

## 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, tal-  
ents, and resources

**ALL ARE  
WELCOME!**

# Annual Meeting

**Sunday**  
**January 26, 2020**

**9:40am**  
**Between Services**

# Congratulations!

Robyn Di Giacinto has been named the new Greater Milwaukee Synod Communications Specialist. She will be working full-time dividing her work between the Greater Milwaukee Synod and Outreach for Hope. The Synod is excited to have her on the team and they look forward to the many ways she will help communicate the stories of our common life.



## Speaking of Communication...

You may notice some new symbols in the upper left corner of our Sunday morning worship slides. It is our hope to more clearly designate for our members and visitors those times during the service when we sit, stand, and move throughout the service (as you are individually able).



## Behind-The-Scenes Opportunity!

Karen Engelhardt, our Thursday morning Front Desk volunteer, will be vacationing to Hawaii soon. The Reception Area is looking for an eager person to fill those hours.

She is at the desk from 9:00am until noon on Thursday mornings. We are looking to fill 1/30, 2/06, and 2/13. Note that even if you could take just one or two of those time slots it would be ever so helpful. This is a wonderful way to get a "bird's eye view" of some of the wonderful things that happen behind the scenes at Mt. Zion!



Are you available to help us out?

Please contact Chris @ [mzreception@wi.twcbc.com](mailto:mzreception@wi.twcbc.com)

# This Week at Mt Zion

## Friday, January 17

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

## Saturday, January 18

- 8:30am Women of Heart Bible Study [Conference Room]
- 9:00am Music Lessons [Upper Room]
- 10:00am Chinese American Class

## Sunday, January 19

- 8:30am Traditional Worship
- 9:40am Education Hour [Classrooms and Upper Room]
- 10:45am Contemporary Worship
- 11:00am Worship - Korean [Chapel]
- 12:00pm MZY Trip to Dave and Busters [Meet at Church]

## Monday, January 20

- 5:30pm Executive Committee Meeting
- 6:00pm Leadership Board meeting [Conference Room]
- 7:00pm NA group [Fellowship Hall]

## Tuesday, January 21

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

## Wednesday, January 22

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

## Thursday, October 24

- 10:00am Reformation Bible Study [3806 W Lisbon Ave, Milwaukee]
- 6:00pm Hand bells Rehearsal [Sanctuary]
- 7:00pm Choir Rehearsal [Upper Room]

## Annual Meeting

Sunday, January 26  
9:40am



**Installation of Pastor  
Tyler Rasmussen**  
Sunday, February 9

## Upcoming Events

### Ash Wednesday

February 26  
Noon and 6:30





## Hi, Mt Zion Youth

January 19

I can't wait to play games and eat lunch  
with you after church at Dave and Buster's

From 12:00-2:00pm.

Join us at the second service and then we can carpool over to the D&B on May-  
fair road. For extra competition,

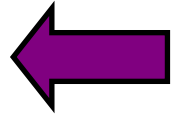
Pastor Tyler and our friends from Mt. Carmel plan to join us.

D&B will have tables setup or a private room for us with a buffet!  
It will cost about \$30 per person but it includes everything below:

Bar burgers, crispy chicken bites, four-cheese pizza bites,  
baked mac & cheese, fries, unlimited soda and tea

\$20 Power Card per person

**Don't forget** - All confirmation youth are expected to attend the  
3:30-5:00pm confirmation class with Pastor Jim at Mt. Carmel  
later that day. Please let Pastor Jim know if you can't make the  
class period so he can plan for it.



### Later this Month

We'll join the team at Mt. Carmel for their

"Gathering" meal service event on

January 25, 2020

from 10:30am to 1:15pm.

Check out the SignUpGenius and reserve your spot ASAP!

<https://www.signupgenius.com/go/70a0e49a4ac29aaf49-youth>



God Bless—**Erik, Mari, Erin and Abby S.**

## Get Creative, Mt Zion!

I woke up one night this week thinking about the Grace Notes. I thought it would be cool to have a group photo of some members, the pastor, and some staff. This could be nice for our homebound members or for our snowbirds who maybe miss us (and the cold), right? I thought an arm motion such as waving or showing arms stretched out wide could make the picture more dynamic.

So, naturally, at 2:10 in the morning, my mind began to perform the Village People song, “YMCA”. This got me thinking, “Zion has four letters, too.”



*It's great to pray at Mount Z-I-O-N!*



I realized I had no idea how to create the letter “n” with just my arms. So, I’m curious, what ideas do you have?

### How can you spell out “Zion” using your body?

Get your friends, family, caregivers together to spell out Zion however you can using your arms, whole body, or fingers. Then send your pictures (or outtakes) to [mzparishadmin@wi.twcbc.com](mailto:mzparishadmin@wi.twcbc.com)!

**-Jess Monahan**

## 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*

**Ministry Schedule J**

|  | <b>Jan. 19<br/>Sunday<br/>8:30 am</b>                   | <b>Jan. 19<br/>Sunday<br/>10:45 am</b> | <b>Jan. 26<br/>Sunday<br/>8:30 am</b>                      | <b>Jan. 26<br/>Sunday<br/>10:45 am</b> | <b>Feb. 2<br/>Sunday<br/>8:30 am</b>                  |
|--|---|--|--|--|---|
| <b>ACOLYTES</b>                            | Leah Cervionke  |  | Gabby Riccaboni  | Belinda Felber                         | Leah Cervionke  |
| <b>ALTAR<br/>CARE</b>                      | Norma Hollander   |  | Wendi Hall   |  | Nancy DiGiacin  |
| <b>ASSISTING<br/>MINISTERS</b>             | Chris Kress   | Erik Peterson                          | Cynthia Rigsby   | Jim McTaggart                          | Linda Ertel   |
| <b>COMMUNION<br/>DEACONS</b>               | Brenda Marciniak<br>and Wendi Hall                      |  | Jim and Donna<br>Zarek                                     |  | Gail and Rich Ro<br>inson                             |
| <b>GREETERS</b>                            | John and Lynda<br>Yanny                                 | Pat Campbel &<br>Jack McDougal         | Marika Moore and<br>Matt Czervionke                        | Jim and Lisa<br>McTaggart              | Kent and Margi<br>Spicer                              |
| <b>LECTORS</b>                             | Pete Peterson   | Janet McCarthy                         | Rich Robinsin  | Erik Peterson                          | Sherry Downs  |
| <b>NURSERY</b>                             | unstaffed nursery<br>available                          | unstaffed nursery<br>available         | unstaffed nursery<br>available                             | unstaffed nursery<br>available         | unstaffed nurser<br>available                         |
| <b>USHERS</b>                              | Roy Durrenberg &<br>Suzy Morgan                         | Dorothy Snead and<br>Tony Frederick    | Roy Durrenberg<br>and Suzy Morgan                          | Dave and Vicki<br>Nelson               | Jim & Donna Zar<br>Suzy Morgan                        |
| <b>OFFERING<br/>STEWARDS <u>MONDAY</u></b> | 3rd WEEK: Pete<br>Peterson/John Link/<br>Roy Durrenberg |  | 4TH WEEK:<br>Nancy Schumacher / Carl & Karen<br>Engelhardt |  | 1ST Week Tom<br>Ertel/Jim<br>Goetzingner/ Gar<br>Goll |
| <b>AUDIO/VISUAL</b>                        | Abby Sumiec   | The Marciniak<br>Family                | Lynda Yanny  | Janet McCarthy &<br>Kylee Lewis        | The Johnson<br>Family                                 |

**ur Church work! Thank you!**

**an. 19- Feb. 23, 2020**

|        | <b>Feb. 2<br/>Sunday<br/>10:45 am</b> | <b>Feb. 9<br/>Sunday<br/>9:30 am</b>  | <b>Feb. 16<br/>Sunday<br/>8:30 am</b>                   | <b>Feb. 16<br/>Sunday<br/>10:45 am</b> | <b>Feb. 23<br/>Sunday<br/>8:30 am</b>                           | <b>Feb. 23<br/>Sunday<br/>10:45 am</b> |
|--------|---------------------------------------|---|---|--|---|--|
| e      | Maya Smith                            | Gabby Riccaboni   | Leah Cervionke  | Belinda Felber                         | Gabby Riccaboni   |  |
| to     |                                       | Ellyn Steinke   | Edie DiGiacinto   |  | Wendi Hall  |  |
|        | Erik Peterson                         | Tom Ertel   | Chris Kress   | Sara Bailey                            | Cynthia Rigsby  | Lora Marheine                          |
| b-     |                                       | Janet McCarthy,<br>Brenda Marciniak,<br>Chris Kress, & Sara<br>Bailey       | Douglas and Mary<br>Johnson                             |  | Chris Kress and<br>Wendi Hall                                   |  |
| e      | Sandra Echols                         | John and Lynda<br>Yanny, & Brenda<br>Fogal                                  | Vince & Barbara<br>Pipia                                | Pat Campbel & Jack<br>McDougal         | Marika Moore and<br>Matt Czervionke                             | Jim and Lisa<br>McTaggart              |
|        | Sara Bailey                           | Wendi Hall  | Chirs Kress   | Lora Marheine                          | Gail Robinson   | Janet McCarthy                         |
| y      | unstaffed nursery<br>available        | unstaffed nursery<br>available  | unstaffed nursery<br>available                          | unstaffed nursery<br>available         | unstaffed nursery<br>available                                  |  |
| ek,    | Dorothy Snead &<br>Jim Yee            | Roy Durrenberg,<br>Carl & Karen Engel-<br>hardt, Lauren &<br>Jesse Campbell | Roy Durrenberg &<br>Suzy Morgan                         | Dorothy Snead and<br>Tony Frederick    | Roy Durrenberg<br>and Suzy Morgan                               | Dave and Vicki<br>Nelson               |
| n<br>y |                                       | 2ND WEEK:<br>Tom & Pat Morgan /<br>Brad & Pam Hext                          | 3rd WEEK: Pete<br>Peterson/John Link/<br>Roy Durrenberg |  | 4TH WEEK:<br>Nancy Schumach-<br>er / Carl & Karen<br>Engelhardt |  |
|        | Peterson<br>Family                    | Ethan Cervionke   | Lynda Yanny   | Janet McCarthy &<br>Kylee Lewis        | Abby Sumiec   | The Marciniak<br>Family                |



**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**





## Science Tidbits

The term hibernation refers to a period of inactivity and metabolic depression characterized by low body temperature and reduced breathing and heart rates, commonly occurring during the winter. Animals that hibernate include skunks, bees, snakes, chipmunks, bats and bears. In the months preceding the hibernation period, larger species such as bears become hyperphagic, meaning they go on an eating binge, amassing weight to carry them through the looming period of inactivity. Alternatively, some smaller hibernators collect food (think squirrels and nuts) for the winter months and periodically awake from their winter torpor to consume it.

Hibernating bears have the fascinating ability to recycle their urine and protein, which means they make it through the hibernation period without having to urinate and they suffer no muscle atrophy. (The trick with the urine is one that older male humans with an active prostate gland can only fantasize about). Scientists are particularly interested in the phenomenon of protein recycling in bears, because it could hold the key to preventing the debilitating muscle atrophy that occurs in astronauts and some medical patients.

Indeed, scientists in Berlin have been looking at sleeping bears in the hopes of finding genetic clues to this phenomenon. The goal of the research team was to test muscle cell genes during both the hibernation and between-hibernation periods to identify those genes that are up-regulated or shut down. To this end, they took samples from grizzly bears during and between hibernations and then compared them to samples from elderly or bedridden human patients and mice (no, the mice were not bedridden).



One thing they found was that non-essential amino acids (NEAAs; those formed by the body as opposed to being obtained from food), play a critical role in preventing muscle atrophy by altering the bear's metabolism. Then, when isolated muscle cells of humans and mice that had exhibited muscle atrophy were exposed to NEAAs, growth was stimulated. However, it was known from earlier studies that administration of amino acids in pill form was not enough to prevent muscle atrophy, so it appears necessary for the muscle itself to produce the amino acids. Otherwise, systemically administered AAs might not reach the sites where they are needed. The challenge now is to determine how such muscle cell gene activation can be accomplished.

**-Steve Downs**

## 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://milwaukee-synod.org/event/together-in-mission/>

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

**-Greater Milwaukee Synod**

# 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 |

## Scripture Readings for this Week

Isaiah 49:1-7

Psalms 40:1-11

1 Corinthians 1:1-9

John 1:29-42

## 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.

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