

## Worship Services

### Sundays

8:30am Traditional  
9:40am Education hour  
10:45am Contemporary

## Office Hours

**M T W F** 9:00am–3:00pm

**Thurs** 9:00am–noon  
or call for an appointment

## Our Mission

With the assurance of God's faithfulness, we'll

- † nurture disciples,
- † extend healing and compassion, and
- † work for justice in our communities and throughout the world.

## Our Vision

Gathered by the grace and love of Jesus Christ, the people of Mt Zion commit to know God deeply and to serve God gladly through the many and diverse gifts given to us by the Holy Spirit.

## Marks of Discipleship

- † **PRAY** daily
- † **WORSHIP** weekly
- † **READ** the Bible
- † **SERVE** at Mt Zion and beyond
- † Be in **RELATIONSHIP** to encourage spiritual growth in others
- † **GIVE** of my time, talents, and resources

**ALL ARE WELCOME!**

# Come and See!

## Town Hall on Wednesday, May 8th!

This is IT — it's time for **the whole Mt Zion community** to gather for a very special event! Let's celebrate the hard work of the Mission Exploration Team (MET) as we review the eagerly awaited **Ministry Site Profile** (MSP) which they have composed and the Leadership Board has approved.

**Please join us** on Wednesday evening 5/8, starting with supper at 5:30pm, and then continuing with the meeting at 6:30pm. To ensure

parents with younger children are included, we'll have some youth-led activities to keep your kids happy.

We'll see a document that tells Mt Zion's story and vision for the future, reminding us of who we are and how we're moving forward. The Synod staff, two of whom will join us on this evening, will use this document to **match pastoral candidates to our congregation**.

AND, it's our first chance to **meet the Call committee** that's now being formed. It will be their job to interview candidates and prayerfully discern whom to recommend we call as our next pastor.

The Town Hall meeting will be *informative, enlightening, a celebration* of our community, and an *affirmation* of our ability and energy to continue in God's mission together. **This is one event you won't want to miss!**

### Town Hall schedule 5/8

5:30 – 6:30pm	Super soup supper
6:30 – 8:00pm	Town Hall meeting in the sanctuary
6:30 – 8:00pm	Pajama and movie party for kids in the Holy Flicks theater



- Pastor Josh & Mavis Roesch

# Rotation Sunday School — weekly words

All children are welcome: age 2 through 5<sup>th</sup> grade

Sundays 9:30 am to 10:40 am

*Children will be dropped off and picked up at Hallelujah Hall (Room 100)*

## Jesus Heals Ten Lepers

April 7th-May 5th

This story is about ten lepers, the untouchables of society, outsiders, the “unclean”. Keeping their distance, the ten lepers call out, “Jesus, Master, have mercy on us!” This is a story about judging people based on their condition. Leprosy was a terrible disease which, by the time of Jesus, people were saying was a punishment from God, a sign of sin, something you deserved, a literal living hell. How does Jesus react? He heals their leprosy without asking about their worthiness or faith; Jesus rejected what the culture accepted as fact. He tells the men to go and show themselves to the priest. As they went, they were made clean. Then one, (a hated Samaritan), when he saw he was cured, returned to Jesus praising God, his heart overflowing with thanks and gratitude that his life was now new and clean. Jesus responded, “Were not ten made clean? But the other nine, where are they?” Jesus made it his business to care for those whose diseases, disabilities, despair, and doubts left them feeling separated from God and their communities. This is a story of Jesus’ amazing saving grace, which restores us to God and each other. Now what about those “other nine”? Yep, the ones who got healed, but forgot to thank Jesus? The Bible doesn’t tell us, but we hope our KIDS will be like that grateful leper and respond to God’s grace. We hope they will recognize to whom they own their own healing, their salvation, and lead a grateful life in response. Our response to Jesus’ grace should be gratitude, and not just the saying “thank you” kind. That kind of gratitude is a life of grace-giving and “paying it forward” to those who struggle and feel unloved, the marginalized of society.

Memory Verse: “Give thanks to the LORD for He is good. His love endures forever.”

- Psalm 136:1

## Offerings

We ask your children to bring an offering on Sunday. Parents, please empty your loose change out of your pockets every day and give it to your children to give for their offering. The amount is not so important as training your child in the habit of giving and becoming generous. Envelope packets are outside Hallelujah Hall on the table free to take and use.

## Tosa Cares: It will be a surprise!

Each week your child is given a sticker to remind them to bring that item for Tosa Cares and those less fortunate.

Remember to register your child/children for this Sunday school year. The registration forms are outside the Hallelujah Hall (choir room) on a table with the offering envelopes, (please take). The start of Sunday school will be immediately after the early church service ends at 9:30am and will end at 10:40am. Drop off and pick up will be at Hallelujah Hall. (continued on page 3)

## Vacation Bible School

Summer is coming!

Time to Gear up for VBS!

June 16th—20th

5:00pm Dinner

5:30-7:00pm Learning, Games, and FUN!



### Rotation Sunday School — weekly words (cont'd)

We begin our morning with singing our praises to God and learning a song for each unit. These songs that we are learning will be performed for the congregation on May 12th. Your commitment to our Sunday school program in bringing your children on a regular basis is appreciated. It is my personal goal to build a foundation of knowing who Jesus is that will be with your child throughout their lives.

- Sherry Downs

**First Communion Celebration** was Palm Sunday (4/14). Our congratulations to Leah Czervionke, Belinda Felber, Angelina Goll, Olivia Goodwin, exi Goss, Aidan Miller, Gabriella Riccaboni, Joey Setner, Devin Townsend, and Vivian Townsend. Two of our children were on Easter Break with their families so these two, Leah Czervionke and Angelina Goll, will be recognized on May 5th. I found the prayers the children spoke at the service to be very moving and it made me think about how we have a lot to learn from our children. Jesus said, "Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." (Mark 10:15) Children are the best teachers when it come to God's kingdom. Our thanks to Brenda Marciniak for guiding our children on this journey.

#### MARK THESE DATES!

**Pajama movie night (5/8 6:30-8pm):** While Mom and Dad go to the Town Hall meeting about calling a new pastor, the children are invited to come in their PJs and sleeping bags and watch, "How to Train Your Dragon." A light meal will be served at 5:30pm.

**May 12 is Celebration Sunday!** This is a special Sunday when the students share with the congregation what we have been "up to" this year! (Mother's day) This Celebration is timed so you can STILL take Mom out for brunch! We will have one service at 9:30am that morning so everyone can attend! Parents, please make every attempt to bring your children to Sunday School these weeks prior to Celebration Sunday. so we can prepare for this momentous day.

## Forum – Sunday, April 28

### Seminary and Sabbath.... What do they have in common?

Perrie Dralle will be updating us on her journey in Seminary and what is has in common with Sabbath. This summer our youth and some adults from our Mt Zion congregation will be traveling to Holden Village to experience Sabbath in a whole new way! Join us this Sunday for a seminary update, and some ways to think about Sabbath in a new light!



**HELLO MZY!**

**CONGRATULATIONS** on a successful Easter brunch fundraiser! People were very generous and we raised \$339!! Thank you to all for your contributions in food, drink, and hospitality for our guests at the brunch!! **YOU GUYS WERE AWESOME!!!!**

Here's "what's up" and happening for our MZY in the month of **APRIL** and beyond:

**SUNDAYS 9:40-10:40am** – "Meet ups" in the Youth Hangout (2nd floor) – highs/lowes, prayer requests, and AOB instruction. **EVERYONE** is welcome!! There are just a few Sundays left 'til Summer Break!! April 28, May 5, and 12!

**WEDNESDAY 5/8** – TOWN HALL SOUP SUPPER and **MOVIE NIGHT!**

5:30pm – Soup supper

6:30-8pm – **PJ PARTY and MOVIE NIGHT!**

MYZ - We will be volunteering to keep the little ones safe as the parents participate in the Town Hall meeting to prepare our congregation to begin the process of calling a new pastor!! Break out your favorite PJs and join the little ones for a movie (How to Train Your Dragon!) in the Holy Flicks Theater!! Stuffed animals welcome! MING will make an appearance. ☺



**SATURDAY 5/18** – rescheduled date for **ALICE'S GARDEN and PIZZA!** Meet at Mt Zion at 8:30am. We will drive to the garden, work from 9-11:30, and then grab pizza on the way home!! Bring a pair of work gloves and a bottle of water. We get to play in the dirt **AND** help a beautiful cause!!

**SUNDAY 6/2** – MZY will be serving dinner to the families at the Ronald McDonald House! Stay tuned for details!!

**YOUTH TRIP 8/3-9** – **LAST CALL** for any more adventurous MZY on our Holden Village trip this summer! **See Perrie ASAP!!**

Thank you for the blessing of sharing your children with me! I am grateful for our partnership! - **Perrie Dralle, Youth Coordinator - MZY**

# Looking ahead at the Mt Zion calendar

## Thursday, April 25

10:00am Reformation Community Bible Study \*  
6:00pm Bell Choir rehearsal  
7:00pm Choir rehearsal

## Friday, April 26

5:30pm OA 12-step group meeting  
7:30pm ACOA/ESSAY 12-step group meetings

## Saturday, April 27

8:00am Tosa Cares distribution  
9:00am Music Lessons  
10:00am Chinese American class

## Sunday, April 28

8:30am Worship (traditional)  
9:40am Education hour \*\*  
10:45am Worship (contemporary)  
11:30am Korean worship  
11:45am Stewardship meeting (Hearth Rm)

## Monday, April 29

5:00pm Yoga  
7:15pm NA 12-step group meeting

## Tuesday, April 30

10:00am Staff meeting  
12:00am AA 12-step group meeting

## Wednesday, May 1

12:00pm Brown Bag Bible Study  
1:00pm Prayer group  
7:15pm Knightwind Ensemble

## Thursday, May 2

10:00am Reformation Community Bible Study \*  
6:00pm Bell choir rehearsal  
7:00pm Choir rehearsal

## Friday, May 3

5:30pm OA 12-step group meeting  
7:30pm ACOA/ESSAY 12-step group meetings

## Saturday, May 4

9:00am Music Lessons  
10:00am Chinese American class

## Sunday, May 5

8:30am Worship (traditional)  
9:40am Education hour \*\*  
10:45am Worship (contemporary)  
11:30am Korean worship  
2:30pm Suburban Singers rehearsal  
4:00pm Suburban Singers Concert (sanctuary)

## Monday, May 6

5:00pm Yoga  
7:15pm NA 12-step group meeting

## Tuesday, May 7

10:00am Staff meeting  
12:00am AA 12-step group meeting

## Wednesday, May 8

12:00pm Brown Bag Bible Study  
1:00pm Prayer Group  
5:30pm Soup Supper

## 6:30pm Town Hall Meeting

Pajama and Movie Party for Kids  
Knightwind Rehearsal

## Thursday, May 9

10:00am Reformation Community Bible Study \*  
NO bell choir rehearsal today

*\* Reformation Community Bible Study  
is held at their ministry location:  
3806 W Lisbon Ave, Milwaukee*

*\*\* Education hour includes Sunday School  
for age 2 through 5th grade, Youth hangout  
for grades 6-12, Coffee hour, & Adult forum*

## Ministry Schedule A

	<b>Apr 21 Easter Sunday 8:30 am</b>	<b>Apr 21 Easter Sunday 10:45 am</b>	<b>Apr 28 Sunday 8:30 am</b>	<b>Apr 28 Sunday 10:45 am</b>	<b>May 5 Sunday 8:30 am</b>
<b>ACOLYTES</b>	Misty Stewart		Mason Sneller		Ethan Czervionke
<b>ALTAR CARE</b>	Norma Hollander Elyn Steinke		Mavis Roesch Wendi Hall		Edie & Nancy DiGiacinto
<b>ASSISTING MINISTERS</b>	Perrie Dralle	Erik Peterson	Tom Ertel	Janet McCarthy	Cynthia Rigsby
<b>COMMUNION DEACONS</b>	Rich and Gail Robinson		Mary & Douglas Johnson		Wendi Hall Chris Kress
<b>GREETERS</b>	Vince & Barbara Pipia	Brenda Fogel	Irene McCarthy and Hilda Rohr	Brenda & Ryan Marciniak	Linda and Steve Haecker
<b>LECTORS</b>	Rich Robinson	Lora Marheine	Melissa Stuczynski	Sara Bailey	Lynda Yanny
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
<b>USHERS</b>	Roy Durrenberg Larry Seefeld Suzy Morgan	Jim Yee Dorothy Snead	Roy Durrenberg Larry Seefeld Suzy Morgan	Dave & Vicki Nelson	Jim & Donna Zarek Roger & Nancy Schumacher
<b>OFFERING STEWARDS</b>	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Barb McMath / Carl & Karen Engelhardt		1ST WEEK: Tom Ertel / Jim Goetzinger / Gary Goll
<b>AUDIO/VISUAL</b>	The Johnson Family	The Peterson Family	Lynda Yanny	The Marciniak Family	The Johnson Family

*Our Ministry Servers make o*

## April 21-May 26, 2019

May 5 Sunday 10:45 am	May 12 Sunday 9:30 am	May 19 Sunday 8:30 am	May 19 Sunday 10:45 am	May 26 Sunday 8:30 am	May 26 Sunday 10:45 am
	Misty Stewart	Griffin Sneller		Ethan Czervionke	
	Norma Hollander Ellyn Steinke	Edie & Nancy DiGiacinto		Mavis Roesch	
Sara Bailey	Cynthia Rigsby	Linda Ertel	Lora Marheine	Tom Ertel	Erik Peterson
	Brenda and Katy Marciniak	Rich and Gail Robinson		Donna and Jim Zarek	
Bethany Neubauer	Pat and Suzy Mor- gan	Betty Casey Dick & Norma Hol- lander	Pat Campbell	Vince & Barbara Pipia	Brenda Fogel
Janet McCarthy	Melissa Stuczynski	Irene McCarthy	Sara Bailey	Wendi Hall	Jim McTaggart
unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
	Carl and Karen Engelhardt/ Roy Durrenberg	Roy Durrenberg Larry Seefeld Suzy Morgan		Jim Stuczynski Roger and Nancy Schumacher	
	2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Barb McMath / Carl & Karen Engelhardt	
Tea Dralle	Abby Sumiec		The Marciniak Family	Lynda Yanny	The Peterson Family

*our Church work! Thank you!*



## Grounds spring clean-up

Please come and help us get the Mt Zion grounds ready for spring on Saturday, May 18th, from 8am to noon. Bring your gloves, shovels, buckets, garbage bags, or just come yourself! You can borrow some tools to beautify our grounds. Come and join us when you can!

- Kurt Kleppek,  
volunteer grounds crew  
kurtklep@gmail.com

## April mission of the Month: The Good Samaritan

As we are called to build relationships based on Faith and Hope — through our time and financial resources — we can help serve those in need within our community; so that no one walks alone, & walks with a faith-based community.

There are so many opportunities for us to really make a difference for those in need ... through a **kind word or gesture** ... **volunteering time** with seniors ... **making sandwiches** for Reformation's Summer Youth Work program ... **providing food** for a family meal ... **donating shampoo, soap, toothpaste & paper products** to our Food Pantry — or simply **donating money** to be used for families in need. Join us as we ...

Remember, there are people everywhere scattered on the road  
Feeling bruised and battered, bearing such a heavy load  
Trying hard to make it every hour of every day  
Praying that a good Samaritan will come their way  
You can hear their voices and you can see their need  
You know there is ample opportunity indeed  
You can make a difference, yes, you can be the one  
To walk in the footsteps of the good Samaritan.

Please use your Mission of the Month envelope to contribute or donate online:  
[mtzionlutheran.org/donate](http://mtzionlutheran.org/donate).

## Upcoming commemorations

### Monday, April 29th — Catherine of Siena

This theologian was the first woman among Roman Catholics to receive the title "Doctor [teacher] of the Church." Catherine was a Dominican sister known for her mystical visions as well as her work on behalf of people who were poor and imprisoned.



## Next Mt Zion book club May 27, 2019 at 7:00 pm

The Forgotten Garden by Kate Morton

A tiny girl is abandoned on a ship headed for Australia in 1913. She arrives completely alone with nothing but a small suitcase containing a few clothes and a single book—a beautiful volume of fairy tales. She is taken in by the dockmaster and his wife and raised as their own. On her twenty-first birthday, they tell her the truth, and with her sense of self shattered and very little to go on, "Nell" sets out to trace her real identity. Her quest leads her to Blackhurst Manor on the Cornish coast and the secrets of the doomed Mountrachet family. But it is not until her granddaughter, Cassandra, takes up the search after Nell's death that all the pieces of the puzzle are assembled. A spellbinding tale of mystery and self-discovery, *The Forgotten Garden* will take hold of your imagination and never let go.



Next Month **June 24, 2019**  
The Last Midwife by Sandra Dallas

## Thank you

Please extend a big thank you to Marika Moore and her family for baking the break we used during Lenten worship services. We really appreciated the experience of using bread baked by faithful hands within our community for this important season of the church year! We are back to using wafers now but please let Pastor Josh and members of the worship team know if you would like to see bread used in the future!

## Prayer list

Our prayer group meets on Wednesdays at 1:00pm in the Prayer War Room (the place with the comfy sofas next to the Upper Room in the north narthex) and prays their way through a long list of hopes, dreams, needs, and thanks. You can find this week's prayer list here:

<https://www.mtzionlutheran.org/wp-content/uploads/2019/04/Prayers-week-of-April-28-2019.pdf>

If you have a prayer request, please call or email the office. If you want to help lift these concerns to God, come to Mt Zion at 1:00pm on Wednesday and join us, or just pray about the things in this list on your own.

## Science tidbits

Many people struggle to keep weight off. I know this only too well, as my mother would often say she had a life sentence of eating salads. She seemed to gain weight just by looking at food. Some people are under the misguided perception that *weight* control is simply a problem of *self* control, that simple resistance solves the problem. But many things in life are rarely that simple, and science has shown us that the truth behind weight gain/loss is far more complex.

A recent study has identified a new component involved in our fine-tuning of body weight and eating. It is the enzyme *histone deacetylase 5 (HDAC5)*. There is an important hormone, called leptin, that is critical in the regulation of satiety. It is released by fat tissue following food intake and signals neurons in the brain that fat stores are full, and they subsequently act to promote a feeling of fullness and dampen one's appetite. HDAC5, found in neurons, serves as a specific molecular switch that works together with leptin to help the body recognize how full its fat deposits are. Without HDAC5, we cannot adapt our food intake or slow fat deposition in our bodies.

Experiments with mice have shown that when unable to produce HDAC5, they respond very poorly to leptin and display nonstop food intake, leading to obesity. When the research team then activated HDAC5 in these mice, their condition was reversed and they lost fat mass and body weight.

In some ways, people who have a difficult time keeping weight off may have a condition similar to type II diabetics. In the latter situation, sensitivity to insulin is lost, and glucose control is thrown out of whack. In the case of those who struggle with weight control, sensitivity to leptin may be lost, and it is thought that genetic deficiencies in HDAC5 could be the culprit. Without adequate levels of HDAC5, appetite suppression is lost, hunger is ever present, and it is nearly impossible to withstand the urge to eat. With these new insights, it is hoped that new therapeutic targets for HDAC5 can be devised to combat the problem.

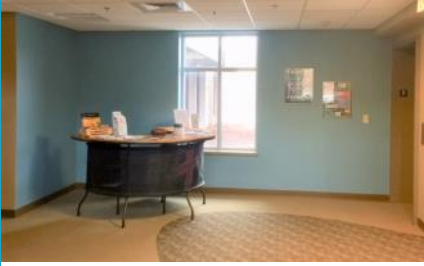
- Steve Downs

## January-March 2019 financial report

	<b>EXPECTED</b>	<b>ACTUAL</b>
First Quarter Revenues	\$103,836	\$ 84,849
First Quarter Expenses	<u>\$111,838</u>	<u>\$114,074</u>
Expenses (over) under Revenues	(\$ 8,002)	(\$ 29,225)

## Welcome center

You have probably noticed another area transformed as you enter the main entrance of our campus. For many of you this area looks the same but only slightly different with our new blue walls and re-positioned artwork that we took from other walls of the church. If you're not sure what I mean, for many of us who have been at Mt Zion know this desk/table was in this spot years ago when we would see our dearest and most happy couple John & Jeanne Finn



welcome everyone to our church with smiles and open arms. We felt moving this back from the narthex helped define the front entrance area and would give our visitors some information about what our church offers. Soon you will be seeing a banner displayed on the desk/table with our church logo and the word, "Welcome", which also serves double duty for welcoming our Tosa Cares families to our bi-

monthly food distribution days.

We don't have all the pieces of the puzzle put together yet, but we will have a floorplan of the church at the welcome area, so no one has to feel lost on our large, sprawling campus. So if you are someone who can help create information that our visitors can take home with them like a newcomer's packet, then we are looking for your help!

We want people to remember the first time when they first graced the steps of Mt Zion as a good one. So if you see a visitor come to our church, let's give them a big smile and a simple "Welcome".

- Debbie Kleppek,  
Leadership Board member

## April/May birthdays & anniversaries

### BIRTHDAYS

Janet McCarthy 4/30  
Ryan Marciniak 5/2  
Meghann Stelzer  
Marleen Christiansen 5/3  
Linda Durrenberg 5/3  
Bob Schrap 5/3  
Owen Andrae 5/5  
Charlie Stelzer 5/5  
George Rada 5/7

Della Stigler 5/7  
Leah Czervionke 5/14  
Pat Morgan 5/15

### ANNIVERSARIES

Jim & Lisa McTaggart 5/6  
Jamie DeFouw & Stephanie  
Indra 5/12  
Kurt & Debbie Kleppek 5/15



## Scripture readings for this week

Acts 5:27-32 Psalm 118:14-29

Revelation 1:4-8 John 20:19-31

## Mt Zion Staff

**Interim Pastor**  
**The Reverend Joshua A. Graber**  
*pastorjosh@wi.twcbc.com*

**Parish Administrator**  
**Jess Monahan**  
*mzparishadmin@wi.twcbc.com*

**Office Volunteer Coordinator**  
**Chris Kress** (volunteer)  
*caikress@yahoo.com*

**Worship Volunteer Coordinator**  
**Janet McCarthy** (volunteer)  
*ministry@wi.twcbc.com*

**Youth Ministry Coordinator**  
**Perrie Dralle**  
*mkperrie@gmail.com*

**Sunday School Superintendent**  
**Sherry Downs** (volunteer)  
*heckle@uwalumni.com*

**Maintenance**  
**Jeff Parker**  
262-496-3781

**Director of Choirs**  
**Patricia Eby**  
*patricia.eby@uwc.edu*

**Organist**  
**Cynthia Johnson**  
*drewteach@aol.com*

**Contemporary Worship Leader**  
**Kristin Sponcia**  
*kristin.sponcia@gmail.com*

**Social Media**  
**Douglas Johnson** (volunteer)  
*marydouglasjohnson@gmail.com*

**Website**  
**Pat Campbell**  
*patcampbell@core.com*

## Leadership Board

**Douglas Johnson, President**  
*marydouglasjohnson@gmail.com*

**Ian Koenig, Vice President**

*ian@jonsphere.org*

**David Fohr, Treasurer**  
*d4fohr@gmail.com*

**Sara Bailey**

**Matt Czervionke**

**Linda Haecker**

**Erik Peterson**

**Bella Burke**

**Doug Dralle**

**Debbie Kleppek**

**Mavis Roesch**

**Lauren Campbell**

**Josh Graber**

**Janet McCarthy**

## Mission Exploration Team (MET)

**Pat Campbell**

**Doug Dralle**

**Josh Graber**

**Lynn Pearson**

**Joseph  
Di Giacinto**

**Sandra Echols**

**Christine Layne**

**Mavis Roesch**

**Aharon Goodwin**

**Janet McCarthy**

**Lynda Yanny**



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