

## Worship Services

### Sundays

8:30am Traditional  
9:40am Education hour  
10:45am Contemporary  
**Wednesdays During Lent**  
6:30pm

## 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!**



## Kids Then...And Now

Staff are 🥰 over these pictures!



Kids have brought, and continue to bring, so much joy to Mt Zion!



## 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!

-Jan Rada



## Mission of the Month

— *Helping Hands* —

Helping Hands is an outreach ministry of Mt. Zion to train people of poverty with the goal of full-time employment.



Photo by Nate Johnston on Unsplash

# This Week at Mt Zion

## Sunday, March 8

- 8:30am Traditional Worship
- 9:40am Purim Festival [Gathering Space]
- 10:45am Contemporary Worship
- 11:30am Worship—Korean [Chapel]
- 3:30pm Middle School Confirmation [Mt Carmel]

## Monday, March 9

- 5:30pm Property Committee [Conference]
- 7:00pm NA group [Fellowship Hall]

## Tuesday, March 10

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

## Wednesday, March 11

- 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 12

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

## Friday, March 13

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

## Saturday, March 14

- 9:00am Music Lessons [Upper Room]
- 10:00am Chinese American Class

### Today's Education Hour Event!

#### Purim Festival



#### Next week's Forum:

#### Repentance and Forgiveness 101

## Upcoming Events

### Spring Mixer

March 28

4:30-8:30



March 31

Transgender  
Day of Visibility

# Developmental Disability Awareness Month

“The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness to the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.” (source: National Assoc. of Councils on Developmental Disabilities).

Both pieces of artwork below were created by participants of the Art Enables studio in Washington, DC. This program provides opportunities for people with developmental disabilities to “make, market, and earn income from their original and compelling artwork.” (www.artenables.org). And there are some truly beautiful pieces!



In Wisconsin, one such art program for people with developmental disabilities is the Donna Lexa art center. With locations in Waukesha and West Milwaukee, “The Donna Lexa Art Centers currently serve adults and teens with cognitive and physical disabilities, as well as individuals with mental health concerns. In addition, we provide art classes for senior citizens dealing with the challenges of aging.” (Donnalexa.org).



## Offering Envelopes

Do You NOT want to receive offering envelopes in the future because you do your giving online? Maybe you want to reduce your paper use? Or, maybe you like to “make it rain” dollar bills in the offering plate? Hey, that’s cool. We’re here to support however you want to give to help out those in our community!

If you no longer want to receive offering envelopes, please let  
Jess Monahan know.

mzparishadmin@wi.twcbc.com or 414-258-0456  
or stop on by the office!



## Upcoming Events



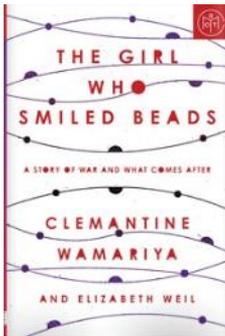
### Martin Luther Church Family Faith Night

Join us on Saturday, March 14th at 5pm for a fun Faith-Building evening. We will be enjoying dinner together and learning fun ways to take faith home. Our theme for this first event is PRAYER! The main dish for dinner is provided - Bring a side dish or dessert to share!

Martin Luther Church

9235 W Bluemound Rd, Milwaukee, WI  
53226

Photo by Ben White on Unsplash



### 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 Mavis Roesch*

***Ministry Schedule F***

	<b>Mar 8 Sunday 8:30 am</b>	<b>Mar 8 Sunday 10:45 am</b>	<b>Mar. 11 Wed. 6:30 pm</b>	<b>Mar 15 Sunday 8:30 am</b>	<b>Mar 15 Sunday 10:45 am</b>
<b>ACOLYTES</b>	Leah Cervionke	Belinda Felber		Gabby Riccaboni	
<b>ALTAR CARE</b>	Norma Hollander			Ellyn Steinke	
<b>ASSISTING MINISTERS</b>	Cynthia Rigsby	Erik Peterson		Tom Ertel	Jim McTaggart
<b>COMMUNION DEACONS</b>	Gail and Rich Rob- inson			Douglas and Mary Johnson	
<b>GREETERS</b>	Marika Moore and Matt Czervionke	Sandra Echols	<b>Volunteer needed</b>	Kent and Margie Spicer	Pat Campbel & Jack Setner
<b>LECTORS</b>	Sherry Downs	Janet McCarthy	<b>Volunteer needed</b>	Chirs Kress	Lora Marheine
<b>NURSERY</b>	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursen available
<b>USHERS</b>	Roy Durrenberg, Carl & Karen Engel- hardt	Lauren and Jesse Campell	<b>No volunteer needed</b>	Roy Durrenberg & Suzy Morgan	Dorothy Snead and Tony Frederick
<b>OFFERING STEWARDS <u>MONDAY</u></b>	2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext			3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg	
<b>AUDIO/VISUAL</b>	Ethan Cervionke	Peterson Family	<b>No volunteer needed</b>	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
	<b>No volunteer needed</b>	Maya Smith		<b>No volunteer needed</b>	Leah Cervionke	Belinda Felber
	<b>No volunteer needed</b>	Edie DiGiacinto		<b>No volunteer needed</b>	Wendi Hall	
	<b>No volunteer needed</b>	Chris Kress	Lora Marheine	<b>No volunteer needed</b>	Cynthia Rigsby	Erik Peterson
	<b>No volunteer needed</b>	Brenda and Ryan Marciniak		<b>No volunteer needed</b>		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
y	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
nd	<b>No volunteer needed</b>	Roy Durrenberg and Suzy Morgan	Dave and Vicki Nelson	<b>No volunteer needed</b>	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	
	<b>No volunteer needed</b>	Abby Sumiec	Janet McCarthy & Kyle Lewis	<b>No volunteer needed</b>	The Johnson Family	



## Science Tidbits

As we age, and especially as we enter our “senior” years, the thought of cognitive decline begins taking up more space on our mental radar. Misplacing our keys or forgetting the name of someone we just met could send us into second guessing whether it is a serious harbinger of future deficit or just another harmless “senior moment.”

One prominent watchword for the aging population is Alzheimer’s disease, the leading cause of dementia, that affects more than 5 million people in the U.S. It brings with it a range of symptoms that begins with memory loss and confusion before advancing to difficulties with orientation, thinking and speech. I can attest to the anguish it brings, since both of my parents suffered from it.

There is currently no cure for Alzheimer’s disease and the exact cause is not clear. For years it has been known to be associated with accumulation within the brain of sticky clumps of protein called beta-amyloid. But trials of drugs that target these proteins have been unsuccessful. Some scientists believe this is because the treatment is misdirected, that the disease process is initiated well before protein accumulation is detected, such that treating patients at this later stage is like, metaphorically speaking, closing the barn door after the animals have escaped.

The critical window of treatment opportunity, therefore, may be in the earlier, more subtle, stages of cognitive decline called mild cognitive impairment (MCI)—yes, things like those presumably “harmless” senior moments that happen to everyone. Of course, not everyone displaying MCI is going to develop the disease, but Alzheimer’s has to start somewhere, and being able to detect its earliest signs may be the key to prevention of full-blown disease.

The key is likely detecting the death of neurons. In a new study, scientists measured neuronal death in a mouse model of Alzheimer’s, 26 people with MCI and 73 people with Alzheimer’s disease by testing samples of spinal fluid for the presence of the protein HMGB1, which dying neurons release. They were surprised to find that neurons died much earlier than expected; in fact, participants with MCI had more neuronal death than those with Alzheimer’s!

They also may have discovered what causes that early neuronal death; namely, a deficiency of the neuronal protein YAP. Furthermore, they found the missing YAP trapped within clumps of beta-amyloid deposits, the protein well known to be associated with Alzheimer’s. According to the preexisting amyloid hypothesis, beta-amyloid accumulation is the first trigger for Alzheimer’s disease. However, these new findings suggest that the loss of YAP protein, which happens before amyloid accumulation, might actually be the main cause of neuronal death.

This could be a major breakthrough in the treatment of the disease. In support of this, the research team gave mice gene therapy to replace the missing YAP protein. Amazingly, this stopped the neuronal death, improved cognitive function and even prevented the formation of beta-amyloid plaques. The therapy has yet to be tested in humans.

**-Steve Downs**

# March Birthdays and Anniversaries

## Birthdays

Clare F. 3/9  
Karen P. 3/9  
Jeff B. 3/11  
Deb S. 3/11  
Kelly S. 3/12  
Sue J. 3/12  
John W. 3/13  
Doug D. 3/13  
Michelle G. 3/13  
Jesse C. 3/14  
Marlyn H. 3/15  
Connor F. 3/15  
Robert H. 3/18  
Matt M. 3/19  
Michael W. 3/19

## 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

## 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

## Scripture Readings for this Week

Genesis 12:1-4a

Psalms 121

2 Romans 4:1-5; 13-17

John 3:1-17

## Peace be with you

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, a fist bump, 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.

## Saving the Best for Last

THANK YOU to all those who contributed in the Special Offering for essential repairs to the fire suppression system. We've exceeded the \$2,500 mark for essential repairs to the fire suppression campaign. As of 3/1 we are at \$2,993.79!

The \$2,500 goal was to fund the replacement of a corroded sprinkler head in the basement and to replace the anti-freeze in the outdoor pipes in the canopy outside the doors on the north side of church. Several fire sprinklers are under the wooden canopy outside the main entrance (by the elevator) to protect our building in case that wooden canopy catches on fire. Since this is outside our heated space, these pipes are at risk of freezing and must be filled with an anti-freeze solution, which gets tested every year. Our antifreeze solution failed the test, which means we are at risk of a burst pipe during a hard freeze, which could pour water all over the parking lot. Those pipes need to be drained and refilled with a freshly mixed antifreeze solution.

In addition to many smaller donations -- for all of which we are VERY thankful -- we exceeded the minimum goal with the help of an anonymous donation of \$500 AND a \$1,500 donation from Lora Marhiene in memory of her father, Martin Gluckstein. She included a note which reads, "In memory of my father, Martin Gluckstein. He was a 'process safety engineer' inspecting oil refineries to reduce the risk of fires and explosions."

To provide a break, the Stewardship Committee is suspending the Special Offering until after Easter. However, if the spirit moves you to give beyond your pledged amount during that time, please consider gifts to Mission of the Month, the Lenten Offering, or the Endowment Fund.



**GOAL MET**

We've Raised the \$2,500 required  
For Repairs to the Fire Suppression  
Sprinkler System  
THANK YOU!



**-Stewardship Team**

**Wait!**

## **There's More to this Story!**

On Wednesday, March 4, we received a commitment for another anonymous donation of \$1878.00 to pay the cost of installing an FDC bypass valve to eliminate the need to drain the fire suppression system every during fire inspection, which seems to result in multiple false alarms during the following week. Installing this valve means that the system will **not** need to be drained and refilled every time the system is tested.

Without the bypass valve, the technician has to drain the entire system, disconnect a few parts, and then put them back together. Pipes and fittings weren't made to be taken apart and reconnected every year, so those would wear out sooner than everything else. By adding a bypass valve, the technician can test the system without draining or taking anything apart.

## **One Thing *Flows* Into Another**

Because of this additional contribution for the bypass valve, we will not only be stewards of our church and keep people safe within our building, but we will improve our ability to be stewards of God's amazing creation.

Just think of how much water this will save each year!

We have truly given with hearts of great abundance!

Thank you.



## Mt Zion Staff

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**Contemporary Worship Leader**  
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## Leadership Board

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**Ian Koenig**

**Robyn Di Giacinto**

**Doug Dralle**

**Linda Haecker**

**Debbie Kleppek**

**Janet McCarthy**

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**Erik Peterson**

**Mavis Roesch**

**Lynda Yanny**



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