

## Worship Services

### Sundays

8:30am Traditional

9:40am Education hour

10:45am Contemporary

### Wednesdays During

#### Lent

6:30pm

## Office Hours

Currently closed. Staff is working remotely.

## 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!**

## Are You Being Called?

Mt Zion is calling you.

Thanks to Janet McCarthy for recruiting a team of fantastic volunteers for Mt Zion's phone tree. The phone tree is committed to calling every member of the congregation at least once a week during the Coronavirus outbreak.

We understand that there are scammers and robocalls galore out there, but when you receive a call from our phone tree, you will talk to a real person who genuinely wants to make sure **you** are doing ok.

That's it.

It can be difficult to be so far apart from each other, even if we are right next door. Through the phone tree we hope to keep our congregation's connections strong.

After all, we are stronger together.

If you have not yet received a phone call, please contact Janet McCarthy or Jessica Monahan.

We may simply need to update your phone number.



## Giving at a Time Like This

Generosity is important to Thrivent and its members. Thrivent Choice® provides a platform for members to have a financial impact on the causes and nonprofits they care about. More than 40,000 churches and nonprofits are enrolled in the program, and it keeps growing!

Your ability to designate Choice Dollars® could not come at a better time amid the COVID-19 pandemic.

**Thrivent members: Designate your Thrivent choice dollars today!  
March 31 deadline!**

<https://www.thrivent.com/making-a-difference/living-generously/thrivent-choice/>



# THRIVENT®

Be Wise With Money™

## And the Guitar Played On

During this time of uncertainty, sharing our talents and abilities can be a great comfort to those around us. If you are able to play the guitar, Pastor Tyler is seeking a guitar to accompany the Wednesday night Lenten services. Music could be pre-recorded and played during the midweek Lenten service to add to the worship music.

Contact Pastor Tyler if interested.



Everyone can gather to worship virtually!

# This Week at Mt Zion

## Sunday, March 22

8:30am Traditional Worship  
10:45am Contemporary worship  
11:30am Korean Worship

**Accessing Mt Zion Worship  
and Ministry during the  
COVID-19 pandemic**

[YouTube](#)

## Monday, March 23

12:12pm Common Prayer  
7:00pm Book Club

Sunday worship services  
Wednesday Worship Services

## Tuesday, March 24

12:12pm Common Prayer

[Facebook](#)

Common Prayer

## Wednesday, March 25

12:00pm Brown Bag Bible Study  
1:00pm Prayer Warriors  
6:30pm Lenten Midweek Service

**Zoom**

Brown Bag Bible Study  
Book Club  
Committee Meetings  
Staff Meetings

## Thursday, March 26

12:12pm Common Prayer

**For help using Zoom visit our website's  
"Virtual Resources" page by  
clicking [HERE](#).**

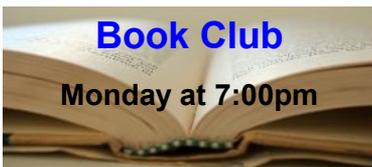
## Friday, March 27

12:12pm Common Prayer

## Saturday, March 28

12:12pm Common Prayer

## Upcoming Events

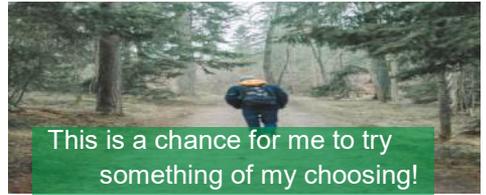


# Reframing 101

## Instead of This:



## Try This:



## Drive-Thru Drop-Off

The Tosa Cares Board plans to try the drive thru model of food pickup and donation drop off. We are setting two times next week, Wednesday, March 25 from 1 to 3 and Saturday, March 28 from 10 to noon.

We are establishing guidelines for the volunteers (2 to 3 at a time) and guests to be as safe as possible.

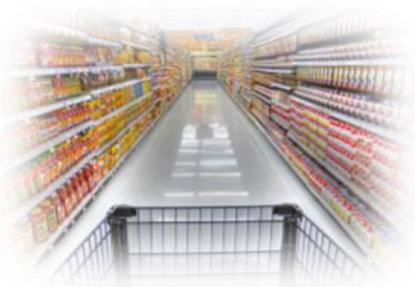
Guests and donors need to make an appointment so we are prepared for them by contacting Linda at [tosacares@gmail.com](mailto:tosacares@gmail.com), calling or texting 414-861-4725 or leaving a message at 414-258-0456 ext 410.



## Save Some Shopping for Seniors

Grocery stores across the country are setting aside an hour or two each day just for individuals who are 60 years and older or those with respiratory conditions. This will help ensure some of our most vulnerable neighbors can get the supplies and food they need, and this designated time frame will also limit crowd sizes which can provide a buffer against the COVID-19 virus. Meijer, Pick 'N Save, Target, and Dollar General are among the stores throughout the Milwaukee area offering select times for senior populations.

Several stores are also amending their hours so that they can clean and disinfect more often or restock products.





## “With Great Power Comes Great Responsibility”

Each one of us has the potential to stop the spread of the coronavirus.

Right now, it is **everyone’s responsibility** to take preventative measures to stop the spread of the virus. Please stay home. Yes, it’s going to be frustrating. It’s going to be annoying, even. But please avoid getting together physically in groups because you think “you’re fine”. These actions can unnecessarily put our friends, our neighbors, our families at risk of contracting the disease.

We know you don’t deserve this level of responsibility at such a young age. Yet, if Katniss Everdeen, Harry Potter, and Peter Parker have taught us anything it is that our young people can make **all the difference** in the world during our most difficult times.

### Netflix and Distance

Hang out with your friends while still practicing social distancing.

Sync up the film your group wants to watch.

Group chat during your favorite binge-worthy shows.

[www.netflixparty.com](http://www.netflixparty.com)



# Let's Play "Simon Says!"

Simon says is a game based on the simple rule that you have to do what Simon says. If you do something but Simon didn't say to do it then you're out of the game. Below are some things you can do to keep your friends and family healthy and reduce the chance of spreading the coronavirus around your neighborhood.

Are you ready to be the 2020 Simon Says champion?

## Warm up round...

Simon says, "Wave your hands in the air!"

"Kick your legs like you just don't care." UH-OH! Simon didn't say!

## Round One...

Simon says, "Sneeze into a tissue."

Simon says, "Wash your hands with soap and water."

"Go visit your friend who is sick." NOPE! Simon didn't say.

Simon says, "Call or text a relative to show them you care."

## Round Two...

School's out—let's go to the zoo! NOPE! Simon didn't say.

Simon says, "Stay home as much as possible." (*Simon says you can still go for a walk around the block though*).

"Pick your nose!" EWWWW! Simon so did NOT say that.

Simon says, "Eat healthy foods and drink plenty of fluids such as water."

Did you make it all the way to the end? Way to go!

## Let's Review

Circle the things Simon says you can do to keep everyone healthy



## Science Tidbits With Steve

All of my life I've had this thing about turtles. While growing up, our backyard bordered a pond that was the home of numerous painted turtles, and I spent my youthful summers out in our canoe trying to catch them all. Predating my eventual scientific career, I even carried out research of sorts by catching them, marking the shell with a small number, releasing them back at the same spot on shore, and documenting the location they returned to on homemade maps.



Flash forward over forty years. Just last month, I traveled to Texas to get training in sea turtle nesting with the intention of returning this summer to volunteer in tracking the nesting activity of Kemp's ridley sea turtles. This being said, when coming across the following story, I couldn't resist making it a Tidbits topic.

In Brazil, a tortoise was caught in a forest fire and 85% of its shell was burned. It also suffered from two bouts of pneumonia and was unable to eat for 45 days. Its survival chances were negligible. It was brought to the attention of a group called the *Animal Avengers*, and one of the group's volunteers just happened to be skilled in 3D designing. The group decided to help by producing the world's first 3D-printed shell for the tortoise, which they named Fred.

3D printing is an amazing technology that was developed in the 1980's in which material is joined together, usually layer by layer, under computer control to produce a three-dimensional object. One early use was to produce prototypes for medical prosthetics, but it has proved very versatile, expanding into many different sectors of the economy. In fact, it is predicted that 3D printing will significantly alter how business is conducted by replacing many low-skill jobs in manufacturing.

The job of replacing Fred's shell was challenging, since the group had to virtually reconstruct what the shell looked like by comparing photos of Fred and healthy tortoises. It required 40 different photos to build a model and reconstruct the shell. The info was fed into a computer and the design was then printed out using a desktop printer in four individual jigsaw-like pieces that fit together around Fred to create a complete shell.



The structure was made from corn-based plastic, and each piece took 50 hours of printing, an indication of how solid it was. Once everything was printed out, it was a simple matter of fitting it on Fred and then painting it to look like the real thing. The paint formulation was chosen carefully to make sure it wouldn't wear away or cause any damage.

The *Animal Avengers* have also used 3D printing technology to help other animals by creating artificial beaks for three injured toucans, a parrot and a goose. It represents a new age in veterinary care.

-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

1 Samuel 16:1-13    Ephesians 5:8-14

John 9:1-41



**You're allowed to wear  
jammies and comfy  
clothes for virtual  
worship!**

## For a Bit of Light Reading

Doors to libraries may be physically closed, but their wealth of knowledge and literature aren't completely inaccessible!

Head online to <https://wauwatosalibrary.org/>

At the library's website you can stream thousands of videos at television shows

Access digital Ebooks and Audiobooks

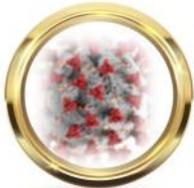
Pick up some digital magazines

Or you may want to consider using the service below for those who prefer physical copies of reading materials.

You can choose up to 5 items for the library to put on hold for you!

<https://wauwatosalibrary.org/76609-2/>

### Pertinent Literary Reference!



"It is a strange fate that we should suffer so much fear and doubt over so small a thing. Such a little thing." -Boromir

Lord of the Rings: The Fellowship of the Rings by JRR Tolkien

(available through your local library)

Jess recommends



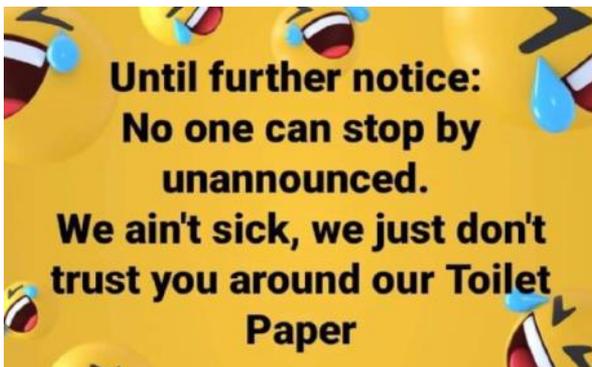
## Grace Notes Gallery



"I feel like Pastor Tyler is speaking right to me!"

(This picture is absolutely wonderful!)

## Good for a Giggle



Thanks to Janet McCarthy for sharing this.

## Mt Zion Staff

### Pastor

The Reverend Tyler D. Rasmussen

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

### Parish Administrator

Jess Monahan

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### Office Volunteer Coordinator

Chris Kress (volunteer)

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### 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

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### 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

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### David Fohr, Treasurer

[d4fohr@gmail.com](mailto:d4fohr@gmail.com)

### Sara Bailey, Vice President

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### 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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