

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!

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

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.

THANK YOU FOR YOUR SUPPORT.

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

With Sympathy

We were saddened this week to learn of the passing of

Donny Fostner.

Donny, 34, appeared to have died from Covid-19.

Donny was confirmed at Mt Zion and his parents, Jenny and Rod, still reside in Brookfield.



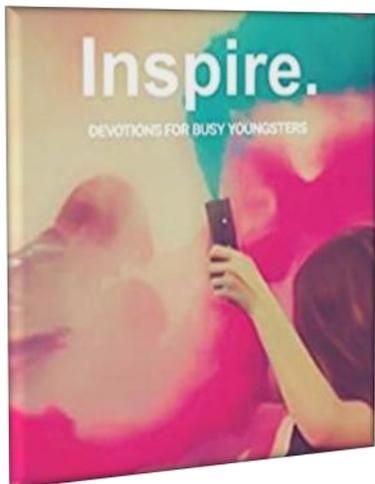
This Week at Mt Zion

| | |
|-------------------------|--|
| <p>Sun Apr 19</p> | <p>8:30a Traditional Worship on YouTube 10:45a Contemporary Worship on YouTube 1:00p Family Sunday School Meeting ID 279-814-460 Password: 828454</p> |
| <p>Mon Apr 20</p> | <p>12:12p 12 Minutes of Prayer of Facebook 6:00pm Exec Board on Zoom</p> |
| <p>Tues Apr 21</p> | <p>10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 8:00p Writers Circle Meeting ID 711 638 007 Password 113585</p> |
| <p>Wed Apr 22</p> | <p>12:00p Brown Bag Bible Study on Zoom Meeting ID 763-027-694 Password 985667 1:00p Prayer Warriors on Zoom Meeting ID 763-027-694 Password 985667 6:30p Sunday School Leaders Meeting ID 980-2895-2909 Password 689792</p> |
| <p>Thurs Apr 23</p> | <p>8:00a Marketing Meeting ID 939-9419-8409 Password 232318 10:00a Coffee and Chit Chat on Zoom Meeting ID 943-2124-6673 Password 959533 5:00p Beer & Bible, Wine & The Word 7:00p Game Night Meeting ID 944-1529-4702 Password 796308</p> |
| <p>Fri Apr 24</p> | <p>12:12p 12 Minutes of Prayer of Facebook</p> |
| <p>Sat Apr 25</p> | |
| <p>Sun Apr 26</p> | <p>8:30a Traditional Worship on Facebook 10:45a Contemporary Worship on Facebook 1:00p Family Sunday School</p> |



Hi Youth - Please attend the group again this Sunday as we start a new curriculum about Adam and Eve. If God created us in his image, why are so many of us unsatisfied with who we are?!? See Genesis chapters 1 and 2. We're using the Inspire volume 1 resource by Paul Martin for the spring.

Last Sunday, the youth connected with each other over Zoom and had an opportunity to share their highs and lows. I felt so proud of them as they prayed for each others struggles. They listened and communicated. It wasn't as good as it is when we're together in the youth room, but it was pretty good!



Topic: Youth Group

Time: Apr 19, 2020 10:00 AM Central Time (US and Canada)

Join Zoom Meeting
[https://us04web.zoom.us/j/75739321560?](https://us04web.zoom.us/j/75739321560?pwd=MjVBQzIIMTI5aW9NdEsrS0tLRFdzQT09)
pwd=MjVBQzIIMTI5aW9NdEsrS0tLRFdzQT09

Meeting ID: 757 3932 1560
Password: 3dvBrs

Please call with any questions

God Bless,

-Erik, Erin and Abby

How Can I Help?

The statewide Safe at Home order is challenging for all of us—emotionally, physically, spiritually and financially. It is especially hard for our sisters and brothers at Reformation Lutheran Church. Many struggle with isolation, compromising physical ailments, loss of their spiritual community (weekly Bible study, operations at the Store and church) and concerns about money.

If you have been asking, “how can I help”, here is a suggestion that will make a difference. As you are out shopping for groceries or picking up items at the drug store, consider buying some gift cards, in particular for Walgreens, CVS, Pick N Save/Metro Market, Aldi’s or Wal-mart. The food stamp program does not cover the purchase of items like diapers, feminine hygiene products, cleaning supplies (so important right now) or over the counter medications. The gift cards can help supplement an already stretched budget and get necessary items for a family or individual.

You can send the gift cards directly to Pastor Marilyn Miller at Reformation Lutheran Church, 3806 W. Lisbon Ave., Milwaukee, 53208 or contact the church at 414-444-0440 to arrange a time to drop them off.

God’s work, our hands,
Andrea Cockerham

BREATHE EASY, STRESS LESS

This Monday, try mindful breathing. Focus your attention on your breath to settle your mind and restore calm.



1. Stand, sit, or lay down comfortably, inhale for 3 to 6 seconds through your nose and exhale 3 to 6 seconds out through your mouth. This is a cleansing breath to prepare and steady you. Think of it like stretching before your workout.
2. Place your awareness on your breath, inhaling and exhaling normally through your nose. There’s no need to breathe differently than normal while at rest.
3. When thoughts arise, simply label them, “thinking” or “wandering” to yourself, and return your awareness to your breath. It’s natural for thoughts to arise, but the exercise here is to return to the mindful breathing.
4. You can practice mindful breathing for as little as 30 seconds to 20 minutes. It’s entirely up to you and can be customized to fit your needs.

Learn more at www.Destressmonday.org

Magnificent Mornings



Coffee and Chit-Chat

Thursdays at 10:00am

Catch up with your friends
over a cup of coffee (or tea or cocoa).

On Zoom

Meeting Code: 943-2124-6673

Meeting Password 959533



Beer & Bible, Wine & The Word

Thursdays at 5:00pm
On Zoom

Meeting ID 994-4600-3234
Meeting Password 271380



Game Night!

Thursdays at 7:00pm
On Zoom

Meeting ID 944-1529-4702
Meeting Password 796308

These online games are family friendly!

Face Masks

Tosa Cares is looking for hand made masks for our Tosa Cares volunteers (need about 1 dozen). They can be dropped off during donation drop off times (Saturdays 10 -11 and Wednesdays (1-2). Many thanks for Mt. Zion's response to help Tosa Cares.



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 other is drying.



Can you make face masks?

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

Share Your “Safer At Home” Story

Do you sometimes wish other people knew how you're experiencing this new normal of "Safer at Home"? Maybe this is the farthest thing from a vacation for you as you juggle more and more responsibilities from your kitchen table. Or maybe you're bored out of your mind as the days blend in to each other. Or maybe you're scared and lonely. Or maybe you're thrilled to have more time to read books.

Share your stories (you may request to remain anonymous). **This can help us build empathy for others and better connect us to the community!** Send stories to Jess at parishadmin@mtzionlutheran.org.

How would you write a picture?

This Tuesday —

Writing Exercise: Descriptive Language

Language can help set a scene or paint a picture that connects with readers on an intellectual and emotional level. How would you choose and combine words to describe the scenes below?



Conversation: The best (and worst) book to movie adaptations!

Everyone is invited! Whether you attended the last session or not; you write on paper or prefer a computer; whether you're a kid, a youth, or an adult everyone will be able to participate!

Writer's Circle

**Tuesdays @
8:00pm**

On Zoom

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.

zoom

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.

Science Tidbits

“Diagnosis and Olfaction”

A recent development in disease diagnosis involves the sense of smell, or olfaction. Olfaction is facilitated by the ability of olfactory nerve cells to detect smell molecules that bind to specialized cell surface receptors. And we are learning more and more about diseases that give off characteristic smells. You may have heard about dogs that can sniff out cancers in patients with amazing accuracy based on their sense of smell. Dogs are much more proficient in smelling than humans because they possess over 300 million olfactory cells compared to only about 6 million in humans.



But occasionally a person comes along who defies convention, exhibiting abilities far beyond what is normal. Such a person is Joy Milne, a nurse from Scotland with an uncanny sense of smell. Early in her marriage, Joy's husband, a doctor, gave off a very distinctive smell that she used to like. Then one day his smell changed to something very musky and unpleasant. And it wouldn't go away. It had nothing to do with hygiene, so she just learned to live with it.

She happened to join him one day at a clinical meeting with patients diagnosed with Parkinson's disease and was shocked to realize that all of the patients smelled like her husband. When she told him of this, he didn't know what to make of it. Neither of them connected the dots until 10 years later when her husband started showing symptoms and was diagnosed with Parkinson's.

At that point, Joy became a human guinea pig. They did an experiment where two groups of people, those with Parkinson's disease and a control group without, wore a Tshirt for 24 hours. Joy then tested each shirt for the smell. She was 100% correct in the Parkinson's group, but only detected the smell in one member of the control group. Amazingly, that lone control group member tested positive for the disease seven months later.

A research team then used a mass spectrometer to isolate different molecules from Parkinson's patients and had Joy smell them. She was able to identify components of sebum, the oily, waxy substance secreted by sebaceous glands that coats and protects the skin. (Parkinson's patients typically overproduce this substance.)

Joy, with her uncanny sense of smell, is revolutionizing the diagnosis of diseases. This is important in the case of Parkinson's because by the time patients become symptomatic, the damage to the nervous system is already considerable. The ability to detect signature molecules in patients over 10 years before symptoms are manifest provides hope that therapeutic intervention will be able to slow, and perhaps eventually even halt, the disease's progression before it becomes debilitating.

-Steve Downs

April Birthdays and Anniversaries

Birthdays

Lora M 4/19
Wayne S. 4/19
Matt C. 4/20
Nancy S. 4/20
Belinda F. 4/20
Steve D. 4/21
Marsha S. 4/22
Ryan F. 4/22
Jennifer V. 4/23
Jaidyn H. 4/25
Janet M. 4/30
Elizabeth C. 4/30
Mark S. 4/30

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 Next 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, 36-41 Psalm 116:1-4, 12-19
1 Peter 1:17-23 Luke 24:13-35

Grace Notes Gallery



Daffodils in bloom at the edge of the church courtyard.

Good for a Giggle



Everyone is starting to feel the “safer at home” order it seems. Durin the office bear is wondering where the reception volunteers have been.

Mt Zion Staff

Pastor

The Reverend Tyler D. Rasmussen
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Worship Volunteer Coordinator

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Youth Ministry Coordinator

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Debbie Kleppek

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