

Come and See!

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!



Blood Drive at Mt Zion

Monday, July 15th from 2pm-7pm

There is constant need for blood donations. Why? Blood donations can only be stored (via refrigeration) for 42 days. After that, it "expires" and must be destroyed. If platelets are donated, they only have a shelf life of five days.

Anybody could be in need of a blood donation at any time. If you are injured in a car crash or a natural disaster you may need blood. If a loved one undergoes major surgery they may need blood. If a friend has an illness such as anemia, or leukemia they may need blood.

More than 4.5 million patients need blood transfusions each year in the USA and Canada.

Each year, approximately 37 out of 100 Americans are eligible to donate.

Only 3 to 4 people actually do.

For information on how you can donate, please see the insert.

For more facts about blood donations, please see page 11.

Sign-Up for the July 14th Cookout!



Want to sign-up for the cookout? You can send an email to Linda Haecker at l.haecker03@hotmail.com to let her know what you'd like to bring. You may also sign-up on the clipboard wall in the Gathering Space.

Thank you from Archbishop Zusevics

In 2015 Mt Zion was the site of the consecration of Rev Lauma Zusevics in the position of Archbishop of the Latvian Evangelical Lutheran Church Abroad. She has also been serving as the pastor of the Milwaukee Latvian church (1853 N 75th St, Wauwatosa) for many years. This spring she has retired from her position as pastor (although she continues in her role as archbishop), and we sent her a "congratulations" card. Her delightful and heartfelt reply is posted on the bulletin board in the alcove of the north narthex, but here is a part of it:

"I thank you for your kindness, your words of encouragement and your wishes and prayers. Your card brought back memories of the times we have shared, most especially of your support and care on the day of my Consecration. I pray you continue to serve as blessings to others! I pray God continues to bless Mt Zion and each of you.

With gratitude and in God's love,
+ Lauma Zusevics

Scripture Readings for this Week

Isaiah 66:10-14

Psalms 66:1-9

Galatians 6:7-16

Luke 10:1-11, 16-20

Second Offering for July

Summer weather is finally here!

Wow! It's hot outside!

Donations to the second offering can help ensure we stay cool and safe inside on Sundays and through the week. The Second Offering for the month of June will go toward the cost of repairing one of the air conditioning units. This unit supplies the Hearth Room, Conference Room, Reception Area and surrounding hallways.

Our goal is to raise \$8,000 for repairs.



Looking ahead at the Mt Zion calendar

Thursday, July 4
Independence Day - Office Closed

Friday, July 5
 5:30pm OEAnonymous 12-steps group [Bread of Life Cafe]
 7:00pm ACOA 12-steps group [Choir Room]
 7:00pm Essay 12-steps group [Bread of Life Cafe]

Saturday, July 6
 9:00am Music Lessons [Upper Room]

Sunday, July 7
 8:30am Worship - Traditional
 9:40am Fellowship hour [Gathering Space]
 10:45am Worship - Contemporary
 11:30am Worship - Korean [Chapel]

Monday, July 8
 7:15pm NA 12-steps group [Fellowship Hall]

Tuesday, July 9
 12:00pm AA 12 steps group [Room 211]

Wednesday, July 10
 12:00pm Brown Bag Bible Study [Hearth Room]
 1:00pm Prayer Group [War Room]

Thursday, July 11
 10:00am Reformation Community Bible Study *

Friday, July 12
 5:30pm OEAnonymous 12-steps group [Bread of Life Cafe]
 7:00pm ACOA 12-steps group [Choir Room]
 7:00pm Essay 12-steps group [Bread of Life Cafe]

Saturday, July 13
 9:00am Music Lessons [Upper Room]

Sunday, July 14
 9:40am Fellowship hour [Gathering Space]
 10:45am Worship - Traditional
 11:30am Worship - Korean [Chapel]
 10:45pm Summer Cookout

* Reformation Community Bible Study is held at 3806 W Lisbon Ave, Milwaukee

July Birthdays & Anniversaries

BIRTHDAYS

Tom Ertel	7/6	Ellyn Steinke	7/11
Geoff Hall	7/7	Anne Morack	7/11
Lorna Sorenson	7/8	Eli Brill	7/11
Katie Cairns	7/8	Bella Burke	7/18
Tony Cucinello	7/8	Ben Casper	7/19
David Yannay	7/8	Norm Wahn	7/19
Gabriella Riccaboni	7/8	Jayson Parker	7/19
		Tyler Fritsch	7/19

ANNIVERSARIES

Tony and Joyce Schulist	7/6
Steve and Sherry Downs	7/7
Lisa and Mark Jasso	7/17
Eric and Lisa Brill	7/18



MZY: Mt Zion Youth

Hello Mt Zion! Here's "what's up" and happening for our MZY this summer!

FRIENDS OF MZY... (that is any non-youth person ☐) YOU ARE ALWAYS WELCOME!



Sunday, July 28th: Save the Date! Sending Service for our Holden Village Searching for Sabbath Pilgrims! Details to follow soon regarding which service we will be "sent" from... ☐

August 3 – 9: HOLDEN VILLAGE Adventure!

Saturday August 10th: TOSA CARES DISTRIBUTION! Let's do it! Let's get a team together to help staff our very own ministry here at Mt Zion!! We decided this year as a group that this ministry is one we would like to be more involved in... Please let Perrie know that you are willing to partner with Tosa Cares and help on August 10th!!

August 25th: Holden Village Pilgrims will lead worship with Holden style worship, prayer and testimony! Stay tuned!!

Thank you for the blessing of sharing your children with me! I am grateful for our partnership!

- Perrie Dralle, Youth Coordinator - MZY

WEEKLY WORDS

Rotation Sunday School

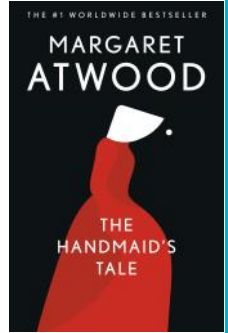
So what's next?

Celebration Sunday told the story of what life is like for your children on Sunday mornings. I hope you enjoyed our sharing of what we experienced this past year. Sunday school was *NEVER* this fun when I was a child! Rotation is a new way to tell the truths of God's word in many different ways and my hope is that through these various means God's love will "stick" with your child. Our Sunday school year will take a brief holiday as families and teachers will enjoy the warm sun and enjoy more "family time" and I will begin to plan next year's curriculum. We will resume classes in the fall, but let's not take a sabbatical from church this summer. Our "church family" is part of that "family life" we need to nurture.

Next Mt Zion Book Club
Monday, July 22, 2019 at 7:00 pm

The Handmaid's Tale, by Margaret Atwood

Offred is a Handmaid in the Republic of Gilead. She may leave the home of the Commander and his wife once a day to walk to food markets whose signs are now pictures instead of words because women are no longer allowed to read. She must lie on her back once a month and pray that the Commander makes her pregnant, because in an age of declining births, Offred and the other Handmaids are valued only if their ovaries are viable. Offred can remember the days before, when she lived and made love with her husband Luke; when she played with and protected her daughter; when she had a job, money of her own, and access to knowledge. But all of that is gone now.



Host Sherry Downs



September 23 A Woman in the Window, by A.J. Finn

October 28 The Light Over London, by Julia Kelly

November 25 Where Crawdads Sing, By Delia Owens

December—No meeting

January 27, 2020 Becoming, by Michelle Obama

February 24 TBD—Tosa All—City Read

March 23 The Girl Who Smiled Beads, by Clemantine Wamariya

April 27 Like Family, by Paula McLain

May 18 The Kennedy Debutant, by Kerri Maher

June 22 The Sisters of Inishford, by Jessica Monahan

July 27 The Great Alone, by Kristin Hannah

Ministry Schedule J

	July 7 Sunday 8:30 am	July 7 Sunday 10:45 am	July 14 Sunday 10:45 am	July 21 Sunday 8:30 am	July 21 Sunday 10:45 am
ACOLYTES	Mason Sneller		Misty Stewart	Griffin Sneller	
ALTAR CARE	Wendi Hall		Norma Hollander	Ellyn Steinke	
ASSISTING MINISTERS	Cynthia Rigsby	Perrie Dralle	Andrea Cockerham	Linda Ertel	Perrie Dralle
COMMUNION DEACONS	Rich and Gail Robinson		Donna and Jim Zarek	Brenda and Katy Marciniak	
GREETERS	Kent and Margie Spicer	Pat Campbell	Bethany Neubauer & Steve Haecker	Pat and Suzy Morgan	Sandra Echols
LECTORS	Leyroy Peterson	Jim McTaggart	Liz Casper	Rich Robinson	Sara Bailey
NURSERY	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
USHERS	Jim & Donna Zarek Roger & Nancy Schumacher	Jim Yee and Dorothy Snead	Jesse and Lauren Campbell	Roy Durrenberg Larry Seefeld Suzy Morgan	
OFFERING STEWARDS	1ST WEEK: Tom Ertel / Jim Goetzinger / Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg	
AUDIO/VISUAL	The Johnson Family	The Peterson Family	Tea Dralle	Abby Sumiec	The Marciniak Family

July 7-Aug 11, 2019

July 28 Sunday 8:30 am	July 28 Sunday 10:45 am	Aug 4 Sunday 8:30 am	Aug 4 Sunday 10:45 am	Aug 11 Sunday 10:45 am	
Ethan Czervionke		Mason Sneller			
Nancy DiGiacinto		Elyn Steinke		Edie DiGiacinto	
Andrea Cockerham	Lora Marheine	Chris Kress	Jim McTaggart	Erik Peterson	
Wendi Hall and Rich Robinson		Mary Johnson and Nancy Schumacher		Donna and Jim Zarek	
Betty Casey, Dick and Norma Hollander	Pat Campbell	Vince & Barbara Pipia	Sandra Echols	Kent and Margie Spicer	
Nancy Schumacher	Perrie Dralle	Irene McCarthy	Lora Marheine	Sherry Downs	
unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
Jim Stuczynski Roger and Nancy Schumacher		Jim & Donna Zarek Roger & Nancy Schumacher			
4TH WEEK: Barb McMath / Carl & Karen Engelhardt		1ST WEEK: Tom Ertel / Jim Goetzinger / Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	
The Johnson Family	The Peterson Family	Abby Sumiec	Janet McCarthy	Tea Dralle	

Science Tidbits

Serotonin is a chemical that regulates mood, sleep and appetite. Known to contribute to feelings of well-being and happiness, its actual function is very complex and also includes modulation of cognition, learning, memory and several physiological processes. In fact, a common treatment for depression involves modifying serotonin levels within the brain.

A common problem in our aging population is cognitive decline that occurs in dementia or Alzheimer's disease. About 5.5 million people in the U.S. have Alzheimer's disease, and that number will undoubtedly rise as the population ages. Previous research has shown that people with advanced Alzheimer's disease and severe cognitive decline have a significant loss in serotonin-producing neurons, but it was never clear whether the loss of serotonin had a causal role in Alzheimer's or was, instead, an effect of it. One study in support of a causal role showed that genetically ablation of serotonin neurons in mice was associated with more amyloid protein clumps in the brain, a prominent feature of the disease.



A new study implicates serotonin even further. People with mild cognitive problems, which may be signs of impending Alzheimer's disease, were subjected to brain scans to determine serotonin levels. Patients suffering from mild memory loss were paired with an equal number of patients with normal cognition. Researchers found that people with mild cognitive impairment had up to 38% less of the protein SERT that serves to recycle serotonin within the brain. (Returning the serotonin to the brain cells after its release is important such that the chemical can be repeatedly released to maintain its brain function.)

When these same patients were given a memory test, there was a strong correlation between low memory scores and low levels of SERT.

The takeaway from this is that brain serotonin imaging holds exciting promise as a potential marker for early detection of this devastating disease, something the field desperately needs. There are already a number of serotonin-modifying drugs on the market that might pan out as therapeutic agents.

-Steve Downs



Mission of the Month

School Supplies

Backpack Kickoff Begins this Month!



Here it is the middle of summer – and we're starting off BACKPACK SEASON!

That's right...the annual "Backpack Drive" for Tosa Cares begins in July.

Right after the July 4th Holiday school supply sales begin.

Community Events

Music-Around the World Youth Summer Mini-Music Camp

(3rd Grade-High School)

Sat., July 13 | 9-3 pm *(Lunch provided)*

and Sun., July 14 | 8-10:30 am

This event is FREE and open to the community!

We will have a group of clinicians to aid in vocal and instrumental development, ensemble music making, and spiritual formation.

Music to be sung in English, Swahili and Spanish!

Come and join us!



1600 N. Genesee St. | (262) 646-2343 | ctkdelafield.org



Mark Gould
CTK Music Director



Torin Hallett
Co-Director



Rolando Hernandez
International Song Leader
on Accordion



Malik Staude
Gospel Pianist

Space is limited. Registration required by Mon., July 1st: mark@ctkdelafield.org

Violin Concert

Atonement Lutheran Church of Muskego

S70W16244 Martin Drive

Sunday, July 7th 2:00pm



Auditions

The Lutheran A Cappella Choir of Milwaukee will be holding auditions soon for its upcoming season. Singers in all voice parts are welcome to audition to join our 40-voice choir, singing the very finest in sacred choral literature for the past 82 years. Auditions are scheduled for Wednesday, July 17th from 7-8:30pm, Tuesday, Aug. 6th from 7-8:30pm and Saturday, Aug. 10th from 10-11:30am, and will be held at St. Matthew's Lutheran Church, 1615 N. Wauwatosa Ave., Wauwatosa, where the choir also rehearses. To schedule an audition time, and for more information about the choir or the audition process, email director@lutheranacappella.org. Singers not able to audition on any of the three dates may make arrangements with the director to schedule another mutually convenient day and time.

Ministry Events and Trainings

As part of the Greater Milwaukee Synod and the Evangelical Lutheran Church in America, members of Mount Zion have opportunities to participate in a variety of ministry events and trainings. Did you know that the ELCA Churchwide Assembly will be in Milwaukee this August? That's right, the whole church is coming to Milwaukee. There are a variety of ways you can volunteer to help host this exciting event in our synod!

Mental Health First Aid for Faith Leaders--July 16 and 18; 11 am to 4 pm

About this Event

This is an 8 hour workshop that is divided over 2 days:

Tuesday, July 16, 2019 from 11 am to 4 pm **and**

Thursday, July 18 from 11 am to 4 pm.

Because this workshop is evidence-based, you must complete the full 8 hours of training to receive a certificate of completion. Please plan to attend BOTH DAYS for the full session each day.

In the Mental Health First Aid course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Topics covered:

- ◇ Depression and mood disorders
- ◇ Anxiety Disorders
- ◇ Trauma
- ◇ Psychosis
- ◇ Substance Use Disorders

Registration is \$15 per person, but should not be a barrier for anyone. Please let us know if you need assistance with the registration fee. Registration includes all materials and lunch on both days. Must attend both July 16 & July 18 for a total of full 8 hours of training. For more information, contact Chaplain Matthew Keiser at matthew.keiser@aurora.org or 414.454.6567 .

Location

Aurora Psychiatric Hospital

Lighthouse on Dewey

1220 Dewey Ave.

Wauwatosa, WI 53213

Who Benefits from a Blood Drive?

Those affected with Sickle Cell Disease—an inherited disease affecting 80,000+ Americans. 98% of those affected are of African descent.

Cancer patients

Premature infants

Plasma is often used to treat burn victims

One donation can impact three lives!

Patients with kidney issues



Women and girls receive 53% of blood transfusions while men and boys receive 47%.

More Facts:

Shortages of blood are most likely in the summer and winter holidays. School is out and people are on vacation.

There is no substitute for human blood.

The first blood transfusion was attempted in (or around) 1628.



The first blood bank was established in 1932 in a hospital in Leningrad. By 1950, there were 1,500 US blood banks.

Mt Zion Staff

Interim Pastor

The Reverend Joshua A. Graber

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Jess Monahan

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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

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262-496-3781

Director of Choirs

Patricia Eby

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Organist

Cynthia Johnson

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Contemporary Worship Leader

Kristin Sponcia

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Douglas Johnson (volunteer)

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Website

Pat Campbell

patcampbell@core.com

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Di Giacinto

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Mavis Roesch

Lauren Campbell

Doug Dralle

Janet McCarthy

Lynda Yanny

Matt Czervionke

Josh Graber

Jean Morack

Call Committee

Steve Downs

Erin McDougal

Tom Moore

Mavis Roesch

Refilwe Goll

Jim McTaggart

Cynthia Rigsby



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