

## 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!**

## Advent Wreaths

This Advent we will be celebrating our relationship with God through the lighting of candles in a wreath on Sundays at church and also in our homes. This is a longstanding tradition first adopted and formalized by German Lutherans in the 16th Century. We don't light all the candles at once, just like Christmas doesn't come when we want it to. We wait, and practice patience together in an all too fast-paced and on-demand world. We wait for God to be revealed in new ways and to celebrate how God already shows up in our lives.

**(Continued on page 3)**



## Carol Libeck's Funeral Service

The funeral service for Carol Libeck will be Thursday, December 5th at 4pm at Mt Zion.

An open gathering will be available for family, friends, and congregational members beginning at 3pm.

A food reception will follow in the Gathering Space.

Remembrances may be shared during the reception and Motown music—a favorite of Carol's—will also be played.

**Please Note:** The choir and the hand bell rehearsals have been moved from Thursday the 5th to Wednesday the 4th to accommodate the service. *Thank you.*

## Scripture Readings for this Week

Isaiah 2:1-5    Psalm 122

Romans 13:11-14    Matthew 24:36-44

## Stewardship Appeal Update

Drum Roll Please.....!!!!!!!!!!!!!!!!!!!!

THE RESULTS.....SO FAR!

As of Monday we received Intent Cards from **84** Households.

And.....of that 84, **15** are from Households that did not pledge in 2019.

And.....people have very graciously increased their giving toward

“Putting God’s House In Order!”

Thank you all so much for your faithfulness in your Mt. Zion Community!

Look for continuing updates here...in your Grace Notes!

(It’s not too late to turn in your Intent Card...)

Mail it...Drop it off...Put it in the Offering!!

## Looking ahead at the Mt Zion calendar

### Wednesday, November 27

- 12:00pm Brown Bag Bible Study [Hearth Room]
- 1:00pm Prayer Group [War Room]
- 6:30pm Thanksgiving Eve Service with pie social to follow

### Thursday, November 28

Thanksgiving Day — Office Closed

### Friday, November 29

#### Office Closed

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

### Saturday, November 30

- 9:00am Music Lessons [Upper Room]
- 10:00am Chinese American Class [classrooms]

### Sunday, December 1

- 8:30am Worship—Traditional
- 9:40am Christian Education Hour
- 10:45am Worship—Contemporary
- 11:30am Worship —Korean [Chapel]
- 1:00pm Milwaukee United German Chorus Concert [Sanctuary]
- 3:00pm Concert Reception [Fellowship Hall]

### Monday, December 2

- 7:00pm NA 12-step group [Fellowship Hall]

### Tuesday, December 3

- 12:00pm AA 12-step group [Room 211]
- 4:00pm CP Holiday Train [Harwood Ave and West State Street, Wauwatosa]

### Wednesday, December 4

- 12:00pm Brown Bag Bible Study [Hearth Room]
- 1:00pm Prayer Group [War Room]
- 6:00pm Handbells rehearsal [Sanctuary]
- 7:00pm Choir Rehearsal [Upper Room]

### Thursday, December 5

- 10:00am Reformation Community Bible Study
- 3:00pm Open Gathering For Carol Li-becki Memorial [Gathering Space]
- 4:00pm Memorial Service for Carol Li-becki [Sanctuary]

### Upcoming Forum Event:

December 8th: Join us for Christmas Has a Heart! More info on page 6.

### ("Advent" Continued from page 1)

Our advent practice anticipates our celebration of Jesus' birth and also Christ's return, as the light of truth brought to our human story, wrapped in an evergreen circle to celebrate God's infinite love. At a time when nature is less green and darkness comes early, we are reminded of the hope we have through faith. We gather together around our wreaths not to wait in God's absence, but to remind ourselves of God's presence with us as families and the family of God. If you don't yet have an advent wreath in your home please consider joining the families of Mount Zion in celebrating God's infinite love and Christ's light by having a wreath at your table. -Pastor Josh





## Tosa Cares Distribution and Thanksgiving Breakfast

Hi MTZ youth parents,

I felt so proud of the youth on Saturday morning at Tosa Cares! Youth from Mt Zion and Mt Carmel woke up early to help serve breakfast, pack boxes, carry food to cars, help the shoppers and everything in between. Linda Ertel sent me a very nice message sharing how proud she felt. We must've served 250-300 people thanksgiving dinner for breakfast! I loved watching the two groups work together in service.

Thank you also to the chaperones, Brenda, Mike, Erin and Matt. Special thanks to Matt for picking up all the food from Bunzel's catering and then dropping off the empty cartons!

God Bless!  
-Erik



## Tosa Cares Filled with Gratitude

Thank you Mt. Zion for a ministry that helped to provide 261 households with a turkey, a basket of food, winter clothing, and Christmas decorations, all given in a spirit of a community caring for one another. Thank you for the bags of food, the clothing donations, the refreshments, the financial gifts, the hours of service, and your encouragement and your prayers. What a blessing!

### **The Canadian Holiday Train is Coming to Wauwatosa**

**When:** December 3

Pre program - 3:30 - Award presented to school with most food donations

Holiday Train arrives - 4:00      Holiday Train Program - 4:15- 4:45

**Where:** Wauwatosa Village, Harwood Avenue Crossing

**What:** The CP Holiday Train travels across southern Canada and northern United States to entertain hundreds of thousands of people and to collect food and raise funds for local food banks. Tosa Cares is the recipient of those donations at the Wauwatosa stop.

### **How to Help:**

#### **Collection of Donations**

The CP Holiday Train will arrive in Wauwatosa on **Tuesday, December 3rd** and we are in need of volunteers to assist with the collection of donations of food and money. Volunteers will work in pairs to push a decorated grocery cart and gather donations from those attending the event. Volunteers will be needed from 3:30 to about 5:00pm. This is an excellent opportunity for families as well as high school youth.

<https://www.signupgenius.com/go/70A084DAAA92BA7FC1-holiday>

#### **Sorting & Shelving of Donations**

Tosa Cares is fortunate to be the recipient of the donations collected as a part of the Holiday Train event. Assistance will be needed in the days following the Holiday Train to sort, box and shelve the many pounds of donations. Individuals and groups are encouraged to sign-up for a shift between **Wednesday, December 4th and Saturday, December 7th**.

<https://www.signupgenius.com/go/70A084DAAA92BA7FC1-donation>

Wishing you a wonderful Thanksgiving Holiday!

# Christmas Has a Heart

Coming to Mt. Zion.....

Sunday, December 8th 9:30 - 11:00 am



Eight organizations will be represented at the Alternative Christmas Market, Christmas Has a Heart in the Gathering area. The point is not to stop giving but to give things that matter with an opportunity to support and encourage organizations that are serving others in our community. Christmas cookies and the Christmas spirit will be present.

A list to preplan your shopping excursion and conversation time at Mt. Zion's Alternative Christmas Market will be available on Sunday, December 1.

Sponsored by Mt. Zion's Outreach Ministry Team

## **How does Christmas have a Heart Work?**

There are no products to buy at the Christmas has a Heart event.

Items to be purchased have been determined by the charitable organizations and are listed on a shopping list. Examples of items include "transportation to medical appointments" and "provide school supplies to one young person".

Once shoppers receive a shopping list, shoppers can go around to each table in the Gathering Space and talk to with the various organizations. Shoppers can mark which items they would like their money to go toward, and can make multiple marks throughout the list.

The shopper can then receive a card from the organization to explain to the gift recipient that money was donated toward the charitable organization.

The shopper will then write a check to Mt Zion for Christmas Has a Heart and the funds will be distributed accordingly.

## Mission of the Month

### RANDOM ACTS OF KINDNESS —

As in past years, our mission for this month is Random Acts of Kindness.

Throughout the year we receive numerous requests for assistance, personal requests as well as requests from numerous agencies.

The money we receive in December is used to fund some of this assistance. Your money is used to help those much less fortunate than ourselves. This list is endless, and unfortunately the money is not. Your contribution matters!

THANKS FOR CARING & SHARING!

## Upcoming Concerts

The annual holiday concert by the Knightwind Ensemble at Wisconsin Memorial Park, Chapel of the Chimes, 13235 West Capitol Drive, Brookfield. The concert will be on Saturday, December 14th, at 2:00 PM and feature tunes of the Christmas season. Admission is free.

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Mt Zion's very own Alex Hulen will perform with An Exceptional Chorus, Inc. during the Winter Concert, December 13th at 7:00pm

Thomas More High School

2601 East Morgan High School, Milwaukee WI

Tickets are \$6

## Cookie Baking!

Love baking?

Why not bake some cookies to share with our homebound members this holiday season? There is a sign-up sheet on the clipboard wall.

*Let's play it safe — No nuts, please!*



**Ministry Schedule N**

	<b>Nov. 24 Sunday 8:30 am</b>	<b>Nov. 24 Sunday 10:45 am</b>	<b>Nov 27 Wed 6:30pm</b>	<b>Dec. 1 Sunday 8:30 am</b>	<b>Dec. 1 Sunday 10:45 am</b>
<b>ACOLYTES</b>					
<b>ALTAR CARE</b>	Nancy DiGiacinto		Nancy Schumacher	Ellyn Steinke	
<b>ASSISTING MINISTERS</b>	Linda Ertel	Mavis Roesch	Cynthia Rigsby	Tom Ertel	Lora Marheine
<b>COMMUNION DEACONS</b>	Cynthia Rigsby and Nancy Schumacher		Jim and Donna Zarek	Chris Kress and Nancy Schumacher	
<b>GREETERS</b>	Dick and Norma Hollander	Pat Campbel	Jim and Lisa McTaggart and Sherry Downs	Irene McCarthy and Nancy Schumacher	Brenda Fogel
<b>LECTORS</b>	Nancy Schumacher	Lora Marheine	Andrea Cockerham	Rich Robinson	Erik Peterson
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
<b>USHERS</b>	Jim Stuczynski Roger and Nancy Schumacher	Dave and Vicki Nelson	Roger and Nancy Schumacher	Jim & Donna Zarek Roger & Nancy Schumacher	Jim Yee and Dorothy Snead
<b>OFFERING STEWARDS <u>MONDAY</u></b>	4TH WEEK: Nancy Schumacher / Carl & Karen Engelhardt			1ST WEEK: Tom Ertel / Jim Goetzinger / Gary Goll	
<b>AUDIO/VISUAL</b>	The Johnson Family	Janet McCarthy	Janet McCarthy	Lynda Yanny Ethan Cervionke	The Marciniak Family

**ur Church work! Thank you!**

**ov. 24-Dec . 22, 2019**

	<b>Dec. 8 Sunday 8:30 am</b>	<b>Dec. 8 Sunday 10:45 am</b>	<b>Dec. 15 Sunday 9:30 am</b>	<b>Dec. 22 Sunday 8:30 am</b>	<b>Dec. 22 Sunday 10:45 am</b>	
	Edie DiGiacinto		Nancy Schumacher	Norma Hollander		
	Andrea Cockerham	Erik Peterson	Linda Ertel	Tom Ertel	Sara Baily	
	Gail and Rich Robinson		Brenda and Katie Marciniak	Jim and Donna Zarek		
	Vince & Barbara Pipia	Sandra Echols	Norma Hollander, Jim and Lisa McTaggart	Marika Moore and Matt Czervionke	Pat Campbel	
	Lynda Yanny	Sara Bailey	Sherry Downs	Wendi Hall	Erik Peterson	
y	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
o-	Roy Durrenberg, Carl and Karen Engelhardt	Lauren and Jesse Campbell	Roy Durrenberg Larry Seefeld Suzy Morgan & Liz Casper	Jim Stuczynski Roger and Nancy Schumacher	Dave and Vicki Nelson	
	2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext		3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg	4TH WEEK: Nancy Schumacher / Carl & Karen Engelhardt		
	Abby Sumiec	The Peterson Family	The Johnson Family	Lynda Yanny	The Marciniak Family	

## Join Us for These

### **Caroling at Luther Manor**

Saturday, December 7th

Meet at Martin Luther at 2pm Or Meet at Luther Manor at 2:30pm

Carol with Martin Luther and Milwaukee Mennonite Community

Cocoa at Martin Luther to follow

### **Christmas Has a Heart**

Sunday, December 8th

9:35am-10:35 am (During Education Hour)

Alternative Market to support and encourage organizations that are serving others in the community, including Kid's Matter, Outreach for Hope, Project Return, Reformation Lutheran Church, MICAH, Tosa Cares, and Community Project for Seniors.

### **Healing Service with Martin Luther and Redemption Lutheran**

Tuesday December 10th

6:45pm at Mount Zion

As we work together with our neighboring churches we also want to worship together. Led by pastors and leaders from all three churches, the congregation will be invited to remember the healing presence and transformative power of God in our lives and the relationship between our churches.

### **Live Nativity — Friday, December 13th**

A celebration with our neighbors and congregational partners with chili, cider and hot chocolate. People are encouraged to bring cookies and baked goods!

5:00pm-6:45pm Live Nativity Outside

6:45pm-7:00pm Christmas Skit Inside

7:00pm-7:30pm Open Carol Sing

## Upcoming Events:

### **Children's Program Worship — Sunday, December 15th**

9:30am-10:30am

### **Christmas Eve Services — Tuesday, December 24th**

4:00pm Family Contemporary Service

8:15pm-8:45pm Chimes perform in Gathering Space during fellowship with cider, coffee, and cookies.

9:00pm Candlelight Christmas Eve Service

### **Saturday, December 21st 8am-11am**

Community Meal at Redemption Lutheran. Mt Zion volunteers welcome to help serve between 8:00am and 11:00am

### **Sunday, December 22nd**

8:30am Traditional Worship Service w/Voices of Zion

10:45am Jazz Service led by Kristin Sponcia

### **Caroling to Break the Chains**

Ecumenical Church Members will gather to sing carols to inmates at Felmers Correctional Facility

Meet at Redemption Lutheran at 6:30pm

Or Meet at FCF at 7pm for Caroling

### **Sunday, December 30th**

9:30am — Hymn/Carol Sing at blended service

## Science Tidbits



I am writing about a good friend of mine, guaifenesin. This is a drug, actually, a common component of cold remedies such as Robitussin and Mucinex. Now that cold season is officially here, I recently caught a cold bug that has an insidious effect on my respiratory system; namely, the laying down of a thin film of mucus that is next to impossible to dislodge from my passageway. You know the story, a faint gurgle when you exhale that will not budge even under an intense coughing effort. It can drive you crazy (I can vouch for that)!

Enter guaifenesin. It derives from a tree bark extract called guaiacum and its properties have been known for half a millennium. In 1952 it was OK'd by the Food and Drug Administration, and 50 years later it was chemically synthesized under the name guaifenesin and formed into tablets to be sold over the counter. What does it do? It is an expectorant. Quite simply, it draws water into bronchi (the airways leading into our lungs), thereby thinning the mucus and lubricating the airway. Bottom line: it effectively helps remove the mucus that builds up during colds, flu and allergic reactions, because the offensive buildup is now loose enough to be displaced by coughing.

This drug is also effective against paranasal sinus infections. Sinuses are a system of hollow cavities within the skull that are thought to be important for humidifying and filtering the air we breathe in. They are lined with a mucus-producing tissue, or mucosa, and are usually empty. However, they have a design flaw in that there is only one opening for entry and exit. Consequently, they are prone to blockage when the mucous membranes become swollen, for example under the influence of a cold virus. Repercussions include reduced oxygen levels and overgrowth of bacteria, leading to sinusitis ("itis" means infection). Guaifenesin helps in clearing the sinuses of accrued virus, bacteria, pollen and other potential allergens.

Apparently, guaifenesin is called the "opera singer's friend." In fact, many don't leave home without it. Under extremes of humidity, singers often use it to increase the quality of their vocal cords by promoting "secondary" secretion of the mucous membranes. This helps maintain the moist mucus lining that is necessary for healthy sound production.

As far as I am concerned, Guaifenesin-containing medication is my sanity clause in the battle against cold symptoms. The slow release tablet is surprisingly fast-acting and long-lasting, and it is reassuring to know that, from what I have read, there are no serious issues with drug interactions or side effects.

-Steve Downs

## Want a mid-week pick-me-up?

All are invited to sing with the Mount Zion choir!

You already know that but \_\_\_\_\_ (fill in your excuse!)  
\_\_\_\_\_.



**WHY** should you join a choir – other than praising God through making music with friends.

Move over Steve Downs, while this musician tackles science for a while.

So many people talk about “dragging themselves to choir rehearsal” only to find at the end of rehearsal that they FEEL BETTER! How could this happen?

Singing is a “feel good” activity because it releases *endorphins* (elevate mood) and *oxytocin* (alleviate anxiety) both of which contribute to “feeling good.” Singing also helps raise the *oxygen level* in your blood which improves circulation and has a calming effect. Research shows a positive effect on immune competence and decreased levels of *cortisol* (stress hormone).

Music – in particular singing- is of great interest to neuroscientists as research indicates that more of the brain is actively engaged in the processing of music than almost any other activity. Increased brain function is a benefit to all. Your brain processing power and recall peak around age 20! Anyone older than 20 can reap benefits!!

Are you interested in feeling good and increasing brain function? Join choir!



Choir Rehearsals on Thursday from 7:00 – 8:30p.m.

Want to help ward off Alzheimer disease? Join Festival Bells!  
Rehearsals are Thursday 6:00-7:00pm

-Patricia Eby

## Running the Race

Thanks to all of you who attended the Annual Public Meeting at Bay Shore Lutheran Church of the Milwaukee Inner City Congregations Allied for Hope (MICAHA) on October 24, 2019. It was well worth the time and the meeting gave a good idea of what is happening within MICAHA. The evening started with hymns sung by the choir of Friendship Baptist Church and a welcome and prayer by Pastor Sarah Stobie of Bay Shore Lutheran.

The welcome was followed by an invitation to work for justice by MICAHA Lead Organizer, Ms. Lisa Jones. Lisa has only been with MICAHA for the last year, but her presence has certainly made a difference. She has the ability to nicely keep people to the task at hand and keep us continually running the race for justice. It is a difficult race, but justice is required by God in both the Old and New Testaments. He doesn't mince words when it comes to how we treat our neighbor. There were many elected and appointed government officials at the meeting who understood after this meeting, if they didn't know before, that MICAHA gives no pass to anyone in authority. From this meeting they knew for sure that if they hadn't planned to run the race with us, they would be dragged along in that race and that MICAHA also doesn't mince words when it comes to how our neighbor is being treated.

Ms. Lee Henderson – Tatum, MICAHA's vice president, called the roll and Dennis Lowder of Lake Park Lutheran Church, introduced MICAHA's newest member, Congregation Shalom. Next year, there will be more new members. One of them will be Mt. Zion Lutheran Church.

Pastor Marilyn Miller, president of MICAHA and pastor of Reformation Lutheran Church, gave thanks to God and to all as she reflected on the race that would be run, by introducing several of the different boards,. Mr. Primitivo Torres Martinez of Voces De La Frontera explained the importance of a driver's licenses to immigrants and how MICAHA and Voces De La Frontera are working toward that goal.

Mr. Connor Williams explained the work of the Jobs, Economics and Transportation board, especially in the fight for Job Lines Route 57 so that people can get to their jobs and that these workers can feed their families.

Next, MICAHA's Education Task Force reviewed its efforts to reaffirm Public Schools, in particular, our current efforts on equity issues. Dr. Tony Baez, vice president of the MPS Board of Directors confirmed his desire to support MICAHA's actions to the MPS School Board.

**(Continued on page 15)**

## December Birthdays & Anniversaries

### BIRTHDAYS

Kenneth Schmidt 12/01  
Molly Sumiec 12/06  
Bradley Stelzer 12/06  
Kelly Richards-Parker 12/09  
Kay Cucinello 12/11  
Perrie Dralle 12/13  
Ellie Yellick 12/14  
Emma Burke 12/16  
Troy Marciniak 12/17  
Maverick Surges 12/18  
Mick Cucinello 12/21  
Christina Dralle 12/21  
Caroline Westrick 12/21  
Liz Casper 12/23

Jennifer Johnston 12/24  
Jean Morack 12/28  
Heather Townsend 12/28  
Member Khloe Lewis 12/30  
Eliot Eschenbacher 12/30  
Linda Roberts 12/31  
Nancy Di Giacinto 12/31  
Angelina Goll 12/31

### ANNIVERSARIES

John and Jean Morack 12/19  
Derrick and Michelle Grosenick  
12/29

### (Continued from Page 14)

C.O.L.E., the Coalition on Lead Emergency, followed on the podium. Pastor Mary Martha Kanass and Ms. Deanna Branch, both of Hepatha Lutheran Church witnessed to the lead emergency in the Wisconsin water system and how MICAHA is working to help the health and safety of our citizens.

The final group to speak was the Criminal Justice Reform Restoring our Communities (ROC) Task Force. Ms. Sandra Wilson, Co-Chair of the ROC Task Force emphasized the inequality and problems within the Wisconsin criminal justice system. Upcoming legislation was discussed as well. Ashanti Hamilton, president of the Milwaukee Common Council, as well as Rep. Evan Goyke, State Assemblyperson from the 18th Assembly District, also spoke of the impact MICAHA is having in the search for justice.

Being part of MICAHA is work, but work that sees results and work that is fruitful because of the many other people within the MICAHA organization that also see the need for God's Justice as we run that race.

When looking the display that Mt. Zion will have for Christmas has a Heart, one of the tables will be set up for MICAHA. Please stop by so that you can hear more details.

**-Jerry Roesch, Member of the Outreach Committee**

## Mt Zion Staff

**Interim Pastor**  
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**Director of Choirs**  
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**Website**  
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## Leadership Board

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**Erik Peterson**

**Ian Koenig**

**Josh Graber**

**Janet McCarthy**

**Mavis Roesch**

**Robyn  
Di Giacinto**

**Linda Haecker**

**Jean Morack**

**Lynda Yanny**

## Stewardship Team

**Christine Layne**

**John Yanney**

**Jim McTaggart**

**Douglas Johnson**

**Chris Kress**

**Dave Fohr**

**Rich Robinson**

**Pastor Josh**



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CHURCH ELCA

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