

July 6 2025



Grace Notes

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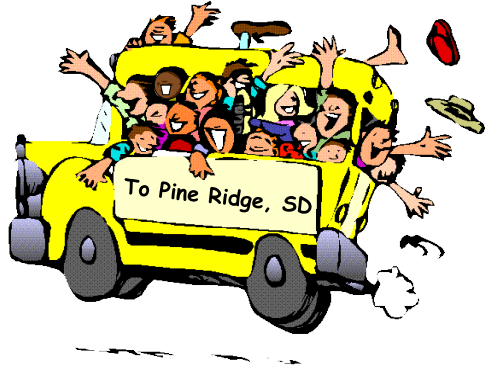
mtzionlutheran.org

(414) 258-0456

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12012 W North Ave

Wauwatosa, WI 53226



Youth Fundraisers



Saturday, July 12

Car Wash at Martin Luther
9:00am to 12:00pm



Sunday, July 13

Bake Sale at Mt Zion
After Worship



Sunday, July 20

Car Wash at Mt Zion
9:30 to 12:00pm



Friday, August 8

Parents Night Out at Mt Zion
5:00 to 8:00pm

Games, snacks, crafts, movies on 2nd floor!
Parents will need to sign up in advance.

These fundraisers will support the Youth Trip to Pine Ridge Reconciliation Center in South Dakota. Please support this opportunity for our youth to meaningfully connect with the Oglala Lakota people.

Praise in the Shade



July 6 to July 13

Sun July 6	9:30am Worship service
Mon July 7	7:00pm NA 12 Step Meeting Fellowship Hall
Tues July 8	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed July 9	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off 7:00pm Stewardship Meeting
Thurs July 10	
Fri July 11	6:00pm ACA 12 Step Group Room 100
Sat July 12	9:00am MZY and MLY Car Wash at Martin Luther
Sun July 13	9:30am Worship Service
Next Week	Outdoor Worship and Cookout

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



Prepping for Fundraisers



Leah, Mari, Kyle, Jack, and Arlo
create signs for the car wash



Gabby prepares pies for the bake sale
with the youth from Martin Luther.





Rock On, Extra!



Members Jack S and Emma B and their band Extra had the honor of playing on the stage at Summerfest through Rockonsin, a competition that highlights high school garage bands across the state. Only the 10 best bands get to play at Rockonsin, and this was the second time Extra achieve this great honor. [Congrats](#), Jack and Emma!

Prayer List

Access the Prayer List

<https://bit.ly/3IcjYX0>

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.

Steve's Science Tidbits

Think of how boring it would be if we didn't have facial muscles. Sure, you would probably be a better poker player, but interactions with other people would be extremely challenging. Socializing with family and friends as well as strangers is critically dependent on one's ability to "read" others.

The Importance of Facial Expression

Much of the information we convey to others is manifest in ways we move our facial muscles. On average, people produce 101 facial contractions per minute during a typical human encounter. These muscles are innervated by CVII, the seventh cranial nerve, and when this nerve is compromised by injury or viral infection, the facial muscles are rendered nonfunctional, a condition known as Bell's Palsy. As a result, the facial muscles droop and become expressionless, devoid of any emotion.

We need facial expressivity to facilitate human bonding. For every emotion there seems to be an accompanying reflexive facial movement; it's an engrained feature of our communication system: corners of the mouth upturned when amused, furrowed brows when puzzled, widening of the eyes when shocked, etc. Along with changes in vocal inflections, communication becomes visual as well as auditory, one reinforcing the other. Even young children can describe the emotion conveyed when shown pictures of people with different expressions.

In a recent study, 52 people were filmed during an online social interaction with a researcher that captured both audio and video responses. Participants were exposed to challenging situations that mimicked everyday experiences, and their facial movements were carefully monitored. Automated software coded each muscle movement.

Results showed that people who were more agreeable, extroverted or neurotic (as measured by a questionnaire) were more facially expressive. One researcher commented that people with these personality traits probably enjoyed socializing more or have strong concerns about how they appear to others.

Following these exercises, the paired participants rated how much they liked each other, as did 176 other participants who merely watched video clips of these people. The results were overwhelming: the more facially expressive the person, the more they were liked.

When the active participants reported their thoughts and feelings after the interactions, and these were compared with what the casual observers were "reading" in the faces of the participants, it turns out the participants were effectively broadcasting their thoughts through their faces. Moreover, the more expressive the participant, the easier they were to read and, hence, the more they were liked.

This makes a lot of sense. When we meet someone new, aren't they auditioning for our trust, for our potential friendship or affection, for their appreciation of our humor, for their genuineness of response? We intently watch their facial reactions for a better picture of who they are and appreciate more those who are unambiguous.

Being more open and expressive may be threatening to some, leading to feelings of vulnerability, but there are definite social rewards. Unless you are playing cards, a poker face can be a disadvantage.

Steve Downs

Birthdays & Anniversaries

Birthdays

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

Wedding Anniversaries

Marja and Jeff K. 7/1	Milt and Karen D. 7/26
Luke and Shauna J. 7/6	Joe and Nancy D. 7/27
Steve and Sherry D. 7/7	Melissa and Jim S. 7/31
Chasity and Scott B. 7/16	

Today's Volunteers

Altar Care: Joe and Nancy Di Giacinto

Assisting Minister: Janet McCarthy

Lector: Erik Peterson

Communion: Joe D. (bread)

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: <https://bit.ly/44wLzdd>

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
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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
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