

## 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!**

## “Safer at Home” Order

Things of note from Governor Evers' order:

- In effect for the next 30 days (until April 24!)
- Wisconsin residents don't need permission to leave their homes. But they must comply with the order when they do.
- Under this order, Wisconsin residents are able to leave their homes to:

○ Perform tasks essential to maintain health and safety of household including pets, such as obtaining medicine or seeing a doctor



○ Get necessary services or supplies for themselves or their family or household members, such as getting food and supplies, pet food and supplies necessary for staying at home



○ Engage in outdoor activities provided individuals maintain 6 feet between people



○ Perform work at essential businesses and carry out minimum basic operations for non-essential businesses



○ Care for a family member, friend, or pet in another household



○ The order also says residents should not have contact with more than five people.

For those who have questions, link to the full order: [https://content.govdelivery.com/attachments/WIGOV/2020/03/24/file\\_attachments/1409408/Health%20Order%20%2312%20Safer%20At%20Home.pdf](https://content.govdelivery.com/attachments/WIGOV/2020/03/24/file_attachments/1409408/Health%20Order%20%2312%20Safer%20At%20Home.pdf)

## With Love From Me To You

From Luther Manor,

“Our residents were hand-delivered some cards made by students who are home from school. They were so surprised and encouraged to have received these pieces of mail from kids they don't know! Did you know that you can email our residents and staff notes of encouragement, too?  
Visit [luthermanor.org/sharinggodslove](http://luthermanor.org/sharinggodslove)”



Tip: To avoid licking the envelope, dip a cotton ball in water and use that to dab the seal of the envelope!

## 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.

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/>



## With Sympathy

We extend our sympathy to the Burke family for the loss of

Dwight Langenfeld who passed away March 13, 2020.

In lieu, of flowers donations may be made to Metavivor or your favorite charity in Dwight's name.

# This Week at Mt Zion

## Sunday, March 29

- 8:30 Worship on YouTube  
(youtu.be/v4HurylLYus)  
9:40 Adult Forum on Zoom  
(Meeting ID: 622-383-195)  
9:40 YouthTime on FaceTime  
(details in youth email)  
10:45 Worship on YouTube  
(youtu.be/v4HurylLYus)  
1:00 Family Sunday School on Zoom  
(Meeting ID: 901-660-829)  
3:30 Confirmation on Zoom  
(Meeting ID: 136-776-506)

## Monday, March 30

- 12:12 Prayer on Facebook  
(fb.com/mtzionlutheran/)  
6/7:00 Committee Meetings on Zoom  
(details in committee emails)

## Tuesday, March 31

- 10:00 Staff Meeting on Zoom  
(details in staff email)  
12:12 Prayer on Facebook  
(fb.com/mtzionlutheran/)  
5:00 Teen Hangout on Zoom  
(Meeting ID: 130-818-984)  
7:00 Young Adult (Post-High School  
thru 30yo) Social Hour on  
Zoom (Meeting ID: 888-014-385)

## Wednesday, April 1

- 12:00 Brown Bag Bible Study on Zoom  
(Meeting ID: 244-065-840)  
1:00 Prayer Warriors on Zoom  
(Meeting ID: 244-065-840)  
6:30 Midweek on YouTube  
(youtu.be/V9dQHfUta1k)

## Thursday, April 2

- 9:00am Parents on Zoom  
10:00am Couples on Zoom  
(Meeting ID: 530-070-403)

- 12:12pm Prayer on Facebook  
(fb.com/mtzionlutheran/)  
5:00pm Happy Hour on Zoom  
(Meeting ID: 513-168-463)  
7:00pm Game Hour on Zoom  
(Meeting ID: 513-168-463)

## Friday, April 3

- 12:12pm Common Prayer  
(fb.com/mtzionlutheran/)  
7:30pm Essay 12-Step on Zoom  
(Meeting ID: 626-249-724)

## Saturday, April 4

- 12:12pm Common Prayer  
(fb.com/mtzionlutheran/)

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

#### [YouTube](#)

If the YouTube link fails, we may have had an issue on our end (we're still learning!)

Go to our YouTube page (search YouTube for Mt Zion Wauwatosa) and the live stream will show up there.

#### [Facebook](#)

#### **Zoom**

Access Zoom meetings many ways!

Online: <https://zoom.us/j/244065840> (replace the numbers with the appropriate meeting ID)

Mobile: Zoom App from your app store

Phone (audio only): 312 626 6799

## Dear Friends in Christ

As our need for social distance increases, we are increasing our commitment to social connections. We are ramping up our efforts in the following ways:

1. **Phone calls to every member** and close friends of Mt Zion at least once a week, moving toward twice a week. Our goal is to check on every household, see how you're doing, find out if any of our members have tested positive for COVID-19, discover any aid you may need especially for those with health risks or who are without a paycheck at this time, share any prayer requests so that we might uphold one another in prayer, and hear the stories of unexpected joy and faith you are having at this time.

If you haven't been called by someone on our calling tree, please contact Janet McCarthy at [worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org) or (414) 339-7770!

2. **Zoom audio/video meetings** for as many different groups as possible. We're working right now to put together a schedule of Zoom meetings for Sunday school, confirmation, high school, college and 20-somethings, adult forum, social, game night, and more. A whole list of next week's Zoom activities will be published in the Grace Notes, so watch your email.

You can access Zoom from any computer or mobile device – all you need is a microphone to talk and a webcam to transmit video.

Or you can access Zoom from your phone! Everyone has a phone they can call in on. Maybe you won't be able to see everyone, but you'll still be able to talk and hear.

3. **Streaming on facebook and YouTube.** We are gonna continue streaming our worship services one way or another. If it's just Pastor Tyler at home, it'll happen. One thing we're hoping to add into worship is more participation from the congregation using pre-recorded videos of people doing the readings or leading the prayers. Technical limitations may get in the way of this, but we are hoping to be able to this starting this Sunday.

-Pastor Tyler

## 2020 to 1572

“Now if a deadly epidemic strikes, we should stay where we are, make our preparations, and take courage in the fact that we are mutually bound together (as previously indicated) so that we cannot desert one another or flee from one another. “

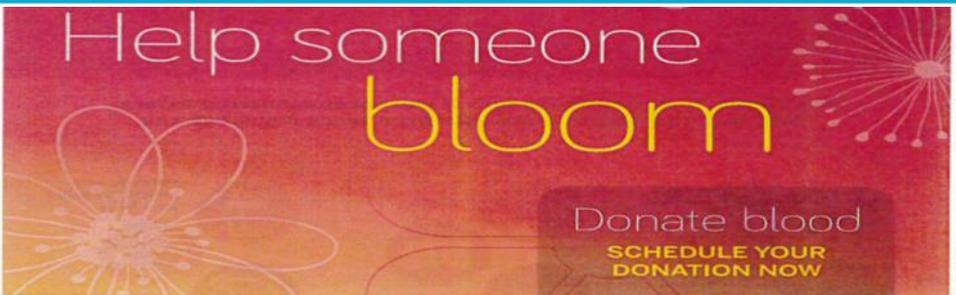


In this letter written in 1572, titled “Whether One May Flee From the Plague,” Martin Luther further wrote:

“No, my dear friends, that is no good. Use medicine; take potions which can help you; fumigate house, yard, and street; shun persons and places wherever your neighbor does not need your presence or has recovered, and act like a man who wants to help put out the burning city. What else is the epidemic but a fire which instead of consuming wood and straw devours life and body? You ought to think this way: “Very well, by God’s decree the enemy has sent us poison and deadly offal. Therefore I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine, and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance infect and pollute others, and so cause their death as a result of my negligence. If God should wish to take me, he will surely find me and I have done what he has expected of me and so I am not responsible for either my own death or the death of others. If my neighbor needs me, however, I shall not avoid place or person but will go freely, as stated above. See, this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.”



For Further Reading on “The Plague, Coronavirus and Martin Luther—why They All Matter Now”, click [Here](#).



Help someone  
bloom

Donate blood  
SCHEDULE YOUR  
DONATION NOW

**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](http://bit.ly/mz0407) or call 1877-232-4376.

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



Youth in grades 6<sup>th</sup>-12<sup>th</sup> have 3 opportunities per week to get together while staying apart during this crisis. We use FaceTime group call or Zoom to connect.

- ◆ All youth can join the FaceTime group call on Sunday mornings at 10:00am to discuss Saul/Paul and his work as an early Christian.
- ◆ HS youth can join Sunday evenings at 7:00pm to play Jackbox.tv games over ZOOM.
- ◆ All youth can eat together over a FaceTime group call on Wednesdays at 6:00pm. We pick a different restaurant each week for takeout.

If you have any questions, call or e-mail Erik Peterson at [Youth@MtZionLutheran.org](mailto:Youth@MtZionLutheran.org)



Try  
connecting  
with other  
Mt Zion  
Youth on  
FaceTime  
group calls  
or Zoom!

## #AloneTogether

### Parent Power...Activate!

Thursdays at 9:00am

On Zoom

Sharing support and strategies for parents  
now living, working, and teaching kids from home.

Hey parents, if there is a better time you would like to try, please let Jess Monahan know! Maybe we can set up two times to accommodate different work schedules!



### Couples Cooped—Up

Thursdays at 10:00am

On Zoom

Share coping strategies, unique insight, and humorous stories of, and for,  
living 24/7 with your significant other.

Hey lovebirds, if there is a better time you would like to try, please let Jess Monahan know! Maybe we can set up two times to accommodate work schedules!

Meeting ID: 530-070-403



## Science Tidbits

How things have been turned on their head these past weeks, what with the spread of Covid-19 and the widespread efforts to minimize its negative impact. We are learning to live with the mounting uncertainties and progressive hardship this pandemic brings as we pray for a means of containment and recovery. Some of us are falling victim to false hopes fueled by pseudoscience or downright quackery. While efforts to develop a vaccine or drugs able to defeat the virus are intense, false claims of effective treatments or cures abound on the internet. I will attempt to dispel some of the circulating untruths below.

*Spraying chlorine or alcohol on skin kills viruses in the body.* Not only does such treatment not affect viruses already internalized, it can cause bodily harm, especially if it enters the nose or mouth.

*Only older adults need to worry about contracting the virus.* Covid-19, like other coronaviruses, can infect people of any age, though older adults and/or those with preexisting conditions (smokers and those with respiratory conditions especially) are particularly vulnerable. Many of the fatalities in China were older male smokers. Preliminary evidence shows that children are just as likely to become infected, but symptoms are much less severe.

*Covid-19 is just like the flu.* Yes, it has some symptoms similar to the flu, such as aches, fever and cough. And both can lead to pneumonia. However, the overall profile of Covid-19 is more serious, with an estimated mortality rate of 1-3%. Recent reports from WHO and the Chinese Center for Disease Control and Prevention conclude that ~80% of coronavirus cases have been mild.

*Face masks protect against coronavirus.* While health care workers wear professional face masks that fit tightly around the face, disposable face masks are unlikely to provide much protection, due to the fact that these cheaper masks do not fit tightly and still allow droplets to enter the mouth and nose. In addition, small virus particles can penetrate directly through the material. On the other hand, for someone with a respiratory illness, their wearing a mask can help protect others from becoming infected.

*Hand dryers kill coronavirus.* They do not. Nor do a myriad of home remedies, such as garlic or sipping water every 15 minutes. As discussed in a previous Tidbits, the best way to protect yourself is by thorough hand washing with soap and water for at least 20-30 seconds. Rubbing with a hand sanitizer containing 68-70% alcohol is the second best option.

*Antibiotics kill coronavirus.* Absolutely not! Many people think antibiotics are a cure-all for whatever ails you. They are only effective against bacteria and completely ineffective against viruses. In fact, the over-prescribing of antibiotics for non-bacterial conditions is one of the reasons many strains of bacteria have become antibiotic-resistant.

*The virus will die off when temperatures rise in the spring.* Some viruses like cold and flu spread more easily in colder months, but they still circulate and infect people in milder temperatures. As of now, scientists do not know how the coronavirus will behave in spring/summer.

**-Steve Downs**

## March/April Birthdays and Anniversaries

### Birthdays

Christine B. 3/28  
Donna W. 3/29  
Tracie J. 3/30  
Katie E. 3/31  
Abby S. 3/31  
Michael F. 3/31  
Siena K. 4/2  
Andrew J. 4/2  
Amy R. 4/3  
Malaki B. 4/3  
Lisa B. 4/5  
Greg Z. 4/6  
Lisa K. 4/6  
Jess M. 4/6  
Samantha K. 4/7  
John K. 4/8  
Erik P. 4/10

### Baptism Anniversaries!

Cayden P. 3/30  
Everly E. 3/30  
Abby S. 3/31  
Emma W. 3/31  
Jeff B. 4/1  
John L. 4/1  
Doug D. 4/1  
Christopher T. 4/1  
Eliza F. 4/1  
Michael D. 4/2  
Debbie F. 4/6  
Garret J. 4/7  
Christian D. 4/7  
Jack S. 4/7  
Noah F. 4/7  
Emma F. 4/7

### Wedding Anniversaries

Vince and Barb P. 3/29  
Kay and Mick C. 4/4  
Erik and Jessica P. 4/21

## Scripture Readings for this Week

Ezekiel 37:1-14 Psalm 130

Romans 8:6-11 John 11:1-45

## Scripture Readings for Next Week

Isaiah 50:4-9a Psalm 31:9-16

Phillippians 2:5-11 Matthew 26:14-27:66

## Let's Take That Trip Around the World!

Go visit the [Vatican in Rome](#), [The Louvre in Paris](#), [Winchester Mystery House in California](#), or even ride a roller coaster at [Disneyworld in Florida](#). **Virtual tours** are all the rage right now and can transport you half way around the world or across the country right from the comfort of your living room! Or your kitchen! Or your patients' bedside.



Missing Spring Break? The National Park Service offers virtual tours of parks of several parks. Why not check out [Dry Tortugas National Park in Florida](#). Explore the clear blue waters, a sunken ship, tour Fort Jefferson and hear coral talk.



If you would like to hear more wildlife or discover what a geyser sounds like, head over to [Yellowstone National Parks' sound library](#)! I love the almost-other-worldly sound of an elk bugle! And check out [this chorus of birds](#)! How many different kinds of calls do you hear?



Send me an email if you took a virtual tour or if a particular sound caught your ear. I'll feature your answer in an upcoming Grace Notes!

**-Jessica Monahan**

## Good for a Giggle



## Mt Zion Staff

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

**Parish Administrator**  
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**Worship Volunteer Coordinator**  
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**Sunday School Superintendent**  
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**Director of Choirs**  
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**Contemporary Worship Leader**  
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**Website**  
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**Social Media**  
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## Leadership Board

**Matt Czervionke, President**  
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**Sara Bailey, Vice President**  
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**Katie Frederick, Secretary**  
[frederick.katiee@gmail.com](mailto: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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