

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!

Sunday's Adult Forum



Fueling ministry through Mt Zion

Join us for our
Virtual Adult Forum
May 31, 2020 9:45 am

Featuring Cindy Halverson
Regional Gift Planner, ELCA Foundation

Focusing on thoughtful giving and charitable estate planning in challenging times, Cindy Halverson will lead the presentation and discussion on how each of us can make informed decisions that will bless our loved-ones and our church. A member of St. John's Lutheran in Brookfield, where her husband is pastor, Cindy has deep experience in assisting people to give meaningful support to the nonprofit work they care about most deeply. In addition to working with individuals and families, she works with ELCA congregations, synods, through gift planning services and mission endowment creation and management support.

Sponsored by the Mt Zion Endowment and by the Stewardship Committee, this session will contain important information for all who want to know more about thoughtful planning.

Topics will include:

- The role of a will in planning your estate
- Tax-wise giving tips
- How to get the best assets to the right beneficiaries
- Why 70% of estate plans fail to pay out the way the donor intended
- How to express your values through your estate planning
- Resources to accomplish your goals.

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Fueling Ministry

(Continued from page 1)

So far, the following households have committed to participating in the May 31 adult forum: *Zarek, McTaggart, Yanny, Kress, Roesch, Haecker, Douglas Johnson*, and we strongly encourage others of all ages to join us. This will be an educational hour with helpful advice and information for people interested in financial planning, whether they are just starting out, middle aged, or retired. Bring your questions!

It's easy to attend

On your **computer**, go to www.zoom.us/join

On your **smartphone** or **tablet**, install the Zoom app from your app store and follow the directions below.

On your **telephone** (voice only), call 312-626-6799

Enter meeting ID **973 6894 1752**

Enter meeting password **561375**

Pentecost Sunday

The Greater Milwaukee Synod will be offering a digital synod-wide worship experience for Pentecost Sunday, May 31.

The 30-minute pre-recorded service will include a sermon from Bishop Erickson (available in both English and Spanish), music, prayers and readings by members and leaders from across the Synod. There will not be communion during this service.

A big thanks to Pastor Tyler, Douglas and Mary Johnson, Kristin Sponcia, and Cindy Johnson, for carrying us through this time without rest. This Sunday we are giving them all rest.

Service times will be the normal 8:30 and 10:45, but the same service will be broadcast both times.



Don't forget to join us for the special Adult Forum at 9:45!

This Week at Mt Zion

<p>Sun May 24</p>	<p>8:30a Traditional Worship on https://youtu.be/hDvxmlkVD37U 9:30a Adult Forum on Zoom Meeting ID: 973-6894-1752 Password: 561375 10:45a Contemporary Worship on https://youtu.be/hDvxmlkVD37U</p>
<p>Mon May 25</p>	<div data-bbox="258 391 497 537" data-label="Image"> </div> <p>OFFICE CLOSED in observance of Memorial Day 12:12p 12 Minutes of Prayer of Facebook</p>
<p>Tues May 26</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 May 27</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</p>
<p>Thurs May 28</p>	<p>12:12p 12 Minutes of Prayer on Facebook 5:00p Beer & Bible, Wine & The Word Meeting ID: 994-4600-3234 Password: 271380</p>
<p>Fri May 29</p>	
<p>Sat May 30</p>	<p>8:30a Women of Heart Bible Study Contact Chris Kress or Andrea Cockerham for more info</p>
<p>Sun May 31</p>	<p>Pentecost 8:30a Traditional Worship on YouTube 9:40a Adult Forum on Zoom 10:45a Contemporary Worship on YouTube</p>

Our New Game Faces



Beautiful mask, Dawn D.



Lora M. with a patient



Great to see you, Dralle Family!

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

Email Jess

Science Tidbits



Two-thirds of our body is water, and maintaining that level is crucial for our existence. We are constantly losing water from our bodies via sweat, breath exhalation and urine. While a person can live for three weeks without food, they would last no more than a week without water, and that's under ideal conditions. Under extreme conditions, an adult can lose between 1-1.5 liters of sweat an hour, and

if not replaced, blood volume quickly drops, sweating eventually stops and body temperature soars, with death following close behind. Consequently, we are often reminded of the importance of staying hydrated, though there are no actual guidelines (at least not based on research). Health authorities often recommend drinking at least eight 8-ounce glasses of water each day.

But in our hydration-obsessed culture, most people fail to realize that a person can actually drink too much water. It is a condition called water intoxication or water poisoning. Although drinking too much water is hard to do by accident, there have been numerous medical reports of death due to excessive water intake.

How could this possibly cause death? It is because a person drinks more water than their kidneys can remove via urine. The excess water dilutes the blood and the electrolytes contained within, particularly sodium. Sodium helps to control fluid equilibrium between the inside and outside of cells. If sodium concentrations fall below 135 millimoles per liter (a condition called hyponatremia), excessive fluid flows into cells, causing dangerous swelling. Such a buildup of fluid in the brain is called cerebral edema that, in severe cases, can cause seizures, brain damage, coma and death.

The kidneys cannot excrete more than 0.8-1.0 liters per hour, and drinking more than this can be harmful. A 28-year-old California woman, competing in a radio station's on-air water-drinking contest, downed six liters of water in three hours, then went home with a splitting headache and later died. In a fraternity hazing, a 21-year-old student died after being forced to drink excessive amounts of water between rounds of push-ups.

Overhydrating is very common among endurance athletes and during military training. In one study of 488 participants in the 2002 Boston Marathon, 13% had hyponatremia symptoms and a few had critical hyponatremia. It is an interesting phenomenon, as the stress of running a marathon decreases the kidney's excretion capacity, so that attempts to rehydrate can dilute the blood even with considerable sweating. One runner who was excessively rehydrated developed water on the brain (hydrocephalus), causing a herniated brain stem and his death.

While exercising, one should balance what they are drinking with what they're sweating. But sweat is hard to measure. The best advice: drink to your thirst.

-Steve Downs

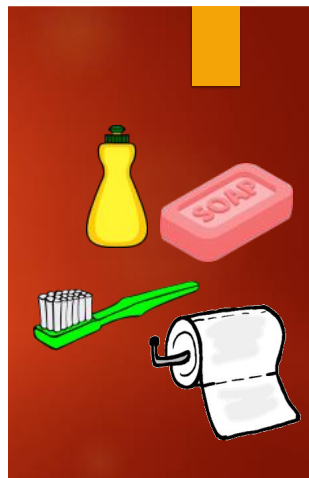
SONshine in a Gift Bag Makes Me Happy

Be honest, you sang the title like it was a [John Denver song](#), right?

For those who are able, donations of household cleaning/hygiene items for Reformation's SONshine gift bags are our greatest need going forward.

These items cannot be purchased with Foodshare: bar soap, bleach, deodorant, laundry detergent, dish detergent, kitchen detergent, toilet paper, toothpaste, toothbrushes, floss, shampoo.

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



Mission of the Month

Reformation's S.A.L.T. Summer Youth Ministry 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



May Birthdays and Anniversaries

Birthdays

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

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

Scripture Readings for Next Week

Acts 2:1-21 1 Corinthians 12:3b-13
Psalm 104:24-34, 35b John 20: 19-23

Grace Notes Gallery

Pastor Tyler spotted this robins' nest in the courtyard! The nest is just outside of the reception area, so with the big window, we should be able to sneak a peak on the little birds. We will keep you updated with pictures as things progress.

Why are robin eggs blue?

Can you help us discover more about these beautiful eggs?

Send your answers to parishadmin@mtzionlutheran.org or call (414) 258-0456.



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