

July 13 2025



Grace Notes

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Congratulations!

We are pleased to announce that two of our Mt Zion members, Liv Juel and Dom Gordon, were recently married.

Congratulations to the happy couple!

May your days be filled with joy and laughter and the love you have for each other grow with every year.



Joyfully Growing Disciples in Christ

mtzionlutheran.org

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Wauwatosa, WI 53226



Worship Notes

This Sunday, July 13, we will have communion at the rail. We will also encourage everyone to participate in our "Name Tag Sunday". We missed it on the first Sunday of the month. Can we blame the holiday weekend?

On Sunday, July 20, we will hold our outdoor worship service on the west lawn, near the playground equipment. We will provide some chairs, but if you have a camp/lawn chair you can bring, that might be more comfortable!

We will also have our first cookout of the summer following worship on the 20th.

With Sympathy

We were saddened to hear of the passing of long-time Mt Zion member Don Fox, who died on Friday, July 4th.

He was married to June Fox for 68 years before her passing in 2021. Don loved his family, his country, and sports, and was successful in his career where he is even co-credited with a patent!

The full obituary is available at <https://www.schmidtandbartelt.com/obituaries/detail.aspx?id=19049>

Visitation will be at Schmidt & Bartelt Funeral Home in Menomonee Falls (N84W17937 Menomonee Ave.) on Friday, July 11, 2025 from 11am until time of Funeral Service at 12:30pm. Memorials directed to Mount Zion Lutheran Church in Wauwatosa or the American Cancer Society are greatly appreciated.



July 13 to July 20

Sun July 13	9:30am Worship service
Mon July 14	6:00pm Property Committee 7:00pm NA 12 Step Meeting Fellowship Hall
Tues July 15	Noon AA 12 Steps Meeting Room 211 6:30pm Outreach Committee 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed July 16	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 1:00pm Tosa Cares Donations Drop Off 4:30pm Staff Meeting
Thurs July 17	5:30pm Public Theology
Fri July 18	6:00pm ACA 12 Step Group Room 100
Sat July 19	
Sun July 20	9:30am Worship Service 9:00am MZY Car Wash 10:30am Cookout 5:00pm MZY Night
Next Week	

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

Flip Book

Are you looking for a new study bible? Augsburg Fortress just released "The Lutheran Study Bible: Second Edition" that contains the recently updated language from the NRSVue translation.

Learning more about this new study bible at

<https://www.livinglutheran.org/2025/06/engaging-the-word-in-new-ways/>



Today's Volunteers

Altar Care: Andy, Jen, and Talula Johnston

Assisting Minister: Joe Di Giacinto

Lector: Irene McCarthy

Communion, bread: Tom Ertel

Communion, wine: Joe and Nancy D. and Gabby Riccaboni

Ushers: Rick Pearson and Suzy Morgan

Greeters: Dick Hollander and Irene McCarthy

Acolyte: Jack Johnston

Audio/Visual: Abby Sumiec and Zach Peterson

Tellers: Tom Morgan and Brad Hext

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.

Mission of the Month

It's Back to School Time for Tosa Cares

The opportunity is here once again for our Mt. Zion community to support Tosa Cares in showing all God's children that we care about them having access to supplies that they need to start the school year off on the right foot. Backpacks are already being packed for grades 1-12 as these supplies will be distributed from July 29th through August 27th.

How can I help? Great question! Please purchase any of the following supplies and place them in the donation barrel in the hallway or in the basket in the Gathering Area.

- ♥ Backpacks any size and shape and black ones for older students
- ♥ Packs of lined paper – wide ruled and college ruled
- ♥ Two pocket folders
- ♥ Notebooks – wide ruled and college ruled
- ♥ Wide washable markers, highlighters, and thin markers
- ♥ Small glue sticks
- ♥ Pens and pencils
- ♥ Pink erasers and pencil top erasers



We can shop for you. Please write a check and mark in the memo line Tosa Cares school supplies or use the Mt. Zion On Line Giving and select Tosa Cares. Thank you for your continued Generosity and share the joy of preparing children for the new school year.

Mt Zion Outreach

Host Family



The Kuhagen family is hosting a teenage girl from Northern Ireland as part of the Ulster Project. Amy M. of St. Field in Northern Ireland (about 20 minutes from Belfast).

Welcome, Amy!

The Ulster Project began in the 1980s as the clashes between Protestants and Catholics in Northern Ireland occurred. The project finds youth 15 or 16 years of age to come and be paired with a host youth and families in various cities of the United States. Two adult counselors act as chaperones from the US city group and NI group. They have a project leader that oversees the four weeks together.

The youth do community service projects, fundraisers, attend a variety of church services, visit and learn about other cultures (Jewish, Muslim, Native American). They do "Discovery Days" for self reflection and growth in areas around personal values, beliefs, identity, problem solving, and conflict resolution, all from a Christian base.

They are "taught how to think not what to think/believe."

There are fun social times as well: Six Flags, pool parties, sailing, etc.

Each year, six American girls and six American boys ages 14-16 from Catholic and Protestant faiths who are matched with 12 Northern Irish teens of the same gender, age, and faith background.

The Ulster Project runs for four weeks from late June to late July.

There is no charge to participate in the Project. Host families cover the expenses of housing their Northern Irish teen and conducting family activities during the month. Throughout the year there are fundraising opportunities to help cover project costs.

Save the Date!



Saturday, Sept. 27 @ Four Event Sites:

Grafton • Kenosha • Milwaukee
Waukesha (**NEW LOCATION!**)

OFHRRW.org

Youth Fundraisers



TODAY

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.

Lutheran A Cappella



The Lutheran

A Cappella Choir
of Milwaukee

CHOIR AUDITIONS

Sing with us!

AUGUST 25TH - 26TH | 7:00 - 9:00PM

AT MT CARMEL LUTHERAN CHURCH

8424 W Center St, Milwaukee

Audition for The Lutheran A Cappella
Choir of Milwaukee

with Artistic Director, Bill Busch

Sign up by visiting
www.lutheranacappella.org

Rehearsals for the upcoming season
will be held on Tuesdays at 7pm
at Mt Carmel Lutheran Church



A Day in the Life



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

Healing Broken Leg and Ankle Bones

Many of you have either suffered a fractured bone in a lower extremity or at least know someone who has. Healing is a long, drawn-out process, typically taking 6-12 weeks, but with full recovery requiring three-to-twelve months depending on the severity of the break.



Until recently, after the damaged area was encased in a plaster cast, the patient was to refrain from weight bearing activity lest it interfere with the healing process. The use of crutches was a prominent aid to help achieve this.

When a bone is broken, physicians are first concerned about stability of the fracture site—ie, how much will the bone fragments shift if you put weight on the leg. If too much, then the bone pieces are first realigned, and then surgery is usually performed, with the placement of screws, plates or rods. The healing process comprises three steps: (1) Inflammatory phase (1-2 weeks): The initial response is swelling and pain, as blood clots appear and blood cells rush to the site; (2) Reparative phase (2-8 weeks): A soft callus forms, filling the fracture gap, that slowly hardens into a hard callus that provides further support; and (3) Remodeling phase (6+ weeks): The bone gradually reshapes and strengthens itself, restoring the same classical bone structure of mature long bones.

Until recently, casts remained on the leg until the first two phases of repair were completed, assuring that, once removed, the now-solid bone would more easily and safely support weight-bearing. But such precaution comes with unfortunate consequences.

The longer the cast remains on the leg, combined with its immobilization, the more the leg suffers tissue wasting. Said one prominent orthopedic surgeon, “you come out of the cast with a sort of hairy, withered leg that takes forever to overcome.” This is because loss of muscle and bone mass occurs much quicker than one’s ability to gain it back. The problem is most acute with the elderly, since many are already in weakened states and can least afford such wasting.

Surgeons are now thinking twice about lengthy immobilization protocols. Studies of hip replacement patients have shown that early weight-bearing significantly reduces mortality rate, a serious problem in older individuals. In more recent studies, physicians have found that walking earlier with femur fractures had no higher level of complications than those who stayed off the leg for six weeks.

In a 2024 study involving 480 fractured ankle cases across 23 U.K. centers, half of the patients were instructed to walk after two weeks, the other half after six weeks. The incidence of complications was equal between the two groups; moreover, the early weight-bearing group reported better ankle function both at six weeks and at four months post-surgery.

Of course, early weight-bearing doesn’t mean normal activity, but if healing can be accomplished in significantly less time, early walking will bring better bone health with less inconvenience.

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

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

Lutheran Social Services

Plant the Future Together

Join the LSS Foundation for a **free evening** of
food, fellowship, and inspiration on the lakefront!

 **Thursday, July 24, 2025**
⌚ **5:00 – 7:00 PM**
📍 **Milwaukee Yacht Club**
1700 N Lincoln Memorial Dr

Come learn how legacy and endowment gifts help grow the mission of Lutheran Social Services for generations to come.

RSVP by July 1:

Scan QR Code

Kelly.Nowakowski@lsswis.org

Call/Text: (414) 617-7608



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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The Reverend Tyler D. Rasmussen
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Mike Marciniak, Secretary
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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

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