

Worship Services

Sundays

8:30am Traditional
9:40am Adult Forum
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!

BUILDING REMAINS CLOSED

Mt Zion is still closed this Sunday.

This is in accordance with the new [COVID-19 Public Health Plan for Suburban Milwaukee County](#).

Please watch your Grace Notes for updates about services and other activities going forward, and keep maintaining healthy practices, such as:

- ◆ Stay home if you or anyone in your household feels sick or has been such within the past week
- ◆ Maintain minimum 6ft distance with people not from your household
- ◆ Wear a mask, especially when in public indoor spaces or when in outdoor lines
- ◆ No handshaking
- ◆ Cough into your sleeve or elbow
- ◆ Wash hands regularly
- ◆



Thank you. God bless. Stay safe. Stay healthy.

~The Rev. Tyler Rasmussen

For more on wearing and removing masks, [see page 8](#).

Come Chat With Us!

Ok, we're going to be social distancing for a while still. But that doesn't mean we can't still "get together"! And boy how we'd love to get together with you. We miss **you** so much!

Come talk with us for a little bit during *Coffee and Chit Chat* each week at our **NEW TIME!**

Thursdays at 9:00am

Join on Zoom

Meeting ID: 943 2124 6673

Password: 959533

Or call using your telephone

Dial 3126266799

Enter meeting ID,94321246673#,

Enter participant ID: 1#

Enter Password: 959533#



Playlist Preview



Access the songs for the upcoming Sunday's Contemporary worship service by clicking the link below!

This link will stay the same week-to-week so why not add it as a bookmark and listen to the music all week long?

<http://bit.ly/35zKK4q>

This Week at Mt Zion

Sun May 17	8:30a Traditional Worship on YouTube 9:30a Adult Forum on Zoom Meeting ID: 973-6894-1752 Password: 561375 10:45a Contemporary Worship on YouTube
Mon May 18	12:12p 12 Minutes of Prayer of Facebook 7:00pm Leadership Board
Tues May 19	10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 8:00p Writers Circle Meeting ID 711 638 007 Password 113585
Wed May 20	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
Thurs May 21	9:00a Coffee and Chit Chat on Zoom Meeting ID 943-2124-6673 Password 959533 5:00p Beer & Bible, Wine & The Word Meeting ID: 994-4600-3234 Password: 271380 7:00p Game Night Meeting ID 944-1529-4702 Password 796308
Fri May 22	12:12p 12 Minutes of Prayer of Facebook
Sat May 23	8:30a Women of Heart Bible Study Contact Chris Kress or Andrea Cockerham for more info
Sun May 24	8:30a Traditional Worship on YouTube 9:40a Adult Forum on Zoom 10:45a Contemporary Worship on YouTube 1:00p Family Sunday School



Hi Mt Zion Youth,

Please plan to attend the group again this Sunday as we try out a Zoom Werewolf game!



Last Sunday, we played two truths and a lie. The youth came up with some very creative lies. We studied Genesis chapter 3 where Satan convinces Adam and Eve to eat the apple and God finds out. We talked about how punishment and guilt is a consequence of our existence. We will always have to deal with feelings of guilt but we don't have to let it get in the way of our lives. We need to forgive others and forgive ourselves because God forgives us.

This week, we continue our study of Genesis using the Inspire curriculum. We will discuss Genesis chapter 4, Cain, Abel, jealousy, anger, hate and murder.

We will also make time to share our highs and lows. We always pray for one another and so we can thank God and also ask for God's help.

Topic: Youth Group

Time: Apr 19, 2020 10:00 AM Central Time

Join Zoom Meeting

<https://us04web.zoom.us/j/75739321560>

pwd=MjVBQzllMTI5aW9NdEsrS0tLRFdzQT09

Meeting ID: 757 3932 1560 Password: 3dvBrs

Voters Meeting: <http://Zoom.com>

Meeting ID: 882-1524-4050 Password: 699815

God Bless,

-Erik, Erin and Abby

TUSA CARES

Food Gathering Sundays

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need (Acts 2:42, 44-45).

May 3 and May 17

10:00 a.m. to 1:00 p.m.

Bring your food donations to Mt Zion,
12012 W North Ave, Wauwatosa

Stay Safe: Drive up, leave your box on
the tables outside, and drive away.



Congrats Grads!

We know this might not be how anyone expected a school year to end, so whether you are graduating high school, college, or moving up a grade...

We're celebrating with you.

Wherever you are and however you are connected to Mt Zion — or if you're visiting us for the first time—congratulations on all your hard work this year. Celebrate it joyfully. You certainly earned it.

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8



Reformation Update

Reformation thanks God for the gift of your partnership! We are praying for all of you and know that you are praying for us. Right now, there is a lot of grief in our community. We sit near the epicenter of where many African-American men have contracted and died from COVID-19. That is hard to bear. So far, no member of Reformation has gotten it.

For those who are able, donations of household cleaning/hygiene items for SONshine gift bags are our greatest need going forward. These items can not be purchased with Foodshare:

Bar soap	Kitchen cleanser	Toilet paper
Bleach	Laundry detergent	Toothpaste
Deodorant	Pine-sol	Toothbrushes
Dish detergent	Shampoo	Floss

These items can be dropped off at Reformation on Monday, Wednesday, or Thursday, 9:00am to 2:00pm. Call before you come

Pastor Marilyn Miller 414-617-4907 or Thaurra Stallings 414-326-5059

Also, some people's employment has been affected. The effect is rent may be late, so Reformation is assisting some families with that financial reality. In May, we will begin accepting financial support for the Summer Youth Work program, which will happen, even if we have to have people pick up lunches and "camp/work in a box" to go!

-Pastor Marilyn Miller

Reformation Lutheran Church

Ordinary Hero Awards

Sometimes the smallest acts of grace can help us get through life's biggest challenges.

Do you know someone in the neighborhood who has gone above and beyond during the COVID-19 pandemic? Maybe a friend brought you a bowl of soup? Did your teacher (or parent) help you understand a difficult math problem?



What average, ordinary everyday things have you noticed lately that have lifted your spirits or helped you get through the day?

Give them a shout out for an "Ordinary Hero" Award!

Email Jess at parishadmin@mtzionlutheran.org with a few sentences about what your "hero" has done for your or your neighborhood!

Mission of the Month

Reformation's S.A.L.T. Summer Youth Ministry (Serving and Learning Together) plans to begin another year on June 30 and continues for four weeks into July. In a profound way, these young people are transformed by faith as they transform the neighborhood where they live and minister.

Reformation's youth ministry is made possible by literally hundreds of faith partners who contribute financially so kids can learn to work, pray, and save for school clothes. Mt Zion, as one of Reformation partner churches, provides lunch for the participants for one of the weeks of this summer ministry. Please consider a gift today.

Faith partners' support makes a difference in the life of Reformation Lutheran Church, and in the lives of the children of the congregation and neighborhood. Together, in faith, they rebuild the foundation of the city one youth at a time.

Linda Ertel

Your New Game Face

Face Covering Do's and Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

We want to keep our neighbors, ourselves and those we serve as healthy as possible. Follow these guidelines when wearing masks:

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



How to remove **cloth** face masks:

- 1) Remove mask once you are home
- 2) Handle only by the ear loops
- 3) Fold the outside corners together
- 4) Place the mask directly into a washing machine (if possible)
- 5) Wash your hands **immediately** with soap and water for twenty seconds.

(Source: cdc.gov)

Share your best **mask selfie** with us and you could be in the next edition of Grace Notes!

Email Jess

Science Tidbits

“Sleep Tight”

Coronavirus news 24/7. Are you, like me, sick of the nonstop coverage? Thought so. That's why I am resolute in refusing to discuss it in this column this week. Instead, I choose to address an equally burning issue that surely resonates with all of you: Should you sleep with a pillow?



We all have our own preferences. My wife only uses a pillow when she sleeps on her side. I, on the other hand, always use a pillow, and it's made of memory foam that adjusts to my body's contour. Assuming poor posture when lying down can affect the quality of one's sleep, and pillows helps keep the head properly aligned with the neck and back. The goal should be to keep the head in a neutral position; that is, resting squarely on the shoulders, neither too far back nor too far forward. However, if a pillow is too large, like almost every motel room I've ever stayed in, the result is far from favorable. On the other hand, sleeping without a pillow can lead to neck pain, stiffness and headaches. In addition, a small pillow between your legs when sleeping on your side can maintain your hips in alignment.

Are you one who won't leave home without your own personal pillow that guarantees your best chance for a good night's sleep, thereby avoiding the motel horror scenario or the antediluvian pillows in a relative's guest room? The quality of your pillow not only affects your ability to get a good night's sleep; it can also influence your health. Sleep provides an opportunity for muscle growth and tissue repair, while sleep deprivation can have serious consequences for mood, cognition, obesity, diabetes, blood pressure and heart disease.

I'll bet there's one scientifically proven fact that you were unaware of. That is, the use of a pillow can, over time, lead to visible signs of aging, because they compress the skin and cause sleep wrinkles. Of course, if you want to use a pillow and still look your youngest, all you have to do is avoid sun exposure, don't smoke, eat a healthy diet, and slather on moisturizing cream.

For those of you who worry about what effect a pillow has on your hair, there is no scientific evidence that sleeping without a pillow is advantageous for your hair, so nothing to worry about there. However, for those of you with very little or no hair, there has been shown to be an increased risk of sliding off the pillow during sleep, so be especially careful when staying at motels.

Bottom line: The right pillow is a personal decision, so settle for what works for you. What is effective for one person is often no help to another (case in point: read the reviews online for “My Pillow”).

-Steve Downs

May Birthdays and Anniversaries

Birthdays

Ryan M. 5/2
Meghann S. 5/2
Marleen C. 5/3
Linda D. 5/3
Bob S. 5/3
Nate E. 5/3
Owen A. 5/5
Betsy G. 5/5
Charlie S. 5/5
George R. 5/7
Della S. 5/7
Maya S. 5/7
Arihanna H. 5/8
Isabella R. 5/9
Leah C. 5/14
Joanne B 5/15
Pat M. 5/15
Mae E 5/16
AJ K. 5/18
Steve H. 5/18
Stephanie I. 5/19
Barbara G. 5/21
Joyce N. 5/22
William S. 5/23
Oliva A. 5/24
Norma H. 5/25
Finley S. 5/25
Kendall H. 5/26
Peg P. 5/27
Pam K. 5/29
Jack S. 5/30

Wedding Anniversaries

Jim and Lisa M. 5/6
Mike and Deni N 5/6
Jamie D and Stephanie I
5/12
Kurt and Debbie K 5/15
Matt C and Marika M
5/29
Bob and Marleen C 5/30

Baptism Anniversaries

Connor M. 5/1
Alex M. 5/1
Kaylyn N. 5/1
Marsha S. 5/1
Lexi G. 5/1
Barb V. 5/2
Zach P. 5/2
Louise H. 5/4
Abby P. 5/6
Amanda S. 5/7
Owen G. 5/8
Robert H. 5/9
Emma B. 5/20
Abraham B. 5/20
Matthew M. 5/21
Deni N. 5/21
Wyatt S. 5/24
Dave F. 5/27
Jada G. 5/27
Michael F. 5/27
Della S. 5/28
Ryan M. 5/30
Siena K. 5/31
Mark S. 5/31

Scripture Readings for This Week

Acts 17:22-31 Psalm 66:8-20
1 Peter 3:13-22 John 14:15-21

Scripture Readings for Next Week

Acts 1:6-14 Psalm 68: 1-10, 32-35
1 Peter 4:12-14, 5:6-11 John 17:1-11

PRIDE Month

Dear Partners in Ministry at Mount Zion Lutheran Church,

It is incredible to think that in just two weeks it will be PRIDE month! We know PRIDE will look and feel different than in years past, but that doesn't mean we can't still celebrate the beautiful diversity of the LGBTQIA+ community. ReconcilingWorks has been working to create new resources to support you and your community as you get ready to celebrate PRIDE.

On our newly designed PRIDE 2020 webpage you will find these new and updated features:

DEEPENING & EXPANDING ONLINE WORSHIP Living into your commitment to welcome during COVID-19: A one-pager designed to help you find creative and intentional ways to share your welcome, inclusion, and celebration of LGBTQIA+ people during your online worship.

PRIDE Prayer 2020: Every Sunday in June ReconcilingWorks has a prayer for your community to share in worship, online, and in your communication with your community.

Sharing on Social Media: Knowing people are finding community online, now more than ever, ReconcilingWorks will have daily posts and information about the LGBTQIA+ community for you to share on your social media streams throughout the month of June. Like and Follow ReconcilingWorks on Facebook and Instagram to be able to share these resources daily!

All of these great tools can be found at reconcilingworks.org/events/pride2020/

ReconcilingWorks looks forward to seeing how to you and your community celebrate PRIDE in 2020! Keep in touch and share with us how you are celebrating!

With PRIDE,

Ashlei Cramer (she/her)

RIC Program Coordinator



Mt Zion Staff

Pastor

The Reverend Tyler D. Rasmussen
pastor@mtzionlutheran.org

Parish Administrator

Jess Monahan
parishadmin@mtzionlutheran.org

Office Volunteer Coordinator

Chris Kress (volunteer)
reception@mtzionlutheran.org

Worship Volunteer Coordinator

Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Youth Ministry Coordinator

Erik Peterson
youth@mtzionlutheran.org

Maintenance

Jeff Parker
262-496-3781

Sunday School Superintendent

Sherry Downs (volunteer)
sundayschool@mtzionlutheran.org

Organist

Cynthia Johnson
music@mtzionlutheran.org

Director of Choirs

Patricia Eby
Choirs@mtzionlutheran.org

Contemporary Worship Leader

Kristin Sponcia
Contemporaryworship@mtzionlutheran.org

Website

Pat Campbell
Website@mtzionlutheran.org

Social Media

Douglas Johnson (volunteer)
marydouglasjohnson@gmail.com

Leadership Board

Matt Czervionke, President

matt.czervionke@gmail.com

David Fohr, Treasurer

d4fohr@gmail.com

Sara Bailey, Vice President

sarabailey09@gmail.com

Katie Frederick, Secretary

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



Mt Zion LUTHERAN
CHURCH ELCA

12012 West North Avenue

Wauwatosa, WI 53226

(414) 258-0456

parishadmin@mtzionlutheran.org



mtzionlutheran.org
facebook.com/mtzionlutheran
instagram.com/mtzionlutheran
youtube.com/mtzionlutheran