

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!

Outreach For Hope

Laurna Prantil from Outreach for Hope will speak during today's 9:40 forum in the Upper Room.

The vision of OFH is, "That strong, vibrant ministries will be centers of hope in the midst of every community challenged by poverty within the Greater Milwaukee Synod."

Laurna will share information on the types of ministries supported by Outreach for Hope which help fulfill that vision. Some examples of ministries include meal programs, youth leadership training opportunities and OFH even supports homework help programs. That sounds like a good ministry to lift up as students head back to school!

Bike Ride for Hope

Laurna will also be available to answer questions about the Bike Ride for Hope—the fundraiser on September 7th!

If you and your mates, family, and neighbors want to participate, be sure to register **today** to get your event t-shirt!



Altar Flowers Provided by

Tom and Linda

In celebration of their 50th wedding anniversary



Call Committee Update

The Call Committee met again on Tuesday August 13, 2019, and diligently continues its work. The committee is now in the second interview phase with its first collection of candidates. Because certain candidates are in high demand, and several other churches want to interview them, the committee expects the process to take longer than it originally hoped.

If the Call Committee does not identify a candidate from the first group it received from the synod (either because the committee cannot find someone to call in that group or because the person the committee would choose does not feel called to serve Mt. Zion), the Call Committee will meet with the synod and receive another group of candidates. Because of our confidentiality obligations, the Call Committee is not at liberty to say anything more about the candidates. The committee members know it is hard for the congregation not to ask us questions about the candidates – and the members want to tell you everything they know. But please help them with their commitment to confidentiality by not asking them questions they cannot answer.

This is a lengthy process, but know that the Call Committee is doing its best to identify a strong candidate that meets the needs of the congregation, as expressed in the Ministry Site Profile. The congregations' continued prayers as the committee goes through this process are greatly appreciated.

Scripture Readings for this Week

Jeremiah 23:23-29 Psalm 82

Hebrews 11:29—12:2 Luke 12:49-56

Upcoming Commemoration

Bernard, Abbot of Clairvaux, died 1153

Bernard, a Cistercian monk, was a man of great spirituality who wrote mystical works and criticized those whom he thought took an overly intellectual approach to the faith. He became an abbot, and wrote several hymns that are still beloved today.

Looking ahead at the Mt Zion calendar

Thursday, August 15

- 10:00am Reformation Community Bible Study
6:30pm Stewardship Committee Meeting

Friday, August 16

- 5:30pm OEAnonymous 12-steps group [Room 102]
7:00pm ACOA 12-steps group [Room 100]
7:30pm Essay 12-steps group [Bread of Life Cafe]

Saturday, August 17

- 8:30am Women of Heart Bible Study [Conference Room]
9:00am Music Lessons [Upper Room]

Sunday, August 18

- 8:30am Worship—Traditional
9:40am Fellowship Hour
10:45am Worship - Contemporary
11:30am Worship - Korean [Chapel]

Monday, August 19

- 7:15pm NA 12-steps group [Fellowship Hall]

Tuesday, August 20

- 12:00pm AA 12 steps group [Room 211]
6:30pm RIC Steering Committee [Heart Room]

Wednesday, August 21

- 8:30am Health Clinic at Courtyard [Parking Lot]
12:00pm Brown Bag Bible Study [Hearth Room]
1:00pm Prayer Group [War Room]

Thursday, August 22

- 10:00am Reformation Community Bible Study *
6:30pm Stewardship Committee [Conference Room]

Friday, August 23

- 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]

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

August Birthdays & Anniversaries

BIRTHDAYS

Chris Kress 8/19
McKenzie Theilman 8/19
Bob Hollander 8/20
Bradley Felber 8/20
Taylor Ulrichsen 8/21
Carter Campbell 8/21
Susan Theurich 8/21
Katie Frederick 8/21
Megan Babcock 8/22
Mickey Frederick 8/22

Kaiden Campbell 8/25
Spencer Johnson 8/26
Lauren Campbell 8/26
Amanda Wils 8/28
Liz Anderson 8/28
Kurt Kleppeck 8/29
Julie Babcock 8/31

ANNIVERSARIES

Tom and Linda Ertel 8/16
Pat and Tom Morgan 8/20
Jerry and Mavis Roesch 8/21
Rich and Gail Robinson 8/22
Jim and Donna Zarek 8/25



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

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

Lions tigers and...BEARS!!!

We had been warned, areas closed to bear activity.

We went on our hike anyway.

A Tale by Sherry Downs.

Read more...Next week.



Join the Holden Village Pilgrims

August 25th

As they lead worship,

And reflect on the trip during the 9:40 Forum!



In between services on
August 25th

Enjoy some ice cream!

It's a huge part of Holden Culture!



Full Photo Reveal

August 25th

Ministry Schedule A

	Aug 18 Sunday 8:30 am	Aug 18 Sunday 10:45 am	Aug 25 Sunday 8:30 am	Aug 25 Sunday 10:45 am	Sept. 1 Sunday 8:30 am
ACOLYTES	Misty Stewart				Ethan Czervionk
ALTAR CARE	Nancy Schumacher		Wendi Hall		Norma Hollander
ASSISTING MINISTERS	Cynthia Rigsby	Perrie Dralle	Linda Ertel	Sara Bailey	Andrea Cockerha
COMMUNION DEACONS	Gail and Rich Robinson		Brenda and Katy Marciniak		Douglas and Mar Johnson
GREETERS	Hilda Rohr, Irene McCarthy, and Betty Casey	Sandra Echols	Roger and Nancy Schumacher	Pat Campbell	Pat and Suzy Morgan
LECTORS	Leroy Peterson	Lora Marheine	Katy Marciniak	Jim McTaggart	Rich Robinson
NURSERY	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
USHERS	Roy Durrenberg Larry Seefeld Suzy Morgan	Jim Yee and Liz Casper	Jim Stuczynski Roger and Nancy Schumacher	Dave and Vicki Nelson	Jim & Donna Zar Roger & Nancy Schumacher
OFFERING STEWARDS	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Barb McMath / Carl & Karen Engelhardt		1ST WEEK: Tom Ertel / Jim Goetzinger / Gar Goll
AUDIO/VISUAL	Lynda Yanny	Janet McCarthy	Abby Sumiec	Abby Sumiec	The Johnson Family

ur Church work! Thank you!

Aug. 18-Sept. 22, 2019

	Sept. 1 Sunday 10:45 am	Sept. 8 Sunday 10:45 am	Sept. 15 Sunday 8:30 am	Sept. 15 Sunday 10:45 am	Sept. 22 Sunday 8:30 am	Sept.22 Sunday 10:45 am
e		Griffin Sneller	Misty Stewart		Ethan Czervionke	
r		Nancy DiGiacinto	Elynn Steinke		Edie DiGiacinto	
m	Janet McCarthy	Andrea Cockerham	Chris Kress	Jim McTaggart	Cynthia Rigsby	Erik Peterson
y		Jim and Donna Zarek	Brenda and Katy Marciniak		Wendi Hall and Chris Kress	
	Brenda and Katy Marciniak	Jim and Lisa McTaggart	Dick and Norma Hollander	Brenda and Ryan Marciniak	Hilda Rohr, Irene McCarthy, and Betty Casey	Sandra Echols
	Sara Bailey	Lora Marheine	Wendi Hall	Erik Peterson	Sherry Downs	Sara Bailey
y	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
ek	Jim Yee and Dorothy Snead	Jesse and Lauren Campbell	Roy Durrenberg Larry Seefeld Suzy Morgan	Jim Yee and Liz Casper	Jim Stuczynski Roger and Nancy Schumacher	Dave and Vicki Nelson
y		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Barb McMath / Carl & Karen Engelhardt	
	The Peterson Family	The Marciniak Family	The Johnson Family	Janet McCarthy	Lynda Yanny	The Peterson Family

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

Community Event



Join Reformation Lutheran Church on the Hill

Free Ice Cream



& Hot Dogs



Live

Entertainment

Games

Where: 915 Adelmann Ave. Brookfield WI

When: August 25th, 2019 from 3:00 p m - 6:00 pm

Invite and visit with your neighbors and friends. All are welcome.

We look forward to seeing you there.

Bring a comfy chair, rain or shine!

For more info contact: 262-782-8875

<https://www.facebook.com/reformationlcbrookfield/>
reformationlcbrookfield.org

Grace Notes Gallery



“August Jazz Service”

Attendance

The attendance for the combined 10:45 service on August 11 was:

113

Second Offering

The Second Offering will go to Outreach for Hope. An ELCA ministry, Outreach for Hope supports programs that serve low-income communities throughout Southeastern Wisconsin. Programs include educational programs, free legal services, job training, and prison ministry.

Mission of the Month

Continue to support the work of Tosa Cares all month long!

Tosa Cares food pantry provides food, personal care items, and clothing to the community throughout the year.

Study Hard. Love Hard.

Growing up, I could feel the excitement of the back-to-school season. It was in the fruit-scented markers in kindergarten. It was in the *clickety-clack* of a computer class and the smell of fresh sawdust during high school stage crew. Excitement was in the marching band's music echoing across my college campus on a cool autumn day.

It was in the fresh, blank pages of a new notebook where I could write down anything and everything I wanted to learn. I could understand how machines worked, how people related in the past, and how our world could affect the future.

The more I learned, the more curious I became—wanting to learn more and more until I was down a rabbit hole full of information. The answering of one question led to the asking of a new one.

I cannot possibly hope to learn everything. This I know.

So, *why* is learning still such a vital part of my life?

“The necessity, capacity, love, and delight to learn, teach, and know come from God. Human beings are blessed with the gifts of memory, self-consciousness, and anticipation. We marvel at the divinely given abilities to communicate, reason, explore new realities, discover meaning and truth, create art, technology, and complex societies, enjoy beauty, and discern what is right and good. We approach education with awe, wonder, and gratitude to the triune God.” (ELCA.org)

The more I study, the more of this life want to enjoy and experience and help others enjoy. The more I create, the more I develop empathy for those who are different from me. Those labeled as “others”. Those “others” who are “us”. Those strangers are my sisters and brothers, teachers, and neighbors.

The more we understand of the world around us, the more we can create around us the kind of world we are called to make.

-Jessica Monahan

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