

## 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!**

# Mission and Vision Statement

Attention Mt Zion:

At our semi-annual meeting on June 28, we will be voting on a proposed new mission and vision as recommended by the Leadership Board. Because the semi-annual meeting will have limited space for discussion due to the nature of online meetings, there will be opportunity for discussion of this proposal during the 9:40am Adult Forum on June 21. The proposed statements are below, but be sure to check out the full proposal that explains all the work and thoughts that went into making this statements.

## **The Proposed New Mission Statement:**

Living our faith in the Triune God, we are creating a joyful community, welcoming and including all people, and courageously working for justice.

## **The Proposed New Vision Statement:**

As a result of God's love for us, everyone at Mt Zion will know themselves as a reflection of God's image, worthy of life and love, and will be so energized by the Gospel that they will share the grace of Christ in all they do and with everyone they meet.

-Pastor Tyler

[View the Full Proposal](#)

# Welcome The New Board Members

## Mike Marciniak

I was raised Catholic in St. Francis, WI. After Brenda and I were married at Mt. Zion we moved to New Berlin where we started to look for a church within our neighborhood. We attended several services at local churches and none of them came close to feeling like a home as Mt Zion did, so we officially became members in 2000.

I have a family of 6, starting with my wonderful wife Brenda, and four teenage children, Katy, Erica, Ryan, and Troy. It has been fun watching my children grow within the Lutheran community. I see the biggest transformations during the summer retreats. Whether the retreat is on an Indian Reservation, in a football stadium, or in Bay View the growth is apparent. We all love the Mt. Zion family and look forward to seeing it continue to transform.

## Jeremy Goss

I am a converted member to ECLA who grew up in a Catholic household. Our family has been at Mt. Zion since 2016 and we have absolutely loved our time here having really found a house/community of worship. I have been in the Sunday School program, primarily as a preschool teacher for the past 2 years at Mt. Zion, and have thoroughly enjoyed helping young children begin their journey in our faith.

My family consists of four people: myself, my wife Angella, our 9 year old daughter Lexi, and our 5 year old son Owen. Angella is also a Sunday School teacher here at Mt. Zion. We enjoy family game nights, doing all sorts of recreational activities, and keeping our new rescue cat from tearing up too much furniture. Lexi and Owen both thoroughly enjoy Sunday School; Lexi really loves science and art while Owen likes crafts and trying to outlast everyone with his endless supply of energy.

I am looking forward to serving Mt. Zion in a larger capacity, and ensuring we continue to move forward and grow both in faith and as a community.

# This Week at Mt Zion

<p>Sun June 21</p>	<p>8:30a <b>Traditional Worship</b> on <a href="https://youtu.be/n4YIzZ7gIHc">https://youtu.be/n4YIzZ7gIHc</a>            9:45a <b>Adult Forum</b> on Zoom            10:00a <b>Youth Group</b>            Meeting ID: 810 9031 6665            Password: 780317            10:45a <b>Contemporary Worship</b> on <a href="https://youtu.be/n4YIzZ7gIHc">https://youtu.be/n4YIzZ7gIHc</a></p>
<p>Mon June 22</p>	<p>12:12p <b>12 Minutes of Prayer</b> of <a href="#">Facebook</a>            7:00p <b>Book Club</b>            Meeting ID: 544-552-9724 (No password)            Or call in at 312-626-6799</p>
<p>Tues June 23</p>	<p>10:00a <b>Staff Meeting</b>            12:12p <b>12 Minutes of Prayer</b> of <a href="#">Facebook</a>            8:00p <b>Writers Circle</b>            Meeting ID 711 638 007 Password 113585</p>
<p>Wed June 24</p>	<p>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</p>
<p>Thurs June 25</p>	<p>8:00a <b>Marketing Meeting</b> on Zoom            12:00p <b>12 Minutes of Prayer</b> on Facebook</p>
<p>Fri June 26</p>	
<p>Sat June 27</p>	<p>8:30a <b>Women of Heart Bible Study</b> on Zoom            Meeting ID 865535477 (No Password)            Or call in at 1-312-626-6799</p>
<p>Sun June 28</p>	<p>8:30a <b>Traditional Worship</b> on YouTube            9:40a <b>Semi-Annual Meeting</b> on Zoom            10:00a <b>Youth Group</b> on Zoom            10:45a <b>Contemporary Worship</b> on YouTube</p>



We had a great time exploring the Menomonee river trails and bike paths on Saturday afternoon. We hiked almost 3 miles, played frisbee and tried to walk a slackline. The youth want to get together again soon. They're ok with the social distancing. In the meantime, please encourage them to continue attending the Sunday morning Zoom calls.

Please call with any questions!

Erik Peterson



# Family Camp at Lutherdale

Hi Mt Zion Youth Parents,

Please e-mail Abby, Erin and me if you think your youth might want to attend this family camp opportunity at Lutherdale! Abby and Zach have had a great time at this campground in the past. I know they will do a nice job!

Adults/Family Camps - Lutherdale Ministries



<https://www.lutherdale.org/wp-content/uploads/2020/03/Camp-24-Grandparent-Grandchild-2020.pdf>

## **Camp 24 Family Camp**

July 11-12, 2020 | 11 am Saturday – 11 am Sunday

Cost: \$45 per person

Discover all that Lutherdale has to offer your family during 24 hours at camp! Families will make memories as they participate in campfires, Bible study, arts & crafts, waterfront activities, the challenge course, and visit animals at the Farm! Explore camp together and strengthen your relationships with one another as you play in God's creation.

## **Congrats Grad!**

In addition to last weeks graduates, we also celebrate the graduation of Chris Bremer's granddaughter Emma. Congratulations!

# Tosa Cares

## **TOSA CARES FIRST SUMMER DONATION DROP OFF SUNDAY**

**Sunday, June 28, from 10 am to 1 pm**

Just drive up and drop off your food and/or personal care donations at the Mt. Zion parking lot between 10 am and 1 pm.

Your donations will help fill the pantry during this summer of the pandemic. You will be donating in a safe manner and our Tosa Cares family food boxes will get filled during a difficult time. We all thank you!

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

## Science Tidbits

These days, most of us are experiencing significant levels of stress, and with stress comes a variety of potential side effects. One of the more unique is a condition known as exploding head syndrome (EHS), which is considered to be a sleep disorder. It has been documented as far back as the 1800's.

Sufferers of this condition experience unusual noises that are quite loud and of short duration, usually occurring when the individual is either trying to fall asleep or upon waking. In short, it is an auditory hallucination. A flash of light may accompany the sound. Although the sensation is unnerving, if not terrifying, it is usually harmless. Psychological stress is thought to be an important precipitating cause as well as lack of sleep.



A man whose head regularly “explodes,” explained it this way: “There’s this sudden crescendo of noise, then a profound and jarring explosion of sound, electrical fizzing and a bright flash in my vision, like someone has lit a spotlight in front of my face.” Others describe it as a bomb going off, cymbals clashing, a thunder clap, door slamming or gunshot. Though not well studied, it is estimated that EHS occurs in about 10% of the population. It can occur at all ages, but the average age when it first appears is 58 years.

So why does it occur? When we sleep, the body shuts down and actually becomes paralyzed so we don't act out our dreams. (Indeed, there is another condition similar to EHS called sleep paralysis, where the individual's senses and awareness are intact as they are falling asleep, but they are unable to move). During this transition from wake to sleep, the brain turns off slowly, bit by bit. But in EHS, there is a flaw in the part of the brain responsible for this shutdown, and some areas don't get turned off in a timely fashion. Alpha brainwaves, which help in auditory turn-off, are suppressed, leading to a sudden burst of neural activity in those areas responsible for processing sound.

Some people feel an electrical sensation that moves from the lower torso to the head right before the explosion hits. They say it is like an electrical shock and can feel it passing through them.

What can be done about it? Not much. The best approach in dealing with someone suffering from this condition is to allay their fears, assuring them that it is not a serious medical condition. Self-treatments for EHS sufferers include lowering stress levels and maintaining a regular bedtime.

**-Steve Downs**

# Courageously Work Toward Justice

George Floyd. Breonna Taylor. Rayshard Brooks. These names have covered the headlines over the past few months. Names not covered in the headlines include Tony McDade of Florida; Riah Milton of Ohio; and Dominique “Rem’Mie” Fells of Pennsylvania. McDade, Milton and Fells are all black transgender people whose deaths have been ruled a homicide. Two of those deaths occurred in June, which is known as LGBT Pride Month.

“Transgender women of color—particularly Black transgender women—are disproportionately affected by fatal violence.” ([Time.com](https://www.time.com)) “Including Fells and Milton, at least 14 transgendered or gender non-conforming people have been violently killed in 2020 alone.”

To compound the tragedy of a transpersons’ death, reporting on the death of a transgender person is often incorrect. Police reports will file the report under the person’s “dead name” (before they transitioned). The report will not correctly identify the gender or the pronoun.

What are some ways the community can help support black trans people and keep them safe?

**Provide jobs.** This goes beyond giving money to someone but rather providing them the security that comes from a stable, livable income so they can afford food, housing and medical care. ([yesmagazine.org](https://www.yesmagazine.org))

Things to know:

- ◆ Many transgender people are homeless as a result of being kicked out by their family who do not accept their identity.
- ◆ Many transgender people engage in sex work.
- ◆ Healthcare protections for the LGBTQ+ community were recently overturned. Gender is now defined as a biological sex. Insurance companies can deny coverage for transition related treatments (Time).

**Offer your support.** Listen to what trans woman are saying and help them. Do your friends or neighbors know they can reach out to you if they are in danger?

**Watch the video** [“Don’t be a Bystander: 6 tips for Responding to Racist Attacks”](https://www.tgjip.org/words-to-action-showing-up-for-black-trans-women.html) and check out this page for more resources: <http://www.tgjip.org/words-to-action-showing-up-for-black-trans-women.html>

**Fill out the 2020 Census.** If you or someone you know is part of the LGBTQ community, be sure to fill out the 2020 Census: Why? Census results directly impact the number of representatives a state has; funds allocated toward assistance programs such as SNAP; and redrawing district lines.

**Courageously work toward justice.** How are [we in the ELCA addressing](#) issues of intersectionality when it comes to “Black Lives Matter”? Are we involved on the ground, have we “shown up” to take action, advocated for another’s needs and rights, or contributed financially?

# Pride Celebrations

It has been over 50 years since the Stonewall Riots thrust LGBTQIA+ rights into the public conversation. Many strides have been made in the 21<sup>st</sup> century, from marriage rights to the landmark Supreme Court decision this month, understanding Title 7 as including protections from discrimination due to gender identity or sexuality.

As part of our Pride celebrations, you are invited to check out a special worship services on June 27. The Greater Milwaukee Synod Reconciling in Christ (RIC) Ministry Team will be posting a special Pride worship service on the Synod's YouTube channel. The service will include a special sermon by Rev. Guy Erwin, current bishop of the Southwest California Synod and newly appointed president of United Lutheran Seminary (and featured in the 1<sup>st</sup> episode of the current season of Queer Eye), as well as a prayer petition by our own Rev. Tyler Rasmussen.

Then on June 28, Extraordinary Lutheran Ministries (ELM) will be having their own Pride worship on Facebook and YouTube at 6pm, celebrating 30 years since the work to welcome and accept LGBTQIA+ people as ordained ministers began. ELM is a ministry the works beside ReconcilingWorks to build the ELCA into an inclusive church. We are a Reconciling in Christ congregation.

-Pastor Tyler

## Prayer List



# Addressing Racial Injustice

Wednesday, June 24 | 6:30 - 7:45 pm

Sunday, June 28 | 3 - 4:15 pm

The events of the last few weeks, particularly the killing of George Floyd, has brought us to a deeper awareness of the sin of racism in our world. How are we as people of faith responding? What help do we need to speak the Gospel in a time like this?

Our Synod Antiracism Team is offering two opportunities for us as church people to talk about how we are feeling and what we need to do to address the issue of racial injustice. We hope you can be part of one of them. Members of our team will help guide the conversation.

The dates/times are:

- Wednesday, June 24, 6:30 pm to 7:45 pm
- Sunday, June 28, 3:00 pm to 4:15 pm

You are encouraged to contact the co-convenors of the Anti-Racism Team, [Esther Rusch](#) and [Pastor Fred Thomas-Breitfeld](#) with any questions.

Registration is required to join this virtual meeting.

[Register](#)

## 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 2:1-21      Psalm 102:24-34, 35b

1 Corinthians 12:3b-13      John 20:19-23

# 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  
[pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

**Sunday School Superintendent**  
Sherry Downs (volunteer)  
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**Parish Administrator**  
Jess Monahan  
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**Organist**  
Cynthia Johnson  
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**Office Volunteer Coordinator**  
Chris Kress (volunteer)  
[reception@mtzionlutheran.org](mailto:reception@mtzionlutheran.org)

**Director of Choirs**  
Patricia Eby  
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**Worship Volunteer Coordinator**  
Janet McCarthy (volunteer)  
[worshipvol@mtzionlutheran.org](mailto:worshipvol@mtzionlutheran.org)

**Contemporary Worship Leader**  
Kristin Sponcia  
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**Youth Ministry Coordinator**  
Erik Peterson  
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**Website**  
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**Maintenance**  
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**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)

**David Fohr, Treasurer**  
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**Sara Bailey, Vice President**  
[sarabailey09@gmail.com](mailto:sarabailey09@gmail.com)

**Katie Frederick, Secretary**  
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Bella Burke

Linda Haecker

Erik Peterson

Ian Koenig

Debbie Kleppek

Mavis Roesch

Robyn Di Giacinto

Janet McCarthy

Lynda Yanny

Doug Dralle

Jean Morack



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