotal five months between the election of Abraham Lincoln and the start of the Civil War in this “riveting reexamination of a nation in tumult.” Master storyteller Erik Larson offers a gripping account of these chaotic months – a period marked by tragic errors and miscommunications, enflamed egos & craven ambitions, personal tragedies and betrayals.

Hose: Erik Peterson



Join our Summer Read-A-Thon!

See page 9
for more info



June 23



Ju-

What's on the Book Shelf?

July 28 The Paris Agent

By Kelly Rimmer

For fans of fast-paced historical thrillers like *Our Woman in Moscow* and *The Rose Code*, Kelly Rimmer's dramatic new novel follows two female SOE operatives whose lives will be determined by a double agent in their midst, who's causing chaos within the French circuits, whose efforts will affect the outcome of their lives...and the war.



Books on Vacation!

Snap a photo of your book out in the wild. Or the city. Or at the

June 22 to June 29

Sun June 22	9:30am Worship service 10:30am Annual Meeting 11:30am Spaghetti Dinner 5:00pm MZY Night
Mon June 23	7:00pm NA 12 Step Meeting Fellowship Hall 7:00pm Book Club
Tues June 24	Noon AA 12 Steps Meeting Room 211 6:30pm Troop 27 Meeting 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed June 25	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors
Thurs June 26	8:30am Breaking the Chains Work Crew 5:30pm Public Theology
Fri June 27	6:00pm ACA 12 Step Group Room 100
Sat June 28	
Sun June 29	9:30am Worship Service
Next Week	July 4th—Independence Day Three Day weekend!!!

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

Wild Church

The Milwaukee Wild Church, a new nature spirituality community, **will officially launch** on Sunday, August 3 at 2 pm at Ascension Lutheran Church in Waukesha.

We will gather in their outdoor worship space in the woods behind their building. Ascension is located at 1415 Dopp St. Waukesha.



Please bring a folding chair. We will meet rain or shine. If it rains we will worship in the Ascension fellowship hall.

Today's Volunteers

Altar Care: Jessica and Clara Monahan

Assisting Minister: Lora Marheine

Lector: Isabella Riccaboni

Communion: Lora M., Isabella R., Francesca R.

Ushers: James and Angella Riccaboni

Greeters: Jenny Hawes and Edi Di Giacinto

Acolyte: Francesca Riccaboni

Audio/Visual: Janet McCarthy and Gabby Riccaboni

Tellers: Car and Karen Engelhardt and Ellyn Steinke

Volunteer Schedule: mtzionlutheran.org/pages/member-resources

Access the Prayer List

<https://bit.ly/4k8gbYk>

The printed prayer list is updated every two weeks.



Submit prayer requests

Email: pastor@mtzionlutheran.org

Call: 414-258-0456

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

Courage Plus

June Mission of the Month

HOW TO HELP

Thank you, Mt. Zion, for your support this year and in the past. If you have not made your mission donation please do so by the end of June. You may write a check to Mt. Zion and please designate Courage Plus on the memo line, drop in offering plate or mail to Mt. Zion, or direct your gift on line through Mt. Zion Giving, noting the gift to Courage Plus.

These financial gifts provide integral support, resources, and housing to LGBTQ+ youth.

An Amazon wish list and other needed items are provided on their website – courageplus.org - as well as ways to volunteer. Did you know that Tosa Cares helps provide pantry items for the residents of C2 Apartments?

Thank you from Mt. Zion Outreach

Supporting our Siblings!

News from the Greater Milwaukee Synod

The final numbers are in: Together, we raised \$6,966.69 for our Synod Assembly offering in support of the Evangelical Lutheran Church in Jordan and the Holy Land!

Thank you for your generosity! Their congregations and communities have suffered greatly during the Israel-Hamas war, and our gift will be a sign of solidarity and support.

Learn more about the Evangelical Lutheran Church in Jordan and the Holy Land.

www.elcjl.org

Remember. Resist. Rejoice.



It started to rain as we waited to step off for the Pride parade. We might have hid under bushes and umbrellas to get out of the rain, but the showers couldn't dampen our spirits!



Remember. Resist. Rejoice



Jess and Clara handed out stickers and information at the Reconciling in Christ Pride Fest Booth on Saturday. It was moving to hear that one man was looking for a church, and was grateful to find out there were so many welcoming and accepting churches in Milwaukee.



Mavis, Jerry, Tom, Linda, Jean, John, Janet, Nancy, Joe, Pastor Tyler, Jess and Clara were in attendance at the Pride Worship service on Thursday. Janet did a wonderful job reading the lesson. And what a beautiful message by Rev. Rachel Young Bitner about how once someone transitions, we can truly see that person...the way God has always seen that person.

Snow cones and sweet treats with laughter and fellowship followed outdoors, even though it was a bit chilly outside!



Letter on Gaza

Daily reports continued to come in from Gaza of people being shot and killed while waiting for aid trucks. Men, women, children, and seniors are all facing a hunger and humanitarian crisis we can no longer ignore. You are all welcome to use any or all parts of the letter below to contact your elected officials about this horrific tragedy. It was written by Jessica Monahan. It has been shared with Wisconsin Christians for Peace in Palestine and many of those members will be sending it to their elected officials as well. Let us lift our voices together until the blockade is lifted and food, water, and medical supplies are provided to our neighbors in the Holy Land.

Dear _____,

It is officially summer break. The time where parents across the state are inundated with cries of "Mom, I'm hungry!" or "Dad, can I have something to eat?". While these seemingly incessant cries to us in Wisconsin are met with a bit of frustration, we are generally able to meet the request, the need to provide our children with something to fill their every growing and growling bellies. Granted, they might not always like the options provided, but food is available.

Yet it is unfathomable to me to think that my child could ask me for food and I would have *nothing* to give her. That I could not provide a basic need. That I could not feed my child because a leader in another country was withholding the trucks which carried such precious cargo as food.

It is unfathomable that people are being shot while trying to get anything - food, water, aid for their families. It is cruel. It is barbaric. It is not what the United States stands for...is it?

The United States I studied, I admired, I supported was the one from the Revolutionary war which stood up to tyrants. The one from the Civil War which stood against racism and the cruel mistreatment of others. The one from World War II which liberated people, fed, and cared for the neglected and starved.

Demand the blockade against Gaza be lifted. Ensure the safe disbursement of food, water, and medical supplies for all the children, mothers, fathers, grandparents, and neighbors throughout Gaza.

By the courage of our convictions, we must do this.

When a child says "I'm hungry", food is the only logical, compassionate answer. Not bombs or bullets. Not political discourse or division. Food.

Sincerely,

Read. Record. Return.



SUMMER READ-A-THON



**Read books. Record the titles on the reading log.
Return it to the Gathering Space by September 7th.**

We've set the number of books you will need to read based on age groups. Let Jess know if you need any accommodations.

Ice Cream Party for all who participate, including adults!

TURTLES

Children ages 4 to 8
Read 10 books

PONIES

Youth ages 9 to 15
Read 4 books

DOLPHINS

Young Adults
Ages 18 to 24
read 2 novels

BADGERS

Adults age 25 and Up
Read 1 novel or
3 Living Lutheran articles



Steve's Science Tidbits

Proof of the Impressive Benefits of Sugar Restriction

The health risks of excessive sugar consumption are well documented. Short-term effects include weight gain, acne, rapid blood sugar spikes and crashes leading to fatigue, and mood disorders. With chronic sugar abuse, a panoply of long-term consequences ensue that include heart disease, metabolic syndrome (a blanket term incorporating insulin resistance and type 2 diabetes), cancer, cognitive decline, tooth decay, fatty liver disease and high blood pressure.

Sugar is hard to avoid, as the food industry adds it to a dizzying array of products to enhance flavor, balance acidity and extend shelf life. Extending a product's expiration date by a year or two is very profitable.

Unfortunately, sugar is extremely addictive; once our brains get a good taste, it's hard to kick the habit, and food producers know it. Have you checked the amount of sugar in spaghetti sauce, ketchup, granola, yogurt, protein bars and salad dressing? They've even turned peanut butter into a confection!

Scientists have long attempted to document the health effects of excessive sugar intake, but it has been difficult to separate from other confounding influences such as income or geographical location. Fortunately, a recent study published in Science has done just that, taking advantage of the medical database UK BioBank.

For several years after World War II ended, the British government continued to ration various foodstuffs, including sugar, which kept the average diet within what is now recognized as the modern guidelines for daily sugar consumption. Researchers were able to document disease incidence in 60,000 people born in the years before or after sugar rationing ended in 1953. At this transition point, sugar consumption dramatically increased without affecting other dietary factors, enabling researchers to study the effects of reduced sugar within the developmentally critical first 1,000 days of life.

The results were eye opening. Children who were conceived in the years before the end of sugar rationing had a 35% lower risk of diabetes and 20% lower risk of high blood pressure in their 50s and 60s compared to those conceived after. And for the ration-era- conceived children who did develop these conditions, onset was 2-4 years later. The longer a person lived under rationing conditions, the greater the health benefit they experienced, but the strongest effects were realized while in utero and after the first six months of life when babies began eating solid food. An additional study showed that people who lived during rationing in their early years consumed less daily sugar as adults.

The Centers for Disease Control and Prevention recommend that infants under two avoid added sugar and everyone else limit daily sugar intake to 10% or less of total calories. That is a far cry from today's reality, since America's toddlers average six teaspoons of added sugar per day. And many pregnant mothers consume three times the recommended daily amount, putting their unborn children at risk.

Although avoiding sugar is difficult, moderation is key. That and plenty of willpower.

Steve Downs

Birthdays & Anniversaries

Birthdays

Donna H. 6/22	Carole S. 7/5	Norm W. 7/19
Vicki N. 6/23	Tom E. 7/6	Tyler F. 7/19
Andrew K. 6/28	Tony C. 7/8	Mary C. 7/20
Jeremy G. 6/28	Lorna S. 7/8	Lynda Y. 7/21
Andrew U. 6/29	Teagan L. 7/8	Jase F. 7/21
Don F. 6/29	David Y. 7/8	Hunter F. 7/21
Rich D. 6/30	Gabby R. 7/8	Michael C. 7/23
Kyle C. 7/1	Anne M. 7/11	Keston S. 7/23
Annette P. 7/1	Ellyn S. 7/11	Callie S. 7/23
Debra D. 7/1	Kevin S. 7/14	Jeff K. 7/23
Vince P. 7/1	Lilly S. 7/15	Donald S. 7/25
Jeff P. 7/2	Bella B. 7/18	John Y. 7/28
Hadley P. 7/2	John R. 7/19	Hayden P. 7/29
Tony F. 7/3		Andrea C. 7/29
Tyler R. 7/4		Douglas J. 7/31

Wedding Anniversaries

Carl and Karen E. 6/23	Steve and Sherry D. 7/7
Kim and Sue M. 6/26	Chasity and Scott B. 7/16
Dave and Lora M. 6/26	Milt and Karen D. 7/26
Marja and Jeff K. 7/1	Joe and Nancy D. 7/27
Luke and Shauna J. 7/6	Melissa and Jim S. 7/31

Fancy Seeing You Here

A group of families from Clara's school went to a Brewer's game where we were greeted by Janet McCarthy at the security point.



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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Kevin Burke

Anna Kissel



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

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