

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!**

Bus Tickets!

Pastor Tyler issued a challenge on Sunday, June 7
to raise funds for bus tickets
used by Reformation's SALT program.

As of June 12,
just five days later,
we met and exceeded our \$2,000 goal!



The cost of transportation is high for families who live on so little! Costs are \$10 for weekly student bus passes. Reformation anticipates the cost of transportation for our older teenagers to get to worksites will cost \$2,000 this summer. We hope Mt. Zion can help youth who want to work, get to work!

Thank you for your thoughtful consideration of our young people's need for bus passes, especially in this challenging time in our community. When we ask, we hope you receive; knowing peoples' lives are changed with these simple acts of generosity.

Marge Johnson
Ministry Coordinator

Accessing Worship Services

If you are having trouble accessing worship services online,
or would like to learn how to access worship

using your telephone,

Please contact Jess at

414-258-0456

Or parishadmin@mtzionlutheran.org



June Adult Forum Schedule



June 14th:

Conversation about Reopening

June 21st

Conversation about a new
Mission Statement



June 28th

Semi-Annual Meeting

This Week at Mt Zion

<p>Sun May 31</p>	<p>8:30a Traditional Worship on https://youtu.be/zykYRGMCMWE 9:45a Adult Forum on Zoom 10:00a Youth Group on Zoom 10:45a Contemporary Worship on https://youtu.be/zykYRGMCMWE</p>
<p>Mon June 1</p>	<p>12:12p 12 Minutes of Prayer of Facebook 5:30 Leadership Board Meeting</p>
<p>Tues June 2</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 June 3</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 June 4</p>	<p>12:00p 12 Minutes of Prayer on Facebook</p>
<p>Fri June 5</p>	
<p>Sat June 6</p>	<p>8:30a Women of Heart Bible Study Contact Chris Kress or Andrea Cockerham for more info</p>
<p>Sun June 7</p>	<p>8:30a Traditional Worship on YouTube 9:40a Adult Forum on Zoom 10:00a Youth Group on Zoom 10:45a Contemporary Worship on YouTube</p>

Celebrating Juneteenth

Friday, June 19th will mark the 155th anniversary celebrating the end of slavery in the United States. Juneteenth specifically commemorates June 19, 1865 when Union Army Maj. Gen. Gordon Granger announced to slaves in Galveston, Texas they were freed by the Emancipation Proclamation (which had been signed in 1863 but could not take effect while states were still under Confederate control).

It is often considered the second independence day in America, and its growing awareness and popularity as a holiday have even allowed it to become a state holiday in many places.

So, how can we celebrate and acknowledge Juneteenth?

Start at the [National Museum of African-American History and Culture](#). Here you can learn more about the history of

Juneteenth. Be sure to watch the interactive tour by the Founding Director Lonnie Bunch III titled, "Freedom Calling". While at the museum, you can also discover such artifacts as Nat Turner's Bible or papers documenting Joseph Trammell's freedom, along with the handmade tin he carried them in.



Then get ready to dance and party with the [Virtual Juneteenth music Festival!](#)

Thursday, June 18th

Virtual dance competitions. Merchants, artisans, comedians, and creatives from around the world will be in attendance.

Cool down with a backyard barbecue!

If your friends or neighbors observe Juneteenth, ask them what traditions they include in their celebrations. Some may have a picnic or barbecue. What foods or summertime treats do they serve? Do your friends play a special game? What kind of decorations are set out?



The Answer is Blowing In The Wind

The following is excerpt is from “A Pastoral Letter on White Supremacy and Systematic Racism” by Bishop Paul Erickson.

As a white, male leader in the whitest denomination in the country, I recognize and confess the ways that I have perpetuated the system of white supremacy and systemic racism, both in what I have done and in what I have left undone. I have not found a way to have a synod staff that reflects the racial and ethnic diversity of our synod; I have not given adequate space for the voices and experiences of our African-American and other leaders of color to shape our common life and ministry; I have not always known when to lead and when to follow; when to listen and when to speak; when to lament and when to protest.

“How many deaths will it take ‘til they know that too many people have died?” Those of us old enough to remember this song of the ‘60s and ‘70s will recall that “the answer, my friend, is blowing in the wind.” I used to think that this was a pessimistic refrain, indicating that the answers we seek are always eluding us, beyond our grasp, blowing in the wind somewhere, out there. I would now invite us to imagine, in the spirit of Pentecost, that the answers we seek, and the changes we need, are blowing through the streets of our cities and towns, and that God’s Holy and righteous Spirit is descending upon us as tongues of fire. While I decry the flames that have destroyed businesses and homes, I pray that the fires of God’s righteous anger and holy wisdom will not be put out. I also pray that we will grow in our commitment to being an antiracist synod.



Through it all, my deepest prayer is that God will continue to teach us, guide us, and agitate us to follow the winds of the Holy and disrupting Spirit as we join together in dismantling human structures and relationships based on hatred, division, and fear. I pray that God will not let us rest until our synod’s vision statement “A world that embodies the fullness of life: justice, peace, equity, hope, and love for everyone, including all races, genders, identities, abilities, and social status” becomes more than words on a page, but the new normal for us all.

Bishop Paul Erickson

Read the rest of the letter at:

[Milwaukee-synod.org](https://milwaukee-synod.org)

To learn more about anti-racism and to access resources, please visit:

<https://milwaukee-synod.org/anti-racism/>

Congratulations

Graduating from Wauwatosa West High School



Mark S.



Julian M.



Isaac N.



Taylor U.



Jakob M.



Noah N.



Ellie S.



Brett M.

Photo Credits: Wauwatosa West High School Virtual Graduation Ceremony

Graduates!



Dylan P. is graduating from Tosa West and will be attending UW-River Falls majoring in computer science. He also plans to play for the basketball team.



Blake P.



Garret J. is graduating from Tosa West and will be attending UW-Madison College of Engineering this fall.



Graduating from Brookfield East High School



Andrew K.

Continued on the next page

Congrats Graduates!

Graduating from Catholic Memorial High School



Emma W. is a four year Varsity Soccer Letter winner and participated in many extracurricular activities including National Honor Society, Spanish Honor Society, Operation Michael (Homelessness Awareness in Waukesha County) and TOPSoccer (coaching physically and cognitively disabled children soccer).

Emma is the Salutatorian of her graduating class, a WIAA Scholar Athlete and a Wisconsin Academic Excellence award winner. She will be attending the University of Notre Dame in the fall, majoring in biology with hopes of attending medical school in the future.

Graduating from Brookfield Central High School

Julia C. is graduating from Brookfield Central High School and will be attending University of Tennessee—Martin, pursuing veterinary nursing.



Graduating from Homeschool HS



Ben S.

Graduates not pictured:

Olivia A.

Troy J.

Tracie J.



Science Tidbits

Memory is a fascinating function of the brain, and one of the most amazing conditions known to man is hyperthymesia, known as Highly Superior Autobiographical Memory (HSAM). This is a condition in which a person can readily recall nearly every detail of events throughout their life. But, interestingly, current research suggests that this ability is restricted to autobiographical memory. In other words, their memory regarding their own personal experiences is extraordinary, whereas their memory regarding events that don't involve them personally is merely average.

People can retain information as either short-term or long-term memories. Those with hyperthymesia have especially good long-term memory. Some researchers have noted that these individuals share some characteristics with people who have obsessive-compulsive disorder (OCD). For example, they may exhibit obsessive tendencies. In addition, both have similar structural differences in particular regions of the brain.



The number of people with hyperthymesia is small (61 worldwide as of 2016), so research addressing root causes is limited. One study suggests hyperactivity in certain parts of the brain, such as the amygdala, an important memory center. One potential way of testing this is to do an MRI scan while they undergo a memory test. An alternative idea is that the condition is psychological. In such a scenario, people obsess about their previous experiences to such an extent that it helps strengthen their ability to recall them.

The first documented person with hyperthymesia, Jill Price (diagnosed in 2006) confessed an interesting fact about herself, that she couldn't apply her memory skills in school. She had great difficulty with rote memorization because her memory doesn't work that way. One day in the lab, researchers asked her to close her eyes and tell them what clothes she was wearing that day. She couldn't tell them.

Another hyperthymesiac, Louis Owens, described some of the darker aspects to her condition: "Sometimes, having this sort of extreme memory can be a very isolating sort of thing. There are times when I feel I am very fluent in a language that nobody else speaks. Or that I'm walking around and everybody else has amnesia."

And these memories are simmering just under the surface of a hyperthymesiac's consciousness. Jill Price relayed that, like a reflex response, just about anything she sees or hears can be a trigger for a cascade of memories. For some it is a blessing, for others a curse.

Imagine being able to conjure up every wonderful event that ever happened in your life and have it feel like you were experiencing it anew. On the other hand, it is thought that, as a defense mechanism, the mind subverts many unpleasant memories into the dark recesses of our subconscious. Now imagine if, because of your condition, these unpleasant memories could not be locked in your subconscious. This memory thing works both ways.

-Steve Downs

Volunteer Needed

Tosa Cares is looking for a volunteer

Requirements

Be present most Tuesdays 8:30-10:30am

Physical ability to lift and carry boxes and a heart for helping.

Tasks

Help load and unload groceries
and move food boxes on carts to cars.

Starting as soon as possible.

Contact Linda

tosacares@gmail.com

414-861-4725

Scripture Readings for This Week

Exodus 19:2-8a Psalm 100

Romans 5:1-8 Matthew 9:35-10:8[9-23]

Scripture Readings for Next Week

Jeremiah 20:7-13 Psalm 69:7-10. 16-18

Romans 6:1b-11 Matthew 10:24-39

June Birthdays and Anniversaries

Birthdays

Sue K. 6/3
 Grace Y. 6/3
 Alexandra C. 6/4
 Jacob F. 6/5
 June M. 6/5
 Bill S. 6/5
 Owen G. 6/5
 Tristan P. 6/5
 Michael D. 6/6
 Kaylyn N. 6/6
 Kristina W. 6/6
 Keith A. 6/9
 Dylan P. 6/10
 Ethan C. 6/12
 Rachel H. 6/12
 Blake P. 6/12
 Dan R. 6/13
 Drew C. 6/14
 Gianna S. 6/14
 Steven S. 6/15
 Amanda E. 6/15
 Tina H.. 6/16
 Barbara P. 6/16
 Troy J. 6/17
 Jan R. 6/17
 Colt B. 6/18
 Mason H. 6/18
 Mike K. 6/20
 Pat C. 6/21
 Donna H. 6/22
 Alex H. 6/24
 Deni N. 6/24
 Jim Y. 6/25
 Tyler P. 6/26
 Andrew K. 6/28
 Don F. 6/29
 Bridget K. 6/29
 Keegan K. 6/29
 Rich D. 6/30
 Brett M. 6/30

Wedding Anniversaries

Mike and Amy K. 6/1
 Roy and Linda D. 6/10
 Kim N. & Norm W. 6/12
 Geoff & Wendi H. 6/17
 Jesse M & Kate W. 6/17
 Carl and Karen E. 6/23
 Dick and Norma H. 6/25
 Dave and Lora M. 6/26
 Jeb and Chris B. 6/26
 Kim and Sue M. 6/26



Baptism Anniversaries

Mike N. 6/1
 Bryce R. 6/1
 Isaac R. 6/1
 Benjamin S. 6/2
 Khloe Lewis. 6/3
 Jacob S. 6/4
 Michael F. 6/5
 Angelina G. 6/6
 Nora P. 6/9
 Troy M. 6/11
 Katie E 6/12
 Kingston M. 6/12
 Alexandra C. 6/12
 Michael W. 6/13
 Isaiah B. 6/13
 Keith P. 6/14
 Mara M. 6/21
 Owen D. 6/23
 Alexander H. 6/25
 Kathryn M. 6/30
 Kristin M. 6/30



Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
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Sunday School Superintendent
Sherry Downs (volunteer)
sundayschool@mtzionlutheran.org

Parish Administrator
Jess Monahan
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Office Volunteer Coordinator
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Director of Choirs
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Worship Volunteer Coordinator
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Debbie Kleppek

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Janet McCarthy

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Jean Morack



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