

## Worship Services

### Sundays

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

## 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!**

# Pass the Jam, Please.

Friends and fellowship are never far away on Easter!  
The tradition of the Easter Sunday brunch continues.

Sunday, April 12

Beginning at 9:40am

On Zoom.

Grab your coffee, your juice or your tea. Toast up a bagel or scoop up some yogurt. Get ready to gather, share some joy, and virtually celebrate with your friends and neighbors.



# Accessing Streaming Services



Go to **fb.com/mtzionlutheran**

Or search for “Mt Zion Lutheran Church ELCA”



Go to YouTube.com

Search for “Mt Zion Lutheran Church, Wauwatosa, WI”

If we can get 100 YouTube subscribers, we can get a custom URL! Subscribe today to make it easier for people to find us.



In a browser: Go to **zoom.us/join**

On a mobile app: Download the Zoom app

On the phone (*audio only*): Call 1.312.626.6799

No matter how you access Zoom, you will need a Meeting ID and a Password

If the Meeting ID and Password are not listed on the calendar, they will be emailed to you prior to the meeting.

## With Sympathy

We were saddened this week to learn of the passing of  
long-time member John Finn.

Please keep his wife Jeanne in your prayers  
during this difficult time.



## This Week at Mt Zion

<b>Sun</b> <b>Apr 12</b>	8:30a <b>Worship</b> on YouTube & Zoom (audio only) Meeting ID: 282 560 179 / Password: 832685  9:40a <b>Mt Zion Brunch</b> on Zoom Meeting ID: 392 734 740 / Password: 618839  10:45a <b>Worship</b> on YouTube & Zoom (audio only) Meeting ID: 751 193 317 / Password: 959779
<b>Mon</b> <b>Apr 13</b>	12:12p <b>12 Minutes of Prayer</b> on Facebook
<b>Tues</b> <b>Apr 14</b>	10:00a <b>Staff Meeting</b> on Zoom  12:12p <b>12 Minutes of Prayer</b> on Facebook  8:00p <b>Writer's Circle</b> on Zoom Meeting ID: 711 638 007 / Password: 113585
<b>Wed</b> <b>Apr 15</b>	12:00p <b>Brown Bag Bible Study</b> on Zoom Meeting ID: 763 027 694 / Password: 985667  1:00p <b>Prayer Warriors</b> on Zoom Meeting ID: 763 027 694 / Password: 985667  8:00p <b>Mt Zion Young Adults (18-30)</b> on Zoom Meeting ID: 234 553 029 / Password: 840590
<b>Thurs</b> <b>Apr 16</b>	9:00a <b>Mt Zion Parents</b> on Zoom Meeting ID: 520 789 647 / Password: 769604  10:00a <b>Mt Zion Couples</b> on Zoom Meeting ID: 520 789 647 / Password: 769604  12:12p <b>12 Minutes of Prayer</b> on Facebook
<b>Fri</b> <b>Apr 17</b>	12:12p <b>12 Minutes of Prayer</b> on Facebook
<b>Sat</b> <b>Apr 18</b>	8:30am <b>Women of Hearth Bible Study</b>
<b>Sun</b> <b>Apr 19</b>	8:30a <b>Worship</b> on YouTube & Zoom (audio only) Meeting ID: 282 560 179 / Password: 832685  10:00am <b>YouthTime on FaceTime</b>  10:45a <b>Worship</b> on YouTube & Zoom (audio only) Meeting ID: 751 193 317 / Password: 959779



## Calling Mt Zion Youth— Help us choose the spring unit!

Hi Mt Zion Youth and Youth Parents,

Now, more than ever, youth need to feel connected and part of a larger community. Over the next few weeks, we are rebooting the youth program to fit the current environment. We will start out small and then add more activities as we grow.

This Sunday 4/12, parents and youth can attend a youth group Zoom meeting preceding the 2nd service and starting at 10:00am. We will do highs and lows with follow-up prayers. We will review the upcoming week streaming schedule and we'll explore some other ways we can connect while maintaining social distancing.

This Sunday is Easter. It's the most important holiday in the church year. This year, we'll celebrate differently than we've ever celebrated it before.

Lastly, check out the 4 attached curriculum outlines. We finished our CONNECT curriculum on St. Paul and we're looking to start a new topic that will take us to the end of the year.

Please call with any questions!

God Bless,

-Erik, Erin and Abby



# Thursday Groups

## Parent Power

Thursday Mornings at 9:00am

Via Zoom

This week's topic:  
"Now I'm Teaching my Kid!"



## Couples Cooped-Up

Thursday Mornings at 10:00am

Via Zoom

This week's topic:  
"Celebrating Us—Ways we have  
navigated social distancing together"



## Happy Hour

Thursdays at 5:00pm  
On Zoom

Grab a drink and join us for  
weekly fellowship with all your  
Mt Zion friends.

## Game Night!

Thursdays at 7:00pm  
On Zoom

Enjoy party games? Pictionary? Trivia?

Play games like these and more together  
online. Games are family friendly.



# Mt Zion's Mission of the Month

## — The Good Samaritan —

As we are called to build relationships based on Faith and Hope — through our time and financial resources — we can help serve those in need within our community; so that no one walks alone, and walks with a faith-based community. There are so many opportunities for us to really make a difference for those in need...

Through a kind word or gesture...

Volunteering time with seniors...

Making sandwiches for

Reformation's Summer Youth Work program...

Providing food for a family meal...

Donating shampoo, soap, toothpaste & paper products to our Food Pantry—  
or simply donating money to be used for families in need.

Join us as we...

*Remember, there are people everywhere scattered on the road*

*Feeling bruised and battered, bearing such a heavy load*

*Trying hard to make it every hour of every day*

*Praying that a good Samaritan will come their way*

*You can hear their voices and you can see their need*

*You know there is ample opportunity indeed*

*You can make a difference, yes, you can be the one*

*To walk in the footsteps of the good Samaritan*



*Take a moment for*

*A Deep breath in for five seconds...1...2...3...4...5...*

*And*

*A Deep breath out for five seconds...1...2...3...4...5...*



# Tosa Cares and COVID-19

Due to the spread of COVID-19 and social distancing measures, our April 24th-April 25th distribution event is cancelled. Instead, food is being distributed by a drive-thru method arranged by appointment.

**If you or someone you know needs help with food, please call, text, or email to leave a message to schedule a food pick up.**

Call: 414-258-0456 x 410

Call or text: 414-861-4725 E-mail: [tosacares@gmail.com](mailto:tosacares@gmail.com)

It's easy to get your food at the appointed time:

1. Arrive at scheduled time.
2. Drive up to the NW part of Mt. Zion by the pantry door. A Tosa Cares sign will indicate the place.
3. Your food box will be brought by cart to your vehicle.
4. You will be responsible for moving your food box to your vehicle.
5. Please follow "social distancing" as we all stay as safe as possible.

## HOW CAN YOU HELP?

Please keep this ministry in your prayers as we continue to provide food for families.

Drop off non-perishable food donations Wednesdays from 1-2 and Saturdays from 10 -11. Place your donations on a cart that will be available by the food pantry door. Volunteers will bring donations into the pantry. Please use "social distancing" measures.

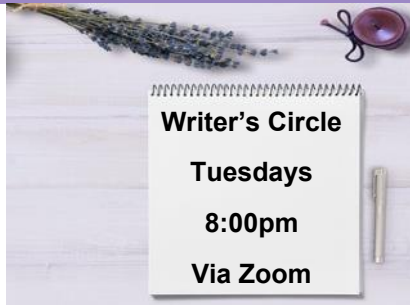
Consider a financial gift to Tosa Cares.

Mail a check to Tosa Cares, 12012 West North Avenue, Wauwatosa, WI 53226 or donate on line at [tosacares.org](http://tosacares.org).

THANK YOU FOR YOUR SUPPORT.



# I feel the need...the need for speedwriting!



Connect with other creatives to share advice, frustrations and successes. Open to all ages, abilities and genres!

This week will feature speed writing exercises. Speed writing sessions are a great way to get the creativity flowing *without* striving for perfection.

Everyone is invited! Whether you attended the last session or not; you write on paper or prefer a computer; whether you've written before or you're new — you are welcome!

## Face Masks

Ideally everyone needs 2 machine-washable masks, so that every time they return from a public location they can put one in the wash and still have a clean one available while the

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>



Face mask from bandana: <https://www.youtube.com/watch?v=1r2C1zGUHbU>

Face mask from sewing: [https://www.froedtert.com/sites/default/files/files/2020-03/MaskInstructions\\_V2.pdf](https://www.froedtert.com/sites/default/files/files/2020-03/MaskInstructions_V2.pdf)



# Science Tidbits

## “Life Expectancy”

On August 14, 1935, when President Franklin D Roosevelt signed into law the social security act, the average life expectancy was 61.7 years. FDR could never have anticipated how significantly life expectancy would increase in the ensuing years (79 today).

Life expectancy in the time of Jesus was, not surprisingly, comparatively low, around 35 years, about the age of Jesus when he was crucified. The exact age of His death has been debated for many years. Most scholars believe Jesus was born between 6 and 4 BC. The Gospel of John (19:31) indicates that his death was on Friday, Nisan 14 (Assyrian calendar) in the afternoon, because the Jews petitioned Pilate that the legs of those being crucified might be broken (which greatly accelerated death) so that the bodies would not remain on the cross on the Sabbath, which for the Jews begins on Friday night after sunset. According to astronomy records, this would probably have occurred in AD 33. Thus, the possible range of His life span is 37-39 years. Knowing life expectancy at the time, some could argue that He might have died anyway, had He not been crucified.



But this line of thinking fails to take into account that average life expectancy includes the life span of everyone post-birth, which is affected by many factors, including socioeconomic status, accessibility to healthcare, personal behaviors and habits, quality of one’s diet, incidence of war, etc. One of the most influential, of course, is infant mortality rate. In the first century AD, nearly one-third of all babies died before the age of one (0.6% in the U.S. today), and childhood survival beyond that age was also brutal. So much could have gone wrong for Joseph and Mary on that fateful night in Bethlehem. It’s a good thing they had God on their side.

Another significant factor influencing one’s life expectancy is the understanding of disease and how to prevent and treat it. Before the germ theory of disease and the birth of modern medicine in the mid-1800s, a long life span was often a shake of the dice. It has been estimated that half of the children in our evolutionary history may have died before the age of 12!

Interestingly, unlike life expectancy, maximum human lifespan has remained more or less the same for thousands of years. This is true even in Old Testament times, especially Genesis, where figures such as Adam and Methuselah lived over 900 years.

-Steve Downs



## April Birthdays and Anniversaries

### Birthdays

Bethany N. 4/11  
Jillian M. 4/11  
Isaiah J. 4/13  
Rondi R. 4/13  
Mike N. 4/13  
Nora W. 4/14  
Owen D. 4/15  
Logan M. 4/16  
Sue S. 4/16  
Cindy J. 4/18  
Griffin S. 4/18  
Lora M. 4/19  
Wayne S. 4/19  
Matt C. 4/20  
Nancy S. 4/20  
Belinda F. 4/20

### Baptism Anniversaries!

Debbie F. 4/6  
Garret J. 4/7  
Christian D. 4/7  
Jack S. 4/7  
Noah F. 4/7  
Emma F. 4/7  
Taylor U. 4/10  
Finley S. 4/12  
Becky H. 4/13  
Emily S. 4/14  
John W. 4/16  
Kristin F. 4/17  
Chris B. 4/19  
Abbey H. 4/22

### Wedding Anniversaries

Kay and Mick C. 4/4  
Erik and Jessica P. 4/21

## Scripture Readings for This Week

Acts 10:34-43 Colossians 3:1-14

Matthew 28:1-10 Psalm 118:1-2, 14-24

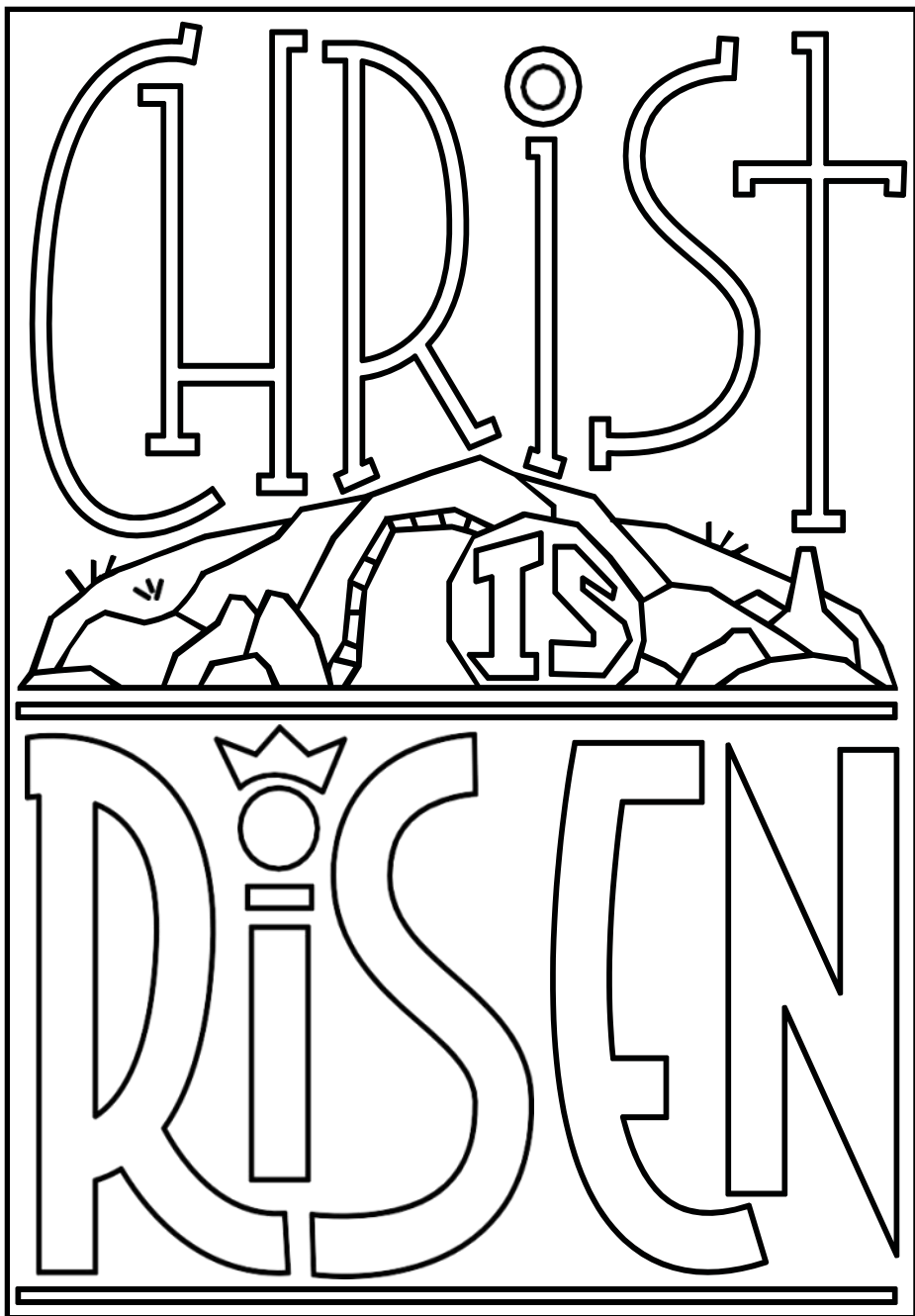


## Scripture Readings for this Week

Acts 2:14a, 22-32 Psalm 16

1 Peter 1:3-9 John 20:19-31

Let's Color!



## Mt Zion Staff

### Pastor

The Reverend Tyler D. Rasmussen  
[pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

### Parish Administrator

Jess Monahan  
[parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)

### Office Volunteer Coordinator

Chris Kress (volunteer)  
[reception@mtzionlutheran.org](mailto:reception@mtzionlutheran.org)

### Worship Volunteer Coordinator

Janet McCarthy (volunteer)  
[worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org)

### Youth Ministry Coordinator

Erik Peterson  
[youth@mtzionlutheran.org](mailto:youth@mtzionlutheran.org)

### Maintenance

Jeff Parker  
262-496-3781

### Sunday School Superintendent

Sherry Downs (volunteer)  
[sundayschool@mtzionlutheran.org](mailto:sundayschool@mtzionlutheran.org)

### Organist

Cynthia Johnson  
[music@mtzionlutheran.org](mailto:music@mtzionlutheran.org)

### Director of Choirs

Patricia Eby  
[Choirs@mtzionlutheran.org](mailto:Choirs@mtzionlutheran.org)

### Contemporary Worship Leader

Kristin Sponcia  
[Contemporaryworship@mtzionlutheran.org](mailto:Contemporaryworship@mtzionlutheran.org)

### Website

Pat Campbell  
[Website@mtzionlutheran.org](mailto:Website@mtzionlutheran.org)

### 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)

### Sara Bailey, Vice President

[sarabailey09@gmail.com](mailto:sarabailey09@gmail.com)

Bella Burke

Ian Koenig

Robyn Di Giacinto

Doug Dralle

Linda Haecker

Debbie Kleppek

Janet McCarthy

Jean Morack

### David Fohr, Treasurer

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### Katie Frederick, Secretary

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Erik Peterson

Mavis Roesch

Lynda Yanny



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CHURCH ELCA

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