

Worship Services

Sundays

8:30am Traditional
9:40am Education hour
10:45am Contemporary

Wednesdays During

Lent

6:30pm

Office Hours

M T W Th and F

9:00am–3:00pm

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!**

And the angel said, "Do not be afraid."

I know that there is fear in each of us about the coronavirus right now. I have a cousin plus his wife and 2 children who are in New Rochelle inside the quarantine; I feel it too. With the virus in Waukesha and possibly downtown Milwaukee, I know it's close to home.

First, I want you to know that Mt Zion is working to prepare for this pandemic as it's arriving here. Not only are we thinking about worship, but also about how we'll care for and support one another if the worst should happen.

But more importantly, I ask that you remember the gifts God's given the world. If not for the wisdom we've gained in the past century, this virus would look nearly like the plague of centuries ago. Fear rose because even with our best medicines, the death rate in China was high. But that was when it took an average of 13 days to identify and quarantine people. Today China is getting people quarantined in 2-3 days, and the death rates in areas with those rates have dropped to roughly that of the flu.

That number isn't 0, and any number above 0 causes us fear. But it shows that there's an easy lesson to learn. When we are practicing good hygiene and the government gets the systems in place needed for early detection and quarantine plus early care for those who are sick, the disease loses much of its power.

Throughout the Bible, people are continually afraid because they forget the lessons of the past. God turned water into blood, split the waters of a sea, and led the people of Israel with a cloud, a source of water. But this Sunday we'll hear that after all that, the people complained because they were thirsty and had no water. How quickly they forgot that God is control of the water!

The angels repeatedly said, "Do not be afraid." Paul assures us that nothing can separate us from the love of God. I know that fear is going to pull at you constantly; it's doing the same to me. But don't forget the lessons of faith. God creates life out of dust, restores life to the dead, and recreates life in the divine image. In your fear, do not forget that God is in control of life!

-Pastor Tyler

Preparing Hands to Care for Hearts

We trust God to care for us, especially in the midst of crisis. But the ELCA's motto makes it clear how we live into that trust. "God's Work. Our Hands."

With news changing every hour, we here at Mt Zion are preparing for how we can best serve our community for if, or when, things shut down here. We will have a full plan in place soon, but so that you know we are ready to continue being a faith community caring for one another even if the worst happens, here are some things we are already doing or considering putting in place:

- We are already putting sermons up on YouTube. Find our channel at the bottom right corner of our website (mtzionlutheran.org)
- We are already working to keep the building disinfected.
- We are already maintaining communication with other churches and synod leadership to decide the best way to respond at this time.
- We are evaluating every gathering we have and whether or not to meet.
- We are preparing to make it so that all staff can work from home.



Calming the Covid-19 cacophony

We are putting together plans for how we can stay in daily contact with every member if there's a general quarantine in our area.

If you have any ideas on how we could support our community better or want to help be part of our support team, we welcome all input and help we can get.

~Pastor Tyler

With Sympathy

It is with great sadness we learned the passing of Patrick Lourigan,
father of Kelly Richards-Parker.

Patrick passed peacefully in his home surrounded by his family on
Sunday, March 8th

Please keep Kelly, Jeff Parker, and Blake in your prayers as the family faces
this difficult time.

This Week at Mt Zion

Sunday, March 15

- 8:30am Traditional Worship
- 9:40am Education Hour
- 10:45am Contemporary Worship
- 11:30am Worship—Korean [Chapel]
- 3:30pm Middle School Confirmation

Wednesday, March 18

- 8:30pm Health Clinic at Courtyard
- 12:00pm Brown Bag Bible Study [Hearth]
- 1:00pm Prayer Group [War Room]
- 5:30pm Lenten Soup Supper [Gathering]
- 6:30pm Knightwind Ensemble Rehearsal
- 6:30pm Lenten Midweek Service [North Narthex]

Thursday, March 19

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

Friday, March 20

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

Saturday, March 21

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



Monday, March 16

- 5:30pm Executive Committee Mtg
- 6:00pm Leadership Brd Mtg [Conference]
- 6:30pm Beta Sigma Phi Meeting [Hearth]
- 7:00pm NA group [Fellowship Hall]

Tuesday, March 17

- 12:00pm AA 12 steps group [Room 211]
- 6:30pm Stewardship Committee Mtg [Hearth Room]



Spring Mixer

March 28

4:30-8:30



Upcoming Events



The Lenten Giving Tree

Each year lent presents us with another giving opportunity. This year we will be using the opportunity to help support two programs which are vital to the ministry of Reformation Church.

The first program is Peer Ministry. The “peers” of Reformation are a group of people who encourage, welcome, and support those who need someone who has “walked the walk” to be their faith guide. These dedicated individuals have done much to help those who may have otherwise been lost.



The second program is the “Son”shine Pantry. This program collects and distributes household cleaning and personal hygiene items. The money collected from the Lenten giving tree will be used to purchase these much needed items.



YOU can make a big difference in someone’s life. It’s easy. Simply take an envelope from the giving tree (located in the North Narthex), check which ministry (or both) you’d like to support, put your check or cash in the envelope and place it in the offering. Make this a Lenten season a season of giving!

Put picture of Tree in background with text box of both charities

-Jan Rada

Tosa Cares

Thank you Mt. Zion for your support of the Tosa Cares March distribution . So many of you volunteered your time, serving in many ways from the clothing room to the pantry, to set up and clean up, from serving, being welcoming, preparing breakfast. A special thanks to Mt. Zion youth, Erik Peterson, and Dave Jasso for their delicious pancake and sausage breakfast. Thanks for your help in making sure each family got their own pancake mix and syrup, for your donations of food, clothing, refreshments, your financial gifts and for your prayers for this ministry. What a sense of community - caring for one another. Thank You!

From Poverty to Payroll

— Helping Hands —

Helping Hands is an outreach ministry of Mt. Zion to help provide work experiences for people of poverty with the goal of having positive work experiences to build more employment opportunities.

Your donation to

March's Mission of the Month

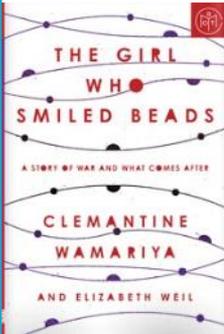
Will support this local program!

Book Club

Monday, March 23

7:00pm

The Girl Who Smiled Beads, by Clemantine Wamariya



Clemantine Wamariya was six years old when her mother and father began to speak in whispers, when neighbors began to disappear, and when she heard the loud, ugly sounds her brother said were thunder. In 1994, she and her fifteen-year-old sister, Claire, fled the Rwandan massacre and spent the next six years migrating through seven African countries, searching for safety—perpetually hungry, imprisoned and abused, enduring and escaping refugee camps, finding unexpected kindness, witnessing inhuman

cruelty. They did not know whether their parents were dead or alive. When Clemantine was twelve, she and her sister were granted refugee status in the United States; there, in Chicago, their lives diverged. Though their bond remained unbreakable, Claire, who had for so long protected and provided for Clemantine, was a single mother struggling to make ends meet, while Clemantine was taken in by a family who raised her as their own.

Host Elizabeth Fritsch



Hi Youth parents-

The youth did a great job again this weekend serving hundreds of Tosa families during the Tosa Cares March distribution! They packed food boxes, carried food to cars, cooked sausage and served pancakes! It was great to see them volunteering and helping those less fortunate.



Then, they did a great job helping to serve food, setting up, cleaning up and participating in the Purim festival for the Sunday school students! We're all especially proud of Ethan who did an amazing job playing Mordecai. There would've been no show without Mordecai!!!



This Sunday, we will talk about Paul hearing God's call and how we hear it too in our daily lives. I'm planning a parent meeting to discuss the summer youth program for April 5th. All youth and youth parents should attend as we will discuss fundraising, mission trips and social activities.

God Bless!
-Erik



Congratulations to one of our youth leader volunteers, Abby Sumiec, for scaling the stairs of the US bank building in fire fighter uniform to raise money to fight lung disease. Way to go Abby!

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)

Mary Magdalene: Meeting Jesus at the Empty Tomb

March 15-April 5th, 2020

As Easter approaches, we will tell the Easter story. This year we will focus on one of Jesus' followers, Mary Magdalene. Mary went to the tomb of Jesus, overcome with grief, to anoint his body with spices, but what she found would change her life forever. The tomb was empty! "Where have you taken him?" Mary cries out. She thinks he's the gardener. Then Jesus speaks her name, "Mary," and her encounter with the living Christ is so real that it changed her life and compelled her to share the amazing news with others. This is the life-changing presence we too hope to experience or have already experienced. Mary was acquainted with His voice. Are you?

Memory Verse: "Mary Magdalene went and announced to the disciples, 'I have seen the Lord,' and she told them that he had said these things to her."
" John 20:18 (NRSV)

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 as 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.

Mark the Date

Palm Sunday, April 5th, Parents and children are invited into our art class. This will be an intergenerational project you will work on together with your children. You won't want to miss it! Location to be determined.



Photo by Neslihan Gunaydin

Ministry Schedule F

	Mar 8 Sunday 8:30 am	Mar 8 Sunday 10:45 am	Mar. 11 Wed. 6:30 pm	Mar 15 Sunday 8:30 am	Mar 15 Sunday 10:45 am
ACOLYTES	Leah Cervionke	Belinda Felber		Gabby Riccaboni	
ALTAR CARE	Norma Hollander			Ellyn Steinke	
ASSISTING MINISTERS	Cynthia Rigsby	Erik Peterson		Tom Ertel	Jim McTaggart
COMMUNION DEACONS	Gail and Rich Robinson			Douglas and Mary Johnson	
GREETERS	Marika Moore and Matt Czervionke	Sandra Echols	Volunteer needed	Kent and Margie Spicer	Pat Campbel & Jack Setner
LECTORS	Sherry Downs	Janet McCarthy	Volunteer needed	Chirs Kress	Lora Marheine
NURSERY	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
USHERS	Roy Durrenberg, Carl & Karen Engelhardt	Lauren and Jesse Campell	No volunteer needed	Roy Durrenberg & Suzy Morgan	Dorothy Snead and Tony Frederick
OFFERING STEWARDS <u>MONDAY</u>	2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext			3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg	
AUDIO/VISUAL	Ethan Cervionke	Peterson Family	No volunteer needed	Lynda Yanny & Caleb Smith	Janet McCarthy

ur Church work! Thank you!

Feb26 - Mar. 18, 2020

Mar. 18 Wed. 6:30 pm	Mar 22 Sunday 8:30 am	Mar 22 Sunday 10:45 am	Mar. 25 Wed. 6:30 pm	Mar 29 Sunday 8:30 am	Mar 29 Sunday 10:45 am
No volunteer needed	Maya Smith		No volunteer needed	Leah Cervionke	Belinda Felber
No volunteer needed	Edie DiGiacinto		No volunteer needed	Wendi Hall	
No volunteer needed	Chris Kress	Lora Marheine	No volunteer needed	Cynthia Rigsby	Erik Peterson
No volunteer needed	Brenda and Ryan Marciniak		No volunteer needed		Chris Kress and Wendi Hall
	Vince & Barbara Pipia	Brenda and Ryan Marciniak		John and Lynda Yanny	Brenda Fogal
	Pete Peterson	Jim McTaggart		Erik Peterson	Sara Bailey
unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
No volunteer needed	Roy Durrenberg and Suzy Morgan	Dave and Vicki Nelson	No volunteer needed	Roy Durrenberg, Carl & Karen Engelhardt	Dorothy Snead and Tony Frederick
	4TH WEEK: Nancy Schumacher / Carl & Karen Engelhardt			3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg	
No volunteer needed	Abby Sumiec	Janet McCarthy & Kylee Lewis	No volunteer needed	The Johnson Family	

Science Tidbits With Steve

“Risks of Inactive Ingredients”



In every medication we take, we are most interested in the active ingredient; that is, the chemical compound contained within that tackles the condition we are treating. But these medications invariably contain additional inactive ingredients that aren't meant to affect the body, but, rather, to improve the inherent qualities of the medication. Things like taste, absorption, binding components together, slowing the release, shelf life or helping a pill maintain its shape. And we usually only give these extra components a casual glance, if we pay any attention at all.

However, according to a recent study, these additives have the potential to cause adverse reactions. Researchers examined numerous drug data bases and found that the average pill or capsule contains 9 inactive ingredients (the range is 0 to 35). By the time all of the “necessary components” are added, the inactive ingredients usually make up three-fourths of the typical pill. This extra material can, and often does, have unintended consequences. The most common risk stems from sugars (eg, mannitol, polydextrose or lactose) that can be difficult to digest, causing gastrointestinal symptoms such as gas, bloating and diarrhea. Lactose was found in all formulations of one cholesterol-lowering drug and in all versions of the pain reliever diclofenac (65% of the world's population is intolerant to lactose).

Another negative response is an allergic reaction. The study found 38 potential allergens, including peanut oil, chemical dyes, gluten and aspartame. In fact, 93% of the pills or capsules they looked at contained a potential allergen. Thirty-three percent of the medications contained chemical dyes such as yellow #5 and all progesterone capsules contained peanut oil. As people with celiac disease know only too well, consuming anything with gluten triggers the immune system to attack the small intestine, causing inflammation that leads to malnutrition and gastrointestinal distress.

Adding to the risk is what's called *polypharmacy*, a term used to describe the use of multiple medications. Thirty-nine percent of Americans 65 or older take at least 5 prescription drugs per day. For example, when a patient is diagnosed with diabetes, often 2-3 different diabetes medications are prescribed, not to mention pills to lower both blood pressure and cholesterol levels. Of course, the more pills you ingest, the more “inactive” ingredients you are exposed to.

The researchers recommend that you carefully read the ingredients list for every medication you take so you know exactly what it is you're ingesting. It always accompanies every prescription; alternatively, the information is available on a National Institutes of Health website called Pillbox (pillbox.nim.nih.gov).

-Steve Downs

March Birthdays and Anniversaries

Birthdays

Marlyn H. 3/15
Connor F. 3/15
Robert H. 3/18
Matt M. 3/19
Michael W. 3/19
Susan M. 3/20
David U. 3/20
Christopher T. 3/20
Jacob S. 3/24
Jocelin H. 3/25
James R. 3/27
Christine B. 3/28
Donna W. 3/29
Tracie J. 3/30
Katie E. 3/31
Abby S. 3/31
Michael F. 3/31

Wedding Anniversaries

John and Sue K. 3/2
Ron and Barb V. 3/12
Don and June F. 3/21
Vince and Barb P. 3/29

Baptism Anniversaries!

Caroline W. 3/11
Nancy D. 3/15
Erica M. 3/16
Robert J. 3/17
Maverick S. 3/18
Robyn D. 3/19
Brent D. 3/20
Lynn K. 3/21
Valerie K. 3/21
AJ K. 3/21
Lynden D. 3/25
Cayden P. 3/30
Everly E. 3/30
Abby S. 3/31
Emma W. 3/31

Scripture Readings for this Week

Exodus 17:1-7 Psalm 95

Romans 5:1-11 John 4:5-42

Scripture Readings for Next Week

Genesis 12:1-4a Psalm 121

2 Romans 4:1-5; 13-17 John 3:1-17

Lost and Maybe Found?

OOPS. . . Sunday, March 8, there was a dark blue sweatshirt mix-up. We are missing a size 2T dark blue Alverno branded front zipped sweatshirt from on top of the entryway coat rack and found a size 8-10 dark blue Puma branded front zipped sweatshirt left behind (now in the lost and found basket in the gathering space). Exchange anyone?

-Mavis R.

For your Coronavirus Concerns

Happy Blah Blah Blah

Are you tired of singing “The Happy Birthday” song over and over as you wash your hands for 20 seconds? Grace Notes gets it and we’re here to help! Here are some other 20 second song clips you can sing while washing your hands:

“Burn the Ships” by King and Country

Step into a new day

*We can rise up from the dust and walk
away*

We can dance upon the heartache

So light a match

Leave the past

Burns the ships

And don't you look back

“This Little Light”

This little light of mine

I'm gonna let it shine

This little light of mine

I'm gonna let it shine

This little light of mine

I'm gonna let it shine

Let it shine, let it shine

Let it SHINE!

Third verse of “Amazing Grace”

*Through many dangers, toils and
snares*

We have already come.

*T'was grace that brought us safe
thus far*

And grace will lead us home,

And grace will lead us home

“My Lighthouse” by Rend Collective

My Lighthouse

My Lighthouse

Shining in the darkness

I will follow you

My Lighthouse

My Lighthouse

I will trust the promise

you will carry me safe to shore

Safe to shore

For you Coronavirus Concerns

Here at Mt Zion

We've placed these signs throughout our building as a reminder for effective hand washing procedures AND to encourage prayer. Whoever figured out the connection between these two ideas is pretty clever! (Source: Delaware/Maryland Synod).

wash & pray

Scientific studies have shown that thoroughly washing your hands with soap and warm water for 20-30 seconds helps prevent the spread of germs. Coincidentally, the Lord's Prayer takes about 30 seconds to say aloud or in your head. So next time you're washing your hands, use that half minute to pray AND help prevent the spread of germs!



Our Father in heaven,



hallowed be your name,



your kingdom come,
your will be done,



on earth as in heaven.



Give us today our daily
bread.



Forgive us our sins



as we forgive those who
sin against us.



Save us from the time of
trial



but deliver us from evil.



for the kingdom, the
power, and the glory are
yours



now and forever.



Amen.

Handwashing infographic adapted from Durdans Hospital



Peace Within our Walls and Bodies

We understand you might be concerned regarding the spread of the Novel Coronavirus (COVID-19). During the passing of the peace please respect one another's physical boundaries. While we do not want to promote fear of others, we want to support each other's decisions on how to share peace with one another. A wave, the Vulcan salute, an elbow wiggle, or verbal "peace be with you" while looking one another in the eyes will all be beautiful, alternative ways to engage with our church family.

Upcoming Events at Mt Zion



**Tuesday
April**

07

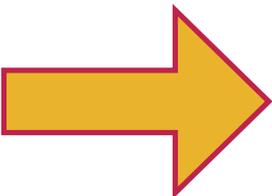
3:00pm-7:00pm

Mount Zion Lutheran Church Blood Drive

LOCATION: The Gathering Space

To make an online appointment please go to
Bit.ly/mz0407 or call 1877-232-4376.

Call Jim Yee at 414-477-0328 for more information.



“I scheduled my appointment in under 3 minutes, and that included creating a new user account! Will you join me in scheduling an appointment to help someone in need of a life saving blood donation?”

-Jess Monahan, Parish Admin

And at Our Partner Churches

Walk the Walk

Reformation Lutheran Church will lead its annual Good Friday Neighborhood Walk starting at the church, located at 3806 W. Lisbon Avenue. Similar to the Stations of the Cross, the group will stop at sites in our Holy Ground that demonstrate signs of despair and transformation. Scripture will be read, and our group will sing and pray together, uplifting the symbol of the cross in the heart of the city.

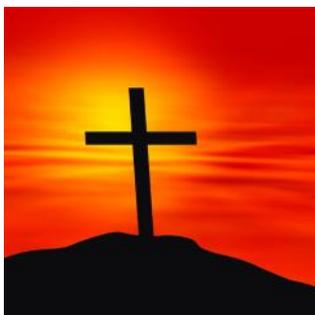
The walk will begin at 3:00 PM on Friday, April 10th.

Street parking is available; carpooling is encouraged! Please contact me if you have questions.

In God's grace,

Marge Johnson, Ministry Coordinator
Reformation Lutheran Church ELCA

Mt. Zion will be carpooling from our parking lot at 2:30.



Pastor Josh, What's New?

Our recent interim pastor, Pastor Josh Graber, received a call to

First Lutheran in West Allis.

Congrats, Pastor Josh and First Lutheran!

Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
mzpastortyler@wi.twcbc.com

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
mtzionyouth@wi.twcbc.com

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
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Contemporary Worship Leader
Kristin Sponcia
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Website
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patcampbell@core.com

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

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