

June 29 2025



Grace Notes

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The ELCA wants to hear from you!

You are invited to share your attitudes and perspectives through the

five-minute

[American Climate Metrics Survey](#).

Responses to this survey will help shape strategy and planning in the coming year.

Your individual responses are anonymous.

The survey will close

Monday, June 30.



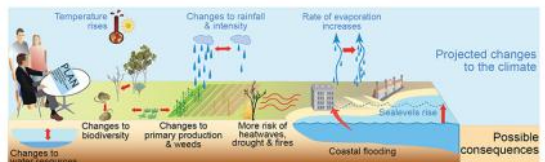
mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226



Welcome to the Synod

Welcome, Rev. Becky Erb Strang!

We are excited to announce the hiring of a new Assistant to the Bishop for Evangelical Mission, the Rev. Becky Erb Strang, who will begin her work with us on August 4. Becky is excited to be part of the Greater Milwaukee Synod and looks forward to getting to know everyone!

The Rev. Becky Erb Strang is a 1993 graduate of Eden Theological Seminary in St. Louis, Missouri.

Ordained in 1994 within the United Church of Christ, Becky has been married to Jim Strang for 35 years. They have two adult sons: Jim (Carina) and Ben.

Raised in College Station, Texas, Becky is the oldest of six Erb children. Her mother, the Rev. Jean Erb, is a retired UCC clergyperson. Becky has served local congregations in Lewisville, Texas, Kettering, Ohio, and New Bremen, Ohio. For the past 18 months, she has served as the part time Support Pastor for St. John Lutheran Church in Celina, Ohio.

Becky loves to read, take walks, travel, wheel pottery, garden, can/preserve food, and feed people.



Fourth of July

The Church office will be closed Friday, July 3 in observation of the Independence Day celebration. Maybe we'll see you at one of the following events!

Wauwatosa:

July 2, 9:15pm Drone show at Hart Park

July 4, 9:00am Parade on North Avenue

Elm Grove

July 4, All Day Family Fun Fest

Milwaukee County Parks

Find which parks are hosting daytime activities, parades, and fireworks here:
city.milwaukee.gov/DCD/Boardscommissions/July4th

Milwaukee Lakefront (McKinley Beach and surrounding areas)

July 3, 9:15pm Drone Light Show



June 29 to July 6

Sun June 29	9:30am Worship service	
Mon June 30	7:00pm NA 12 Step Meeting Fellowship Hall	
Tues July 1	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room	
Wed July 2	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off 4:30pm Staff Meeting	
Thurs July 3		
Fri July 4	Independence Day—Church Office Closed 6:00pm ACA 12 Step Group Room 100	
Sat July 5	9:00am Women of Heart Bible Study	
Sun July 6	9:30am Worship Service	
Next Week	MZY Car wash at Martin Luther	

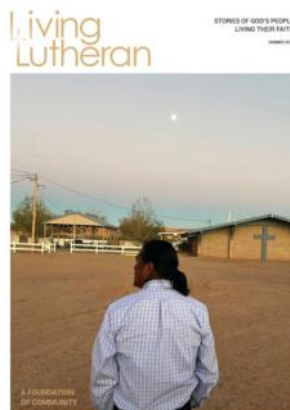
Zoom Worship, Brown Bag Meeting, Book Club ID: 841 6597 2335
Passcode: 12012

Flip Book

Living Lutheran Summer 2025 Flipbook

Check out the summer 2025 flipbook from Living Lutheran—a reminder of the storytelling you know and love, and what you can expect now that the magazine has returned to print.

<https://pubs.royle.com/publication/?i=846436>



Today's Volunteers

Altar Care: Debbie Rack-Kleppek and Edie Di Giacinto

Assisting Minister: Jenny Hawes

Lector: Luke and Emmett Johnson

Communion: Jenny H., Refilwe Magasa-Bockhorst, Nancy Di Giacinto

Ushers: Tom Ertel and Cody Di Giacinto

Greeters: Liz, Keith, Niko Anderson and Grace Whiting

Acolyte: Mari Di Giacinto

Audio/Visual: Erik Peterson and Joe Di Giacinto

Tellers: Nancy D. and Shauna Johnson

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.

Grab a Book!

Mt Zion's library has a great selection of kids books including picture books, graphic novels, and illustrated Bibles. Check out a book at the Holy Mini Library outside the sanctuary. We have adult faith formation books, too!



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



Lights Out For Pollinators

Did you know? The name Wauwatosa comes from the Potawatomi word meaning “firefly”. There’s nothing quite like catching a firefly on a warm summer night then releasing it to watch it sparkle like a 4th of July firework. Yet, there is a chance that future generations may not get to live with these pollinators.

Firefly numbers across the world are diminishing at noticeable rates. The two factors believed to be the biggest contributors are light pollution and habitat destruction (firefly.org). So, what can we do to support this city’s glowing namesake?

- ♥ Leave the grass at 4 inches. If it’s shorter, fireflies face more competition for space and have less successful mating. (USFWS.gov)
- ♥ Avoid using pesticides. This helps protect firefly larvae and food sources.
- ♥ Let your garden over-winter. Clean up gardens in mid spring because bugs use leaf litter and plants for shelter in the colder months.
- ♥ Turn off lights you don’t need at night. Put lights on a timer!

Fireflies thrive in environments that provide essential elements such as moisture, darkness, and natural shelter.

From Firefly.org

Mt Zion just updated the main parking lot lights (see page 7). Are they on a timer?

Yes. A few lights close to each entrance are on the "dusk-to-dawn" circuit, but most of the lights in the lot are on the "dusk-to-10pm" circuit. YAY!

How does light pollution affect fireflies?

Fireflies flash their lights to attract a mate. If potential mates can’t see the light due to artificial lighting, it could mean less firefly mating, and smaller populations. It could mean males don’t perform as well, if at all. So, turn off outdoor lights and target the beams to only where they are needed.

Mt Zion does not use upward-pointing lights on the front or sides of the church as a way to help keep things dark.

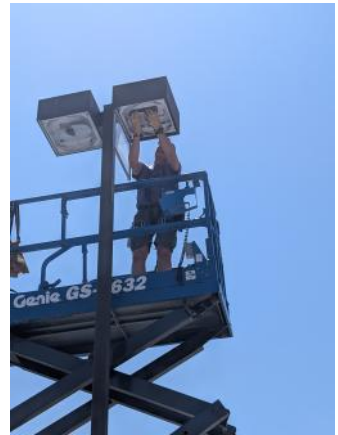
How do Mt Zion’s parking lot lights compare to this illustration of lighting styles from darksky.org?



Thank You!

Parking Lot Improvements

A big "thank you" to Ian Koenig and Douglas Johnson who replaced all the light bulbs in our parking lot light fixtures with new LED bulbs! Over half the bulbs were burned out, so this marks the first time in at least 10 years that all 17 bulbs have been functional. Some of our renters had complained about going out to a dark parking lot after evening events, and these new LED bulbs not only bring light to those dark corners of our lot, but they also use a lot less energy than the high-pressure sodium bulbs that had previously been in use.



A Day in the Life

A Day in the Life of our Administrator (June 17, 2025)

- Arrive - bring in personal donations for Tosa Cares
- Greet Mavis. I ask her to call the Office Tech Group about our printer while I go through the mail. Mavis says the printer company will need the specific wording regarding an error we are having between the computers and printers. So, I'll print something.
- In the mail I see there is the first ELCA elementary school in Wisconsin planned. Cool! Put flyers on reception desk for display in Gathering Space.
- Frustrated to learn that our subscription of Large Print Upper Room devotionals provides us with one printed copy of the devotional.
- Finish going through the mail.
- Print a thank you letter for a contribution. No error message. Oh sure, *now* the printer works!
- Talk to Roy who returns from the bank with the deposit receipt.
- Sign up for paperless billing for our phone/internet.
- I really want a sub for lunch. And wouldn't you know it? My husband happens to have a code for a free sandwich. Awesome! Thanks! Love you.
- I begin an order for janitorial supplies.
- Mark calls while I'm ordering the supplies and we chat about Sunday's songs because the internet cut out when he was trying to update the planning calendar.

"Sorry to pull you out of whatever you were doing", Mark says.

"It's ok. I was applying coupons so I could save us 68 bucks on paper towels and trash bags!"
- Mavis gives me some additions and edits for the annual report.
- On my way back from the bathroom I remember I had something on the printer. Must retrieve that before I go pick up my lunch. Then I remember the person wants two copies of the contribution letter.
- Oh, right. That person left a voicemail and I need to call that person back so do so right when I think of it.
- Noticed post it note reminder that this Sunday is name tag Sunday. Have to remember to put table in narthex to make tags accessible and visible.
- Lunch break! (Pastor Tyler was out at meetings which meant I didn't have my lunch buddy. So I ate at my desk and wrote letters to 4 elected representatives demanding the blockade to Gaza be lifted and people be given food, water, and medical aid).

Continued on next page.

A Day in the Life

Continued from previous page

- Updated the 2025 Annual Report and added more pictures.
- Outside walk break with Pastor Tyler.
- Back inside where it's cooler, we discussed financials.
- Sat down to work on financials. Got hit with the 3:00pm slump. Putzed around emails for a while.
- Remember I need to look after work to get my kid registered for August childcare/day camps because there's an entire month with nothing available through MPS. Why does it feel so needlessly difficult to be a parent and work full-time?
- Really gotta tackle these financials.
- Maybe I need coffee? No. Too hot. Must drink water.
- Go talk to Pastor about what he's working on. It's financials for the Annual Meeting. He's listening to "How to Train Your Dragon" soundtrack. Fun!
- Still kind of sleepy. I'm so much more of a morning person.
- Rethinking weekend camping trip given potential 90 degree weather
- Ordered more Large Print Upper Rooms.
- Sorted financial papers and filed what needed filing.
- Continued with financials. I do math on paper with a pencil when working with the Endowment statement because of how the numbers are set up.
- I hear the jangle of Lexi's dog collar. I have to say hi to Erik's dog (as she runs into my office hoping for a treat). Also say hi to Erik.
- Conversation with Erik reminds me I have to call my doc about scheduling a follow-up liver MRI. Thanks for everyone for your prayers.
- 5:00pm Now I get a surge of energy and clearer mental thinking?
The 8 hour work day is so weird!
- Put postage on mail to be collected tomorrow.
- Didn't have a single problem with the printer. *Seriously?*
- Water plants.
- Head home.
- Notice welcome announcement screens near elevator as I head to the door. I need to update those tomorrow because the Pride Parade is over.
- Oooh! I work from home tomorrow. Yay!

Steve's Science Tidbits

Blobology

At an early age, I, as well as many of you, studied the basic anatomy of a cell, learning that it was a mass of protoplasm surrounded by a cell membrane, containing compartmentalized structures called organelles that carried out their own finely focused functions. The nucleus was the “brain” and contained DNA that coded for genes that controlled overall cell function; mitochondria were cell powerhouses providing energy; ribosomes and endoplasmic reticulum formed proteins; and so on. And for decades that was the model.

For most of my adult life, I taught lab courses in basic biology, cell biology and microscopic anatomy and carried out research in cellular aspects of embryogenesis and oocyte/egg maturation. All these endeavors were anchored in that same understanding of cell structure.

But the field of cell biology has been turned on its head. Back in 2009, scientists in Dresden, Germany noticed a group of small specks in single-cell embryos of a small worm, called P granules, that would transiently appear, then disappear, at discrete locations. These little blobs were undergoing phase transitions much like ice that transitions into water that transitions into gas, and vice versa. They have been renamed biomolecular condensates and, with further scrutiny, seem to be present in every cell type throughout nature. They have apparently been hiding in plain sight all this time but are now readily observed when one knows what to look for. A significant portion of current cell biology research has turned to blobology.

The perceived role of these long-overlooked blobs is multifunctional, as they transiently condense and decondense in locations throughout the cell to coordinate the countless molecular components to perform particular tasks. Unlike organelles, they are not membrane-bound; each condensate instead creates its own environment allowing processes to occur that are isolated from what is happening in the surrounding cell space. There is great variation in the type and function of blobs that form. Moreover, the conditions required for their formation vary as well, such as changes in temperature or damage to DNA. The picture that has emerged is one of a master coordinator of cell function.

Yet there is a dark side. For many years, neurodegenerative conditions such as Parkinson's and Alzheimer's have been associated with clumps of precipitated protein called amyloids that can be toxic to neural tissue, leading to the prevailing dogma that liquid proteins are good while solid ones are bad. But this paradigm doesn't hold, because some healthy condensates may also contain proteins that congeal into long-term solid clumps.

Continued on the Next Page

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

Science Tidbits

Continued from previous page

Blobology has shown that classical biochemistry and structural biology are no longer sufficient to explain all the goings on within a cell. The quick phase transition ability of these entities reveals a much more efficient response system within a cell. Plus, their similarities to pathological protein clumps raises hope that further unravelling of how condensate formation is controlled may lead to revolutionary treatments for a wide spectrum of diseases.

And how long before the classic grade schooler drawing of a cell reflects this?

Steve Downs

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**
Danielle Lawson
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
Jasmine Pruitt
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

Linda Havlicek, President
president@mtzionlutheran.org

Dave Nelson, Vice President
vp@mtzionlutheran.org

Joe Di Giacinto, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
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

**12012 West North Avenue
Wauwatosa, WI 53226
(414) 258-0456
parishadmin@mtzionlutheran.org**



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