

## 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!**

## Name Tags

For those of you who have had to learn a lot of names in a short period of time (teachers, counselors, pastors, etc.) it is extremely helpful to have the visual to assist with this. For that reason the leadership board listened to and will be taking the advice of Pastor Kara (from her sermon on January 5). We will ask everyone to wear names tags for the next several Sundays. Please make sure that you are wearing one and encourage all who enter to wear one as well. This is a great way to make sure that we all learn the names of those around us. I'm asking the youth who are involved in serving to encourage their friends to also assist in this. They are great role models already! Thank you for your support in this!

Janet

Worship Volunteer Coordinator

## Where Can I Get a Name Tag?

Look for this sign

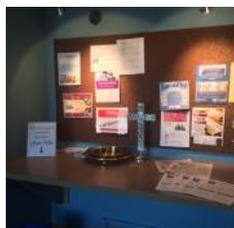
at the following locations



Gathering Space



South Narthex



North Narthex

## Together in Mission

**Together in Mission** is our annual synod event you don't want to miss! Ministry leaders (rostered and laypeople) of all interests and backgrounds are invited for this one-day event held on **Saturday, February 15, 2020 from 8:00am—2:45pm** at St. Matthew's Lutheran Church, 1615 Wauwatosa Ave. in Wauwatosa.



At registration you will be able to select from a long list of workshops including:

*The Care & Feeding of Pastors* (Rev. Debra Trakel)

*Embracing Disruptive Changes as Doors to Deeper Mission* (Rev. Matt Short)

*Faith, Mental Health & Wellness* (Carolyn Karl)

*Building & Nourishing an Inclusive Church through Disability Awareness & Understanding* (Thom Bodenbach)

*“OK, Boomer!” Racism, Younger Generations & the Conversations We Aren't Having* (Rhonda Hill)

*Arms Wide Open: Why Ministry with, and to, our LBGTQIA+ Family is Important* (Rev. Bill Beyer)

Between the two session times, enjoy lunch; then, participants will gather with others in their mission cluster of neighboring congregations for conversation around shared mission.

**Register by February 7th**

<https://milwaukeesynod.org/event/together-in-mission/>

**Cost: \$12 for the day (includes lunch)**

**-Greater Milwaukee Synod**

# Looking ahead at the Mt Zion calendar

## Worship

### Sunday, January 12

- 8:30am Traditional Worship
- 10:45am Contemporary Worship
- 11:30am Korean Church Service [Chapel]

## Christian Education

### Sunday, January 12

- 9:40am Sunday School and Adult Forums
- 3:30pm Middle School Confirmation Class [At Mt Carmel Lutheran]

## Mt Zion Ministries

### Wednesday, January 15

- 12:00pm Brown Bag Bible Study [Hearth Room]
- 1:00pm Prayer Group

### Thursday, January

- 6:00pm Hand bells rehearsal [Sanctuary]
- 7:00pm Choir Rehearsal [Upper Room]

### Saturday, January 18

- 8:30am Women of Heart Bible Study [Conference Room]

### Sunday, January 19

- 12:00pm MZY trip to Dave and Buster's

## Committee Meetings

### Monday, January 13

- 7:30pm Property Committee [Conference Room]

## 12 Step Groups

### Monday, January 13

- 7:00pm NA Group [Fellowship Hall]

### Tuesday, January 14

- 12:00pm AA group [Room 211]

### Friday, January 17

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

## Outreach / Outside Mt Zion

### Monday, January 13

- MICAH Board Meeting [Hearth Room or Gathering Space]

### Wednesday, January 15

- 8:30am Health Clinic at Courtyard [Parking lot]

### Thursday, January 16

- 10:0am Reformation Community Bible Study [3806 W Lisbon Ave, Milwaukee WI]

*We tried something different with the calendar. Do you like this view of the upcoming week or would you rather have a day-by-day? Let us know!*

## Micah Board Meeting

Tomorrow, Monday January 13 at 5:30pm

**Right here at Mt Zion!**

Everyone is welcome to attend.

“Milwaukee Inner-city Congregations Allied for Hope (MICAH) is a multi-racial, inter-faith organization committed to addressing justice issues that have an impact on the community and on the members of MICAH congregations. MICAH’s goal is to empower people to act together in pursuit of justice, and to organize so that people of many traditions can come together to speak with one voice for justice. MICAH deals with many issues.” ([Source: Micahempowers.org](http://Source: Micahempowers.org))



## Youth Update

Merry Christmas and Happy New Year Mt Zion Youth,

We have an exciting January planned as we get ready for our February trip to the Youth Quake in the Wisconsin Dells!

Later this month, mark your calendars for a lunchtime trip to Dave and Busters on January 19th from noon to 2:00pm. We will carpool from church after the 2nd service ends. This event earned rave reviews in the spring of 2019 and I expect the youth will have fun again this winter! Please bring \$10-\$20 for games and \$10-\$20 for food and drink.

God Bless,

-Erik / Mr. E.

### History of the Acolyte

The job of the acolyte originated when Christianity was a forbidden religion in the Roman Empire. Christians had to worship in secret, often in underground caves. The acolytes were in charge of keeping the passageway lit with candles so worshippers could find their way. They also kept a lookout to make sure no soldiers were coming.

Today, being an acolyte is not as dangerous, but is just as important. Acolytes still light the candles for worship. The flames represent the light of Christ and the fire of the Holy Spirit as we gather for worship. Acolytes assist the pastors during the offering and at communion.



Photo from the BBC.com



Photo from LivingLutheran.com

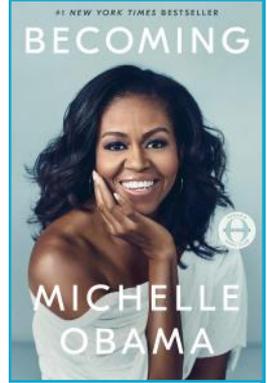
## Book Club

Monday, January 27

7:00pm Hearth Room

Becoming by Michelle Obama

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As first lady of the United States of America—the first African American to serve in that role—she helped create the most welcoming and inclusive White House in history while also establishing herself as a powerful advocate for women and girls in the United States and around the world, dramatically changing the ways that families pursue healthier and more active lives and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare.



*Host: Mary and Douglas Johnson*

## Scripture Readings for this Week

Isaiah 42:1-9 Psalm 29

Acts 10:34-43 Matthew 3:13-17

## Mission of the Month for January



Our outreach mission this month is to assist those who are struggling to pay their utility bills. During the last year your contributions helped families within our own Mt. Zion community. The need is still there, so please use the blue Mission of the Month envelope to support this mission.

**-Sue Jacobson**

**Ministry Schedule J**

	Jan. 12 Sunday 8:30 am	Jan. 12 Sunday 10:45 am	Jan. 19 Sunday 8:30 am	Jan. 19 Sunday 10:45 am	Jan. 26 Sunday 8:30 am
<b>ACOLYTES</b>	Maya Smith		Leah Cervionke	Maya Smith	Gabby Riccabon
<b>ALTAR CARE</b>	Edie DiGiacinto		Norma Hollander		Wendi Hall
<b>ASSISTING MINISTERS</b>	Andrea Cockerham	Janet McCarthy	Chris Kress	Erik Peterson	Cynthia Rigsby
<b>COMMUNION DEACONS</b>	Gail and Rich Robinson		Chris Kress and Wendi Hall		Jim and Donna Zarek
<b>GREETERS</b>	Vince & Barbara Pipia	Brenda Fogal	John and Lynda Yanny	Pat Campbel & Jack McDougal	Marika Moore and Matt Czervionke
<b>LECTORS</b>	Gail Robinson	Lora Marheine	Pete Peterson	Janet McCarthy	Rich Robinsin
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursen available
<b>USHERS</b>	Roy Durrenberg, Carl and Karen Engelhardt	Lauren and Jesse Campbell	Roy Durrenberg & Suzy Morgan	Dorothy Snead and Tony Frederick	Roy Durrenberg and Suzy Morgan
<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>	Ethan Cervionke	The Peterson Family	Abby Sumiec	The Marciniak Family	Lynda Yanny

**ur Church work! Thank you!**

**an. 12- Feb. 9, 2020**

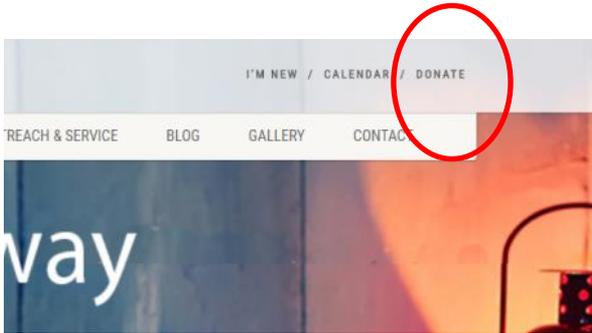
	<b>Jan. 26 Sunday 10:45 am</b>	<b>Feb. 2 Sunday 8:30 am</b>	<b>Feb. 2 Sunday 10:45 am</b>	<b>Feb. 9 Sunday 8:30 am</b>	<b>Feb. 9 Sunday 10:45 am</b>	
i	Belinda Felber	Leah Cervionke	Maya Smith	Gabby Riccaboni	Belinda Felber	
		Nancy DiGiacinto		Ellyn Steinke		
	Jim McTaggart	Linda Ertel	Erik Peterson	Andrea Cockerham	Janet McCarthy	
		Gail and Rich Robinson		Douglas and Mary Johnson		
d	Jim and Lisa McTaggart	Kent and Margie Spicer		Vince & Barbara Pipia	Sandra Echols	
	Erik Peterson	Sherry Downs	Sara Bailey	Wendi Hall	Lora Marheine	
y	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	
n	Dave and Vicki Nelson	Jim & Donna Zarek, Suzy Morgan	Dorothy Snead & Jim Yee	Roy Durrenberg, Carl and Karen Engelhardt	Lauren and Jesse Campbell	
r-		1ST Week Tom Ertel/Jim Goetzinger/ Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext		
	Janet McCarthy & Kyle Lewis	The Johnson Family	Peterson Family	Ethan Cervionke	The Marciniak Family	

## Online Giving

Interested in making offerings online? Head to our website:

<https://www.mtzionlutheran.org/>

Look for the button on the right hand side that says, "Donate" and click on it.



You can donate once without having to create a profile. If you want to set up a monthly (or a recurring donation), you will have to create a profile.

1. Already created a profile?—"Log In" as Returning Member
2. To make **recurring** donations—Click "Create Profile"
3. To make a **one-time** donation and also have the ability to track your donation history—Click "Create Profile"
4. To make a **one-time** donation without tracking your donation history—Complete form below

Once you have entered the amount(s) you would like to give, you will enter in your name, address, and payment information.

If you have any questions or need help, call Jess at the office.

414-258-0456

Thank you for your generosity!

## Science Tidbits

Two years ago, my mother-in-law moved from Omaha, where she had been living alone, to a retirement home here in town. As in most retirement homes, when one enters the home where she is staying, one fact becomes abundantly clear: there aren't very many men.



Why do women live longer than men? One consideration is that in younger populations, particularly those in their late teens or early 20s, males are more likely to die from accidents and risky behavior. (Ask any car insurance salesperson). But it is also known that males die earlier than females given the same environment or lifestyle, and they are at risk earlier in life for cancers and heart disease.

So, men get a raw deal. Apparently, there is evolutionary natural selection against them. But shorter life spans and higher mortality rates are not unique to humans; it arises in many different species. Ultimately, it revolves around achieving greater lifetime reproductive success. And there is a trade-off between longevity and reproduction. Males expend a lot of energy in the effort to improve their chances of reproduction, for example in the accumulation of muscle mass. Their efforts to maximize reproductive status are managed by the hormone testosterone, but this has its price.

Testosterone is called the male sex hormone (females make it too, but in much smaller quantities), and it regulates many physiological functions, including muscle-building, metabolism (among the effects is fat burning), mood and libido. But these can have drawbacks. In many organisms, an acute rise in testosterone that aids mating efforts can stress physiological functions related to well-being.

Take, for instance, the male quoll (an Australian marsupial; see pic). It releases a one-time burst of testosterone that stimulates intense mating, but at the same time triggers male on male aggression and fat depletion that leads to high mortality. While females live for three years, males rarely make it to one year. One scientist characterized it as “death by reproduction.”

Who, these days, could miss the prevalent commercials on the radio for male testosterone supplements, creating a presumptive need where none exists. But following up on men who receive such treatments could produce important insights into the tradeoffs between reproduction and longevity. Indeed, in one 2014 study, older men taking testosterone were more susceptible to an acute, non-fatal myocardial infarction (heart attack) 90 days later. While testosterone may benefit muscle growth, other organs in older men may not be able to handle the additional metabolic burden. Time will tell what consequences await such messing with the normal scheme of things.

-Steve Downs

# 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)

### What's coming up next?

#### Joshua and the Wall of Jericho

Jan 5th- Jan. 19th, 2020

This story will cover how God is with us in every battle we face. God promised the Israelites the land of Canaan and that meant conquering fortified cities. It is the story of how God caused the fall of Jericho and how God asks us to be obedient servants and to do what is right, even when people may make fun of us.



**Memory Verse:** "Be strong in the Lord and in His mighty power."

Ephesians 6:10

#### Offerings

We ask your children to bring an offering on Sunday.

#### 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 5yr olds-5th grade 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.

-Sherry

# January Birthdays and Anniversaries

## Birthdays

Susan Yee	1/3
Aaron Prusko	1/4
John Pukansky	1/5
Valerie Koenig	1/5
Mason Sneller	1/8
Roy Durrenberg	1/9
Nancy Schumacher	1/9
Bryce Rohde-Kirchenwitz	1/13
Isaac Rohde-Kirchenwitz	1/13
Brittany Hall	1/13
Madeline Eve	1/14
Lynden DeFouw-Indra	1/17
Curt Prusko	1/17
Jim Goetzinger	1/18
Abbey Hulen	1/19

Benjamin Stuczynski	1/21
Emma Westrick	1/21
John Morack	1/22
James Goodwin	1/22
Lauryl Pukansky	1/24
Keith Pignolet	1/27
Becky Hall	1/27
Derrick Grosenick	1/29
Tom Morgan	1/31

## Anniversaries

Douglas and Mary Johnson	1/8
Ian and Lynn Koenig	1/10
James and Aharon Goodwin	1/23



**Tuesday  
January  
28**

3:00pm-7:00pm

**Helpful tip:**  
Make sure to eat a healthy meal and drink plenty of water before donating.

### Sue Jurgens and Mari Scicero Blood Drive



**Location:**  
Mt. Zion Lutheran Church  
Lower Level Hall  
12011 W. North Ave.

To make an online appointment please visit [bit.ly/mzlc0128](http://bit.ly/mzlc0128) or call 1877-232-4376.

Contact Jim Yee at 414-477-0328 for more information

Appointments encouraged and walk ins welcome !

Donate in January and receive a coupon\* for \$10 off your next order at Noodles and Company in honor of National Blood Donor Month!

\*while supplies last



## Mt Zion Staff

**Pastor**  
**The Reverend Tyler D. Rasmussen**

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

**Office Volunteer Coordinator**  
**Chris Kress** (volunteer)  
mzreception@wi.twcbc.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**

**Linda Haecker**

**Erik Peterson**

**Ian Koenig**

**Debbie Kleppek**

**Mavis Roesch**

**Robyn Di Giacinto**

**Janet McCarthy**

**Lynda Yanny**

**Doug Dralle**

**Jean Morack**



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