

## 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!**

## The Crowd That Stole The Show

This week we have heard from so many people how wonderful it was to see such a large turn out for the candidate meet and greet. The Gathering Space was packed as members listened to the candidate answer questions and connect to the congregation as much as possible in the hour between services. People sat at tables, stood next to the hearth, and looked over the clipboard wall all to get a glimpse of the potential new pastor.

So, just how many people were in attendance on Sunday? By the numbers:

99 people at the early service

47 people at the contemporary service

Because of the large numbers...

**There was an energy.**

**There were smiles left and right.**

People all week have commented about how wonderful it was to see so many people gathered together on a Sunday morning.

Just imagine what it could feel like if

*we made that happen every Sunday!*

Remember, educational forums and two worship times are available just about every Sunday.

And there's *always* coffee.

## Next Sunday

### November 17th—Adult Forum— “Free to Ask! Free to Say it!”

This open forum will be lead by Dr. Dudley Riggle, Emeritus Professor of Religion at Carthage College and member of Mt Zion. Those present will have an opportunity to ask questions about the bible, teachings of the Christian faith, and living as a Christian in our time.

### Can you Help Us?

We are looking for more ushers for the 8:30 service  
and greeters for 10:45

Please see Janet McCarthy for more information.

### Tosa Cares

The next Tosa Cares distribution is Saturday, November 23, and is the largest of the year. Mt Zion’s Hospitality Crew is looking for volunteers to minister to our guests by welcoming them, serving food and offering a listening ear. Pink sign-up sheets are on the clipboard wall in the Gathering Space. Please heed God’s call to “welcome the stranger” and sign-up to volunteer your time or to provide food.

God’s Peace,

Andrea Cockerham, 262-308-0136

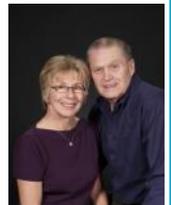


For more on the November Distribution see pages 12 and 13.

### Memorial Service for Carol Libeck

It is with great sadness that we learned of the passing of Carol Libeck on Sunday, October 27th.

A memorial service for Carol will be held on December 5th.  
More information will be available soon.



# Looking ahead at the Mt Zion calendar

## Thursday, November 7

- 8:00am Life Line Screening [Fellowship Hall]  
 10:00am Reformation Community Bible Study [3806 W Lisbon Ave, Milwaukee]  
 6:00pm Living Your Best Life Seminar [Fellowship Hall]  
 6:00pm Handbells rehearsal [Sanctuary]  
 7:00pm Choir Rehearsal [Upper Room]

## Friday, November 8

- 5:30pm Overeaters Anonymous [Rm 102]  
 7:00pm ACA 12-step [Rm 212]  
 7:30pm Essay 12-step [Rm 210]

## Saturday, November 9

- 7:00am MZY Volunteer at Mr Bob's Under The Bridge [Meet at Mt Zion]  
 9:00am Music Lessons [Upper Room]  
 10:00am Chinese American Class [classrooms]

## Sunday, November 10

- Veteran's Remembrance Day  
 8:30am Worship—Traditional  
 9:40am Special Congregational Meeting [Sanctuary]  
 9:40am Sunday School  
 10:45am Worship—Contemporary  
 11:00am Worship - Korean [Chapel]

## Monday, November 11

- 7:15pm NA group [Fellowship Hall]

## Tuesday, November 12

- 12:00pm AA 12 steps group [Room 211]

## Wednesday, November 13

- 12:00pm Brown Bag Bible Study [Hearth Room]  
 1:00pm Prayer Group [War Room]  
 6:30pm Knightwind Ensemble Rehearsal [Fellowship Hall]

## Thursday, November 14

- 8:30am Marketing Committee Meeting [Gathering Space]  
 10:00am Reformation Community Bible Study  
 6:00pm Hand Bells Rehearsal [Sanctuary]  
 7:00pm Choir Rehearsal [Upper Room]

## Friday, November 15

- 5:30pm Overeaters Anonymous [Rm 102]  
 7:00pm ACA 12-step [Rm 212]  
 7:30pm Essay 12-step [Rm 210]

## Upcoming Forums

**November 17th**—"Free to Ask! Free to Say it!" with Dr. Dudley Riggle

## November Birthdays & Anniversaries

### BIRTHDAYS

Shelly Rusch	11/07
Barbara Matheus	11/07
Katy Marciniak	11/08
Kyle Fritsch	11/08
Sara Bailey	11/09
Samuel Schmitt	11/09
Elmer Ball	11/10
Bob Christiansen	11/12
Lisa McTaggart	11/13
Linda Havlicek	11/13

### ANNIVERSARIES

Mike and Brenda Marciniak	11/02
Steven and Jennifer Schroeder	11/13
Adam and Jessie Miller	11/18
Tom and Mary Cairns	11/21
Erik and Kay Huth	11/23
John and Linda Yanny	11/27
Kent and Margie Spicer	11/28



Have you seen [the video](#) of the guy who dressed up as Jesus for Halloween? He even dressed up his Segway hoverboard to look like a white puffy cloud! This Jesus character carried a real loaf of bread and in a corner next to the movie theater he offered a piece of his bread to a homeless man. This brought smiles to all those nearby.

This man not only dressed up as Jesus, but also “acted the part” by giving his bread to someone in need.

### **Uncle Bob’s Under the Bridge**

We need more adult and youth volunteers for Saturday November 16th  
Contact Erik, Erin, Mari, Robyn or the MTZ Youth for more information

Meet at MT Zion at 7:00am ready to “act the part”

Pass out snacks and hygiene items to the homeless in the Milwaukee area.

(No characters or costumes necessary).



## Weekly Words

Rotation Sunday school

All children are welcome

3yr. to 5th grade

9:30-10:40

Children will be dropped off and picked up at Holy Flicks Theater (2nd floor)

### **Jacob and Esau**

**Oct. 6-Nov. 10, 2019**

This rotation schedule covers the lengthy story of Jacob and Esau (Part 1 and Part 2) over 5 weeks. Jacob stole his brother Esau's birthright and lied to his father. Now Jacob gets a taste of his own medicine as Uncle Laban tricks Jacob into marrying Leah, the older daughter, instead of Rachel, Jacob's "true love." Jacob works for Uncle Laban for twenty years and during that time Jacob's family increases. Jacob now has 11 sons and 1 daughter! Jacob is a wise shepherd and his flocks have increased making Jacob a very wealthy farmer. One day, God tells Jacob to return to the land he came from. It is time to leave Uncle Laban and meet up with brother Esau. Jacob wonders, "Has Esau forgiven me?" Jacob sends a messenger ahead and Esau responds by coming to meet his brother with four hundred men! That sounds like Esau is going to attack him! When the two brothers meet, Jacob and Esau throw their arms around each other. God has worked a miracle for these two brothers for all is forgiven. The End.

### **Memory Verse:**

"Then Jacob woke from his sleep and said, 'Surely the Lord is in this place-and I did not know it!' Genesis 28:16

### **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 the theater on the table free to take and use.

**(Continued on page 12)**

# Inspiring RIC Summit

Greater Milwaukee Synod churches met on Saturday morning, Nov. 2, at Mt. Carmel Lutheran Church to discuss our hopes for effectively being (or becoming) Reconciling in Christ congregations who welcome people of all sexual identities and gender orientations. The interactions we experienced with fellow ELCA members reinforced our commitment that we are NOT “Reconciled in Christ” but “Reconciling in Christ. This is an active commitment!

After initial worship, churches in the process of becoming RIC met as one group, while Robyn DiGiacinto and I joined already committed RIC churches interested in sharing best practices. This group shared the following suggestions:

- \* Post our welcome statement very visibly at both entries to our church.
- \* Use “siblings” rather than “brothers and sisters” in Christ.
- \* Revise the language of all our pamphlets.
- \* Recognize that God loves LGBT people alongside all other identities, avoiding, “BUT God loves you anyway!” implying that they are somehow of lesser value.
- \* Seek free “safe zone” training at Milwaukee’s LGBT resource center
- \* Change our “Family” restroom signage to indicate gender neutral and add a changing table.
- \* Recognize that people whose gender orientation matches their birth designation are called “cis-gendered,” not “regular,” which implies that LGBTQ people are somehow seconds or “irregulars.”



(Continued on Page 11)

## Did Someone say Pie?

Wednesday, November 27th Mt Zion will hold a Thanksgiving service at 6:30pm. Afterwards we would like to invite everyone to a festive pie social. If you would like to make a pie, buy, or donate funds for pies, please sign-up on the clipboard wall.



## Science Tidbits



For centuries salt has had a close association with food. Perhaps most important is the fact that before refrigeration salt was the primary means for preservation of meat and other foods. But there are other reasons for adding salt to food, perhaps the most compelling being that salt improves the sensory properties of practically every food consumed by humans. Quite frankly, it makes every food taste better, and this has led to very high levels of salt consumption. When we dine out and order a hamburger,

who can resist the accompanying French fries? And if you can't, would you eat them without salt? Lots of salt? Probably not.

Many months ago I wrote a Tidbits about the science behind Nacho Doritos. In it I documented how every aspect of its preparation had been carefully researched to bring about their addictive nature. I discussed the fact that, in addition to fat, cheese and garlic, an additional vital component was salt. This is because when the salt in Doritos dissolves in the mouth, it stimulates taste receptors in the tongue that signal pleasure centers in the brain, making it nearly impossible to stop eating them. Can anyone really eat only one?

We have heard that high salt diets are not healthy. But is it really all that bad? Well...yes. It is well known that increasing salt intake can elevate blood pressure as well as one's chances for a stroke. And a new study in mice adds further fuel to these concerns.

To determine how salt produces detrimental effects in the brain, mice were fed 8-16 times the normal amount of salt and then subjected to cognitive tests. After two months on the diet, treated mice were unable to recognize new objects they were exposed to and were much slower in finding their way out of a maze than mice fed normal diets. And when their brains were analyzed, scientists found increased accumulation of *tau*, a protein associated with Alzheimer's disease.

It was also discovered that the salt increased the number of immune system T-cells in the gut. These cells produce small chemical messengers that travel to blood vessels in the brain where they decrease nitrous oxide production, bringing about decreased blood flow and increased activity of an enzyme responsible for producing the *tau protein*. Restoring nitrous oxide levels in the brain restored cognitive ability in the mice; similarly, treating mice with anti-*tau* antibodies demonstrated no cognitive impairment.

Thus, there is an association between high salt intake and blood vessel dysfunction and accumulation of *tau* protein in the brain. Bottom line (and warning): salt consumption may be a causal factor in development of Alzheimer's disease.

-Steve Downs

***Ministry Schedule M***

	<b>Nov. 10 Sunday 8:30 am</b>	<b>Nov. 10 Sunday 10:45 am</b>	<b>Nov. 17 Sunday 8:30 am</b>	<b>Nov. 17 Sunday 10:45 am</b>	<b>Nov. 24 Sunday 8:30 am</b>
<b>ACOLYTES</b>					
<b>ALTAR CARE</b>	Nancy Schumacher		Norma Hollander		Nancy DiGiacinto
<b>ASSISTING MINISTERS</b>	Cynthia Rigsby	Sara Bailey	Andrea Cockerham	Janet McCarthy	Linda Ertel
<b>COMMUNION DEACONS</b>	Douglas and Mary Johnson		Jim and Donna Zarek		Cynthia Rigsby and Wendi Hall
<b>GREETERS</b>	Kent and Margie Spicer	Jim and Lisa McTaggart	Marika Moore and Matt Czervionke	Brenda and Katie Marciniak	Dick and Norma Hollander
<b>LECTORS</b>	Pete Peterson	Janet McCarthy	Gail Robinson	Lora Marheine	Nancy Schumacher
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
<b>USHERS</b>	Roy Durrenberg, Carl and Karen Engelhardt	Lauren and Jesse Campbell	Roy Durrenberg Larry Seefeld Suzy Morgan	Jim Yee and Liz Casper	Jim Stuczynski Roger and Nancy Schumacher
<b>OFFERING STEWARDS <u>MONDAY</u></b>	2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext		3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Nancy Schumacher / Carl & Karen Engelhardt
<b>AUDIO/VISUAL</b>	Lynda Yanny and Ethan Cervionke	The Marciniak Family	Abby Sumiec	The Peterson Family	The Johnson Family

**ur Church work! Thank you!**

**Nov. 10-Dec . 8, 2019**

	<b>Nov. 24 Sunday 10:45 am</b>	<b>Nov 27 Thurs 6:30pm</b>	<b>Dec. 1 Sunday 8:30 am</b>	<b>Dec. 1 Sunday 10:45 am</b>	<b>Dec. 8 Sunday 8:30 am</b>	<b>Dec. 8 Sunday 10:45 am</b>
		Nancy Schumacher	Ellyn Steinke		Edie DiGiacinto	
	Liz Casper	Cynthia Rigsby	Tom Ertel	Lora Marheine	Andrea Cockerham	Erik Peterson
		Jim and Donna Zarek	Chris Kress and Nancy Schumacher		Gail and Rich Robinson	
	Pat Campbel	Jim and Lisa McTaggart and Sherry Downs	Irene McCarthy and Nancy Schumacher	Brenda Fogel	Vince & Barbara Pipia	Sandra Echols
	Lora Marheine	Andrea Cockerham	Rich Robinson	Erik Peterson	Lynda Yanny	Sara Bailey
	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
	Dave and Vicki Nelson	Roger and Nancy Schumacher	Jim & Donna Zarek Roger & Nancy Schumacher	Jim Yee and Dorothy Snead	Roy Durrenberg, Carl and Karen Engelhardt	Lauren and Jesse Campbell
			1ST WEEK: Tom Ertel / Jim Goetzinger / Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	
	Janet McCarthy	Janet McCarthy	Lynda Yanny	The Marciniak Family	Abby Sumiec	The Peterson Family

# Veteran's Day

To the men and women who have served in our military forces, we thank you. You have taken time away from your families, homes, careers or studies, and hobbies in order to serve this country and help those at home and around the world. Thank you. Please stop by Mt Zion all this week for cookies, a cup of coffee, or just to chat!



## Mission of the Month

### ELCA World Hunger

More than 800 million people — that's 1 in 8 people in our world today — are hungry.

Working with and through our congregations in the United States, Puerto Rico and the U.S. Virgin Islands, Lutheran churches overseas and other partners, **ELCA World Hunger** is uniquely positioned to reach communities in need. From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, your gifts to ELCA World Hunger make it possible for the ELCA to respond, supporting sustainable solutions that get at the root causes of hunger and poverty.



### Hunger facts

- ◆ 868 million people – that's 1 in 8 – are chronically hungry and cannot lead active daily lives.
- ◆ 1.2 billion people live in extreme poverty, living on less than \$1.25 per day.
- ◆ In the United States, more than 50 million people do not know where their next meal will come from.
- ◆ 46.2 million Americans are living in poverty.

## Congratulations!

Cynthia Rigsby and Eric Pearson were joined in holy matrimony on Saturday afternoon of November 2nd. We were excited to host this wedding at Mount Zion and will continue to pray that God's blessings be with Cynthia and Eric in their marriage.



### ("RIC" continued from page 6)



Some changes may be more challenging than others, such as:

- \* Introduce ourselves to visitors using pronouns, both in person and on name tags. For instance, I would say to a visitor: "Welcome to Mt. Zion. I'm an ally whose name is Mavis and go by "she, her, hers." I'll admit this takes some getting used to, because it's difficult to know how it will be received.
- \* Invite an LGBTQIA+ speaker to present at a Sunday forum; for example, our fellow Synodical Dawn Mark (2 first names, goes by pronoun "them"), who is intersex, to share their journey with us. Dawn Mark has done this in other Synodical churches and venues. Hearing the experiences of LGBTQIA+ people and their families often creates greater understanding and insights.
- \* We shared stories of successes and hesitations, and the bottom line is, "Whose discomfort do you care about the most?" As we engage in this ongoing reconciliation, can we at Mount Zion stretch our comfort zones to better welcome our Christian siblings who have been excluded from other Christian communities?

## Have We Missed Something?

If you have noticed a missing birthday or anniversary in the Grace Notes we want to know! If you are not receiving the Enews but would like to we want to know!

It could be something as simple as updating the database or clicking "send newsletter to this contact".

Call the office at 414-258-045

Or email Jessica at [mzparishadmin@wi.twcbc.com](mailto:mzparishadmin@wi.twcbc.com)



**(“Weekly Words” Continued from Page 5)**

**Tosa Cares**

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 Theater on the 2nd floor on a table with the offering envelopes, (please take) The start of Sunday school will be immediately after the early church service ends at 9:30 AM and will end at 10:40 AM. Drop off and pickup for 5 years olds-5th graders will be at Holy Flicks Theatre. Younger children will join us for our opening time of singing in the theater, but will be released to their parents in the 3 yr old classroom ( room 204-205) at the end of class. 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 at a later date. 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**

**MARK THESE DATES!**

Christmas practices start for our yearly Children's program Oct. 27th (First 1/2 hour)



Cool Yule Advent Wreaths Nov. 24th (Family event)

Live Nativity Dec. 13th

Dec. 14th,(Sat.) 9:30-11:30 Christmas practice. Lunch provided.

3 and 4 yr olds come at 11 AM

Christmas Program is Dec. 15th

**Scripture Readings for this Week**

Daniel 7:1-3, 15-18 Psalm 149

Ephesians 1:11-23 Luke 6:20-31



# PUTTING GOD'S HOUSE IN ORDER

 Mt Zion LUTHERAN  
CHURCH ELCA



## STRENGTHEN CORE MINISTRIES . . .

This week in our stewardship drive for 2020 "Putting God's House in Order", we are talking about our ministry initiative of "Strengthen Core Ministries". Mt Zion builds on a strong history of God's work in the congregation. We will improve our effectiveness by:

- upgrading technology
- caring for ministry staff
- secure new resources for training
- partner with other ministries.

Read more about it here: [https://www.mtzionlutheran.org/wp-content/uploads/2019/10/sas\\_insert3.pdf](https://www.mtzionlutheran.org/wp-content/uploads/2019/10/sas_insert3.pdf)

(Need a shorter link? Just type [bit.ly/2NKGo1T](https://bit.ly/2NKGo1T) into your browser.)

Get all the information on our fall stewardship appeal in this blog on our website:

<https://www.mtzionlutheran.org/putting-gods-house-in-order/> (shorter link: [bit.ly/32HNOce](https://bit.ly/32HNOce) )

# Tosa Cares Thanksgiving Preparation and Distribution

## Friday, November 22 and November 23

### How can I help Tosa Cares During the Thanksgiving Season?

#### Donate Items

- ◆ Please return the grocery bags filled with the needed items (More bags in Gathering Area and see list on page 15).
- ◆ Please remember we can do the shopping for you with a financial gift to Tosa Cares.
- ◆ Please look through your closets for fall and winter clothing to share.
- ◆ Do you have extra Christmas decorations that you are not using? Please donate and place in red container by food barrel.



#### Volunteer your time:

Tuesday, November 19, 10 to noon

Wednesday, November 20, 9:30 to 11:30

Friday, November 22, 9 to 11:30

Saturday, November 23, 8 to 11:30

- ◆ One shopper is needed! Receive a shopping list, order or shop for items and deliver to pantry. Turn in the receipts to be reimbursed.
- ◆ Help provide refreshments for Saturday am, Nov 23.
- ◆ Did you know that the Mt. Zion and Mount Carmel youth are the lead young people group for the Saturday distribution?



Please let Linda know at [linda.ertel@sbcglobal.net](mailto:linda.ertel@sbcglobal.net) or 414-861-4725  
or to help with hospitality contact Andrea [adcs@wi.rr.com](mailto:adcs@wi.rr.com)

# THANKSGIVING FOOD DRIVE FOR



Select one item and buy in quantity or select different items from the following list. Please place this bag in or near the Tosa Cares barrel in the

## **Gathering Space by NOVEMBER 18.**

\*\*\*\*\*

One TURKEY (deliver to office during week or in red container in Gathering Space during Church service times).

**bag of stuffing**

**green beans**

**corn**

**cranberry sauce**

**can of fruit and jar of applesauce**

**cream of mushroom soup and other soups**

**box of potatoes and can of sweet potatoes/yams**

**cake mix and frosting**

**boxes of pudding or Jello-O**

**cornbread mix and other bread mixes**

**macaroni and cheese**

**bag/box of rice**

**jelly**

**cereal**

**tuna**

**pumpkin**

Thank you for helping to feed over 200 Tosa Cares families at Thanksgiving. Sharing the

Blessings God has provided.

## 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**  
**Erik Peterson**

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

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

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

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

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

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

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

## Leadership Board

**Matt Czervionke, President**  
matt.czervionke@gmail.com

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

**Sara Bailey, Vice President**  
sarabailey09@gmail.com

**Katie Frederick, Secretary**  
frederick.katiee@gmail.com

**Bella Burke**

**Doug Dralle**

**Debbie Kleppek**

**Erik Peterson**

**Lauren Campbell**

**Josh Graber**

**Janet McCarthy**

**Mavis Roesch**

**Robyn  
Di Giacinto**

**Linda Haecker**

**Jean Morack**

**Lynda Yanny**

## Call Committee

**Steve Downs**

**Erin McDougal**

**Tom Moore**

**Mavis Roesch**

**Refilwe Goll**

**Jim McTaggart**

**Cynthia Rigsby**



**Mt Zion** LUTHERAN  
CHURCH ELCA

12012 West North Avenue  
Wauwatosa, WI 53226

telephone (414) 258-0456

Fax (414) 258-0230

[www.mtzionlutheran.org](http://www.mtzionlutheran.org)

[facebook.com/mtzionlutheran](https://facebook.com/mtzionlutheran)

[mzparishadmin@wi.twcbc.com](mailto:mzparishadmin@wi.twcbc.com)

[instagram.com/mtzionlutheran](https://instagram.com/mtzionlutheran)