

## 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!**



## **Mardi Gras Board Game Night!**

Here at Mt Zion!

**Tuesday, February 25**

**6:00pm to 9:00pm**

Come and go as you need to.

**Try a new game or bring a favorite to play!**

Games will include traditional board games and table top games, group games (Pictionary, Charades) and multi-media games (such as Jackbox).

All Are Welcome!

Bring a friend, a neighbor or a classmate!

Bring appetizers, snacks, or treats to share.

## **Altar Flowers**

Were donated by Dick and Norma Hollander

In celebration of Pastor Tyler's Installation



# Welcome To, no, From, no, To Pastor Tyler!

Welcome to Mt. Zion! Or maybe it's you that's welcoming me? Either way, welcome! I'm glad both you and I are here. :-)

I've only been here for a month so far, and let me tell you – it's already been a whirlwind adventure. Mt. Zion is huge and beautiful and in need of love and ready to live (though not quite ready to dance yet, as I've learned from past Sundays, but I'll keep inching you there).

And our history is wonderfully hilarious! I don't want to spoil too much because these gems will show up in anticipation of our 75<sup>th</sup> anniversary next year (yes – Mt. Zion is turning 75 in 2021 – tell your friends now!), but from the first newspaper article about Mt. Zion reporting “an unusual use of knotty pine” in the chapel to public reporting in the paper the results of our capital campaign in the '60s (with a promise to periodically check up on pledges) to “Happy Talk with P.J.,” well I can tell that Mt. Zion has a history that is simply joyful. I hope I can add to that joy throughout my time here as your pastor.

But today I simply want to say “Thank you.” Thank you for calling me, for welcoming me, for invigorating me. And, as the opportunities arise, thank you for challenging me, trusting me, and forgiving me. I pray this journey together is one that deeply and richly blesses us both in our walk toward the Kingdom of God. Amen.

-Pastor Tyler

## Congratulations!

Congratulations to Refilwe Goll!

Refilwe was recently recognized by the Green Bay Packers as **The Most Valuable Mentor** of the 2019/2020 Business Mentoring Program!

Please check out the link below for official pictures from the event. Refilwe is in images 2 and 9.

<https://www.packers.com/photos/packers-host-mentor-protege-recognition-event#90cc9c6a-34ea-4f19-8ff9-923a45023f2b>



# This Week at Mt Zion

## Sunday, February 9

- 9:30am Worship Service and Installation  
of Pastor Tyler Rasmussen
- 11:00am Luncheon [Fellowship Hall]
- 11:30am Worship –Korean [Chapel]
- 3:30pm Middle School Confirmation

## Monday, February 10

- 6:00am Property Committee Meeting  
[Conference Room]
- 7:00pm NA group [Fellowship Hall]

## Tuesday, February 11

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

## Wednesday, February 12

- 12:00pm Brown Bag Bible Study [Hearth  
Room]
- 1:00pm Prayer Group [War Room]
- 6:30pm Knightwind Ensemble Rehearsal
- 6:30pm Stewardship Meeting [Off-Site]

## Thursday, February 13

- 8:00am Marketing Committee Meeting
- 10:00am Reformation Bible Study [3806  
W Lisbon Ave, Milwaukee]
- 6:00pm Hand bells Rehearsal [Sanctuary]
- 7:00pm Choir Rehearsal [Upper Room]

## Friday, February 14

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

## Saturday, February 15

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

## Sunday, February 16

- 8:30am Traditional Worship
- 9:40am Education Hour
- 10:45am Contemporary Worship

## Upcoming Events

### Mardi Gras Board Game Night!

Tuesday, February 25

6:00-9:00pm

### Ash Wednesday

February 26

Noon and 6:30



## Celebrate 12 Years of Tosa Cares

Enjoy refreshments during the coffee hour!

Sunday, February 16th

In the Gathering Space.

(And you'll still have time to make it to the Forum or Sunday School!)

## February Mission of the Month

TOSA CARES

Serving Over Three Hundred and Fifty Families in 2019

With gratitude we celebrate the twelfth **anniversary** of the food and clothing ministry of **Tosa Cares** located here at Mt. Zion. **We'll celebrate with refreshments during coffee hour on February 16<sup>th</sup>.**

During **February** we will continue to **collect winter clothing and coats, and nonperishable food items**, with a special collection of **pancake mixes and syrup**. The **Mission of the Month** offers a special opportunity to make a **financial donation to Tosa Cares using the February Mission of the Month Envelopes**. These donations will provide financial resources to purchase meat and fresh produce and to fill the shelves with the needed items for each of the distributions for the families of Tosa Cares. **Please keep in prayer the ministry of Tosa Cares.**

## Book Club

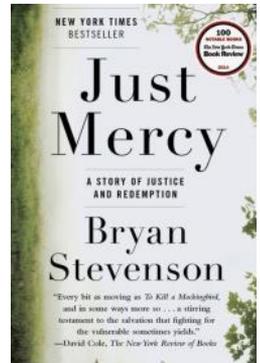
We are participating in the February All-Tosa Reads

Just Mercy: A Story of Justice and Redemption

By Brian Stevenson

"Just Mercy is at once an unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice."

-Amazon.com



# February Birthdays and Anniversaries

## Birthdays

Dave Fohr 2/1  
Linda Haecker 2/1  
Debbie Fohr 2/2  
Loretta Ball 2/2  
Mara Messerschmidt 2/2  
Evelyn Schoeneich 2/3  
Sherry Downs 2/6  
Kate Wagner 2/9  
Dean Stelzer 2/9  
Erica Marciniak 2/11  
Gwenivere Anderson 2/12  
Dick Hollander 2/13  
Aharon Goodwin 2/13  
Lynn Koenig 2/16  
Trentin Edwards 2/16  
Eliza Frederick 2/16  
Franklin Buscher 2/17  
Jim Stuczynski 2/19

Roger Schumacher 2/20  
Michael Frankey 2/20  
Harper Pollex 2/20  
Eloise Knigge 2/21  
Margie Spicer 2/21  
Yvonne Kops 2/21  
Logan Wils 2/22  
Alex Hulen 2/24  
Brian Wils 2/24  
Garret Johnson 2/25  
Joe Di Giacinto 2/25

## Anniversaries

Keith and Peg Pignolet 2/08  
James and Tina Koplinski 2/17  
Sara Seegers and Jolie Kreuser 2/18  
Carole and Kenneth Schmidt 2/20

A special happy birthday, Evelyn Schoeneich! We're celebrating you turning 102!

## Scripture Readings for this Week

Isaiah 58:1-12 Psalm 112:1-9

1 Corinthians 2:1-12 Matthew 5:13-20

## Do You Have Something for the Grace Notes?

We're always looking for articles, pictures, or ideas for our weekly newsletter.

Send us an email, drop a line, or connect with us on social media.

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



**Ministry Schedule**

	<b>Feb. 9 Sunday 9:30 am</b>	<b>Feb. 16 Sunday 8:30 am</b>	<b>Feb. 16 Sunday 10:45 am</b>	<b>Feb. 23 Sunday 8:30 am</b>	<b>Feb. 23 Sunday 10:45 am</b>
<b>ACOLYTES</b>	Gabby Riccaboni	Leah Cervionke	Belinda Felber	Gabby Riccaboni	
<b>ALTAR CARE</b>	Ellyn Steinke	Edie DiGiacinto		Wendi Hall	
<b>ASSISTING MINISTERS</b>	Tom Ertel	Chris Kress	Sara Bailey	Cynthia Rigsby	Lora Marheine
<b>COMMUNION DEACONS</b>	Janet McCarthy, Brenda Marciniak, Chris Kress, & Sara Bailey	Douglas and Mary Johnson		Chris Kress and Wendi Hall	
<b>GREETERS</b>	Janet McCarthy & Brenda Fogal	Vince & Barbara Pipia	Pat Campbel & Jack McDougal	Marika Moore and Matt Czervionke	Jim and Lisa McTaggart
<b>LECTORS</b>	Wendi Hall, Bella Burke	Chirs Kress	Lora Marheine	Gail Robinson	Janet McCarthy
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
<b>USHERS</b>	Norma & Dick Hollander, Lauren & Jesse Campbell	Roy Durrenberg & Suzy Morgan	Dorothy Snead and Tony Frederick	Roy Durrenberg and Suzy Morgan	Dave and Vicki Nelson
<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	Lynda Yanny	Janet McCarthy	Abby Sumiec	The Marciniak Family

**ur Church work! Thank you!**

**Feb 9- Mar. 8, 2020**

Feb. 26 Ash Wed 12:00 pm	Feb. 26 Ash Wed 6:30 pm	Mar 1 Sunday 8:30 am	Mar 1 Sunday 10:45 am	Mar 8 Sunday 8:30 am	Mar 8 Sunday 10:45 am
	Volunteer needed	Maya Smith	Belinda Felber	Leah Cervionke	Belinda Felber
		Norma Hollander		Nancy DiGiacinto	
Janet McCarthy	Mavis Roesch	Chris Kress	Janet McCarthy	Cynthia Rigsby	Erik Peterson
		Jim and Donna Zarek		Gail and Rich Robinson	
Linda and Linda	Sandra Echols	Noram and Dick Hollander	Pat Campbel & Jack McDougal	Marika Moore and Matt Czervionke	Sandra Echols
Dawn and Mavis	Brittany	Lynda Yanny	Sara Bailey	Sherry Downs	Janet McCarthy
unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
Linda Haecker and Donna Zarek	Volunteers needed	Jim & Donna Zarek, Suzy Morgan	Dorothy Snead & Jim Yee	Roy Durrenberg, Carl & Karen Engelhardt	Lauren and Jesse Campell
		1ST Week Tom Ertel/Jim Goetzinger/ Gary Goll		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext	
	Janet McCarthy	The Johnson Family	The Marciniak Family	Ethan Cervionke	Peterson Family



# Let's All Go To

Attending camp can be an exciting and meaningful way to spend part of a summer! Still not wild about the idea? What if I told you playing is an essential part of learning and growing!



At camp you are able to try new skills such as fishing, white water rafting, theatre, horseback riding, campfire cooking, astronomy, arts and crafts,

## **And while you're doing that you can...**

Develop your self confidence

Be physically active

Experience nature

Problem solve and make choices

Belong to a caring, inclusive community

Learn to work together and make new friends

Get out of a potentially toxic or hostile home or neighborhood environment.

Discover your own hidden talents



Summer camps are primarily geared towards kids, but when families need to spend quality time together family outings, grandparents' week and "Glamping" are all options right here in Wisconsin to help promote togetherness and a love of the outdoors. (Check out [Luther Park](#) or [Sugar Creek](#) for more info),



## **But what if you're nervous about going away to camp for the first time?**

Erin Sloan-Turner has previously coordinated the Summer Camp Job Fair at Western Illinois University from 2013 to 2015. When asked about the benefits of attending camp, Erin said, "Camp is where kids can go away feeling nervous and shy and return feeling confident. Camp is where lasting friendships and experiences are made. It can be transformative for young people."

# Summer Camp!



If you or your child require accommodations, more and more camps are seeking ways to be inclusive to all those wishing to attend camp.

Some camps run exclusively for children, youth and adults with disabilities while some offer a week geared for a specific disability.

## **Some camps for individuals with disabilities include:**

“Piece Together Family Camp”

for families with children on the Autism Spectrum

[At Crossways Camping Ministries](#)

“Camp Odayin”

For children with heart disease and their families

[At Lutherdale](#)

“Joyful Hearts”

for individuals with developmental disabilities

[At Camp Luwisomo](#)



While poverty is not a disability, it can present an impossible barrier for some children’s ability to attend camp. Yet, many camps will help find a way for kids to come to camp because of the multitude of benefits.

## **Look for:**

Discounted rates if registration is completed by a specified deadline.

Scholarships (also called “Camperships”)

Day camps. Children will spend a portion of the day at camp and return home for sleeping. Rates of day camps may be half of that of an overnight camp.

# Science Tidbits

Last week's tidbits dealt with some consequences of marijuana legalization in Colorado five years ago. In this week's, I'll focus on some health-related issues.

Different methods of taking the drug will affect both the speed and extent of its action on the body. Inhalation by smoking or vaping quickly releases the drug into your bloodstream where it rapidly makes its way to your brain and other organs. The response time is lengthened when it is ingested.

## Some benefits

- ◆ Temporary relief of pain and inflammation as well as spasms and seizures. Research has shown its analgesic affect to be "modest" at best. (Almost all Americans believe medical marijuana should be legal.).
- ◆ Reduces nausea and vomiting (especially beneficial to those on chemotherapy)

## Some less than beneficial effects

- ◆ Respiratory. Marijuana smoke contains many toxic chemicals, including ammonia, hydrogen cyanide and carcinogens. Its nicotine content equals, and sometimes exceeds, that of tobacco. Pot smokers are prone to bronchitis and respiratory infections. It aggravates conditions such as asthma and cystic fibrosis.
- ◆ Cardiovascular. Within minutes, heart rate can rise 20-50 beats per minute for up to three hours, putting those with heart disease at risk for a heart attack.
- ◆ Central nervous system. Tetrahydrocannabinol, the psychoactive drug in marijuana, stimulates the release of dopamine that, in turn, creates a pleasant high (Beneficial or detrimental? You be the judge). Pot also interferes with the brain's ability to process information, thereby impairing both decision-making and formation of new memories. Furthermore, it alters one's balance, coordination and reflex response, making it unsafe for users to drive. Large doses can cause hallucinations and have been associated with depression and anxiety. Dozens of studies have linked marijuana with psychosis and schizophrenia. In 2017, a 468-page report from the National Academy of Medicine presented evidence that it worsens bipolar disorder and increases the risk of suicide, depression and social anxiety disorder.
- ◆ Digestive. Marijuana is notorious for causing the munchies. Not a serious condition, but obviously not part of an effective weight loss program.

(Continued on Page 12)

# Celebrate love

Shop for your valentine  
at [smile.amazon.com](https://smile.amazon.com), and  
Amazon donates.



## Why Amazon Smile?

As of November 2019, Mt Zion has received \$94.36 from  
AmazonSmile purchases.

Thank You! We are feeling the love!

## Happy Valentine's Day



Roses are Red  
And orchids are blue  
From us at Mt Zion  
We so love you!



## Special Offering

Proceeds from the Special Offering (formerly known as the Second Offering) for February will go toward the cost of replacing sprinkler heads in the fire suppression system. The minimum cost of needed repairs is \$2,500. We appreciate your generosity toward this unbudgeted repair, which was identified during a recent fire inspection.

-Stewardship Team

## “Tidbits” Continued from Page 10)

-Developmental. Here lies one of my most profound concerns, the effect of cannabis use on younger folk. A 2012 study of 12,000 high school students in the U.S. showed that those who used cannabis were more than 3X as likely to become violent as those who didn't (surpassing the risk of alcohol use). Worse, children who have died from abuse or neglect commonly show that the adults responsible use marijuana far more frequently than alcohol or other drugs and far more than the general population. And finally, it has been suggested that adolescents may be uniquely susceptible to permanent damage from marijuana use. The human brain is still completing its development up until one's mid-20's, and the frontal cortex (the region critical to planning, judgment, decision-making and personality) is one of the last areas to fully develop. A large New Zealand study found that those who started their marijuana use during adolescence suffered an IQ loss of 6-8 points that wasn't reversed upon quitting their use as adults. But there are also conflicting reports, which can make interpretation difficult.

Nevertheless, the observations discussed above beg the question: Is it wise to rush to legalization before all of the data are in?

-Steve Downs

## Children's App

Check out the Metropolitan New York Synod Children's App!

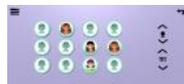
“The MNYS Children's App is a joyful experience designed to engage and educate kids in the beauty of the accepting and welcoming love of God,” (Metropolitan New York Synod).

Activities on the App include:

Composing a piece of music at the organ with a jazzy band of mice

Marrying a couple at the church using gender and ethnicities of the child's choice

A game of memory showcasing various cultures



Coloring a stained glass window

Reading various picture bible stories

<https://www.mnys.org/childrens-app/>



2021 will mark the 75th anniversary of Mt Zion Lutheran Church. Over the next year, Grace Notes will delve into the history books, collections of photos, and personal recollections to present what is sure to be a “blast from the past”.



This was the main entrance off of the north parking lot before the current renovations and accessible entrance was added. What is now the Upper Room across from the Sanctuary was once a doorway!

# Volunteer Opportunities

## Lenten Soup Supper

Each week we are looking for volunteers to make a large crockpot of soup to share with approximately 20-25 people along with bread or crackers. Soup should be ready to serve at 5:30PM. Please Sign up on the clipboard wall in the Gathering Space.

Wednesday March 4 — Wednesday April 1

## Visit Our Homebound Members

Mt Zion is seeking one or two volunteers to visit our homebound members. Bring a smile to our homebound members by visiting with them, sharing stories, serving communion, or singing a song!

Contact Pastor Tyler

For more information

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

414-258-0456



## Worship Volunteers



### **Needed:**

Altar Care

Acolytes

Communion Assistants

Assisting Minister

Ushers and Greeters

If you would like to volunteer, please contact Janet McCarthy at [ministry@wi.twcbc.com](mailto:ministry@wi.twcbc.com)

## Area Events and Happenings

Celebrating Black History  
Resilience. Faith. Culture.

**POP-UP**

POET LAUREATE  
2019 - 2021  
DASHA KELLY HAMILTON

**ART  
EXHIBIT**

Know more:  
[raceandfaith.org/events](http://raceandfaith.org/events)  
[www.facebook.com/racialprogress](https://www.facebook.com/racialprogress)  
414.736.0523

Experience the poetry and story-  
telling of Milwaukee's Poet Laureate,  
Dasha Kelly  
02.28 6p.m. \$35  
Village Church  
130 East Juneau Ave Milwaukee, WI  
this is a fundraiser

[raceandfaith.org](http://raceandfaith.org)



## At Martin Luther Church

**RIC POTLUCK AND A  
MOVIE**

Join us Saturday, February 22nd at  
5pm for a Potluck Dinner  
We will then be having a viewing of  
the Documentary "For the Bible  
Tells Me So" with a discussion  
afterwards.

Please bring a dish to share!  
Childcare available upon request



## Mt Zion Staff

**Pastor**  
**The Reverend Tyler D. Rasmussen**  
[mzpastortyler@wi.twcbc.com](mailto:mzpastortyler@wi.twcbc.com)

**Parish Administrator**  
**Jess Monahan**  
[mzparishadmin@wi.twcbc.com](mailto:mzparishadmin@wi.twcbc.com)

**Office Volunteer Coordinator**  
**Chris Kress** (volunteer)  
[mzreception@wi.twcbc.com](mailto:mzreception@wi.twcbc.com)

**Worship Volunteer Coordinator**  
**Janet McCarthy** (volunteer)  
[ministry@wi.twcbc.com](mailto:ministry@wi.twcbc.com)

**Youth Ministry Coordinator**  
**Erik Peterson**  
[mtzionyouth@wi.twcbc.com](mailto:mtzionyouth@wi.twcbc.com)

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

**Sunday School Superintendent**  
**Sherry Downs** (volunteer)  
[heckle@uwalumni.com](mailto:heckle@uwalumni.com)

**Organist**  
**Cynthia Johnson**  
[drewteach@aol.com](mailto:drewteach@aol.com)

**Director of Choirs**  
**Patricia Eby**  
[patricia.eby@uwec.edu](mailto:patricia.eby@uwec.edu)

**Contemporary Worship Leader**  
**Kristin Sponcia**  
[kristin.sponcia@gmail.com](mailto:kristin.sponcia@gmail.com)

**Website**  
**Pat Campbell**  
[patcampbell@core.com](mailto:patcampbell@core.com)

**Social Media**  
**Douglas Johnson** (volunteer)  
[marydouglasjohnson@gmail.com](mailto:marydouglasjohnson@gmail.com)

## Leadership Board

**Matt Czervionke, President**  
[matt.czervionke@gmail.com](mailto:matt.czervionke@gmail.com)

**David Fohr, Treasurer**  
[d4fohr@gmail.com](mailto:d4fohr@gmail.com)

**Sara Bailey, Vice President**  
[sarabailey09@gmail.com](mailto:sarabailey09@gmail.com)

**Katie Frederick, Secretary**  
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**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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