

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!**

Silence is No Longer An Option

We are in a period of crisis when it comes to domestic violence. The safety of women and children are an issue of significant importance. Silence can no longer be an option. We are challenging every person in this city to take a stand against domestic violence and take action to end it. Although domestic violence is a year round problem, the COVID-19 pandemic has increased the risk factors that contribute to unsafe living situations for children and families. Domestic violence leaves an indelible mark on the lives of families, forcing them to endure the precarious cycle of trauma and pain which compromises the wellbeing of future generations who witness violence in the home. It is our job as family, friends, co-workers, service providers, and neighbors to take action and report any incidents to authorities. Safety is a fundamental right that should be afforded to all.

We are enhancing prevention efforts and creating space that allows for services to be provided to abusers as vital as those provided to survivors. We are also committed to elevating the voices of men and embracing culturally appropriate outreach and intervention strategies. It is our expectation that we all will be supporters and advocates of efforts to eliminate domestic violence in Milwaukee.

To receive regular updates on the Milwaukee Commission on Domestic Violence and get involved please send an email to Karin Tyler at KTyler@milwaukee.gov

Statement from the Milwaukee Health Department

**If you are in a situation where you need someone safe to talk with, please call
Pastor Tyler at 610-635-9964.**



June Adult Forum Schedule

June 7th:

Genesis, Creation to Abraham

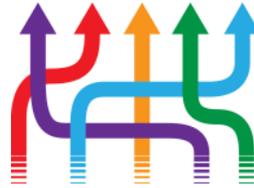


June 14th:

Conversation about Reopening

June 21st

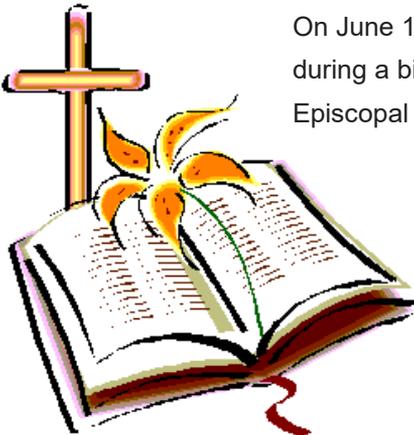
Conversation about a new
Mission Statement



June 28th

Semi-Annual Meeting

Emmanuel 9 Commemoration



On June 17, 2015, nine people were shot and killed during a bible study at Emanuel African Methodist Episcopal Church in Charleston, S.C.

June 17, 2020, will mark the fifth anniversary of the martyrdom of the Emanuel Nine. An online ELCA Prayer Service for the Commemoration of the Emanuel Nine, will be available online.

More information to come.

This Week at Mt Zion

<p>Sun June 7</p>	<p>8:30a Traditional Worship on https://youtu.be/f7C8m2NNAhU 9:45a Adult Forum on Zoom 10:45a Contemporary Worship on https://youtu.be/f7C8m2NNAhU</p>
<p>Mon June 8</p>	<p>12:12p 12 Minutes of Prayer of Facebook 6:00pm Property Committee Meeting</p>
<p>Tues June 9</p>	<p>10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 6:30pm Tosa Cares Board Meeting 8:00p Writers Circle Meeting ID 711 638 007 Password 113585</p>
<p>Wed June 10</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 11</p>	
<p>Fri June 12</p>	
<p>Sat June 13</p>	<p>8:30a Women of Heart Bible Study Contact Chris Kress or Andrea Cockerham for more info 8:00am Blood Drive Fellowship Hall</p>
<p>Sun June 14</p>	<p>8:30a Traditional Worship on YouTube 9:40a Adult Forum on Zoom 10:45a Contemporary Worship on YouTube</p>

Follow up to “Fueling Our Ministry”

Last Sunday, May 31, Cindy Halverson, the Wisconsin gift planner for the ELCA Foundation, spoke via Zoom with members of more than 20 Mt. Zion households at the Adult Forum. She shares how each of us can plan for a meaningful gift for the current and future ministry of our church. Cindy’s presentation was filled with helpful information, tax-wise giving tips, and resources for responsible planning.

While we do plan to have Cindy back again in the future, we want to be sure you have access to some of the information she shared. Cindy’s presentation is posted on the Mt. Zion website at https://www.mtzionlutheran.org/wp-content/uploads/2020/06/Adult_Forum_5-31-20.pdf and printed resources are available at <https://www.elca.org/Resources/ELCA-Foundation>. I encourage you to check out both of these links.

As the Mt. Zion family, we seek to join God in mission through our congregation, reaching out and serving our community and the world. We can do this by growing our endowment fund, and supporting near-term and long-term giving to expand Mt. Zion's capacity to witness to the Gospel through service to others.

Remembering Mt. Zion in your will or estate plan gives an inheritance or a transfer of the blessings that God gives during your lifetime and provides an opportunity for you to have a significant impact on the ministry of our church and beyond. On behalf of the endowment committee, we hope you will consider remembering the Mt. Zion Endowment Fund in your planning.

If you have any questions about the Mt. Zion Endowment Fund or how you might help us grow the fund, please contact me or any member of the committee. Cindy is also available to talk or meet with you as a resource for our congregation. Please don’t hesitate to reach out to her at Cynthia.halverson@elca.org or 414.544.2008. Thank you.

Sharing in ministry,

Jim Zarek, Chair
Endowment Committee

John Yanny, Chair
Stewardship Committee

(Continued on the next page)

(Continued from page 4)

P.S. Here are three easy ways to plan for a gift:

- 1) Through your will or trust – direct a dollar amount or percentage to Mt. Zion Lutheran Church, 12012 W North Ave, Wauwatosa, WI 53226. If you choose, you can designate a specific purpose or ministry, whether the endowment fund or something else.
- 2) Through your IRA – direct a dollar amount or percentage to Mt. Zion Lutheran Church on the beneficiary form. At 70 ½ you may be able to make a charitable qualified distribution to Mt. Zion and meet your required minimum distribution.
- 3) Through life insurance – direct a dollar amount or percentage to Mt. Zion Lutheran Church on the beneficiary designation form.



Memorials and Honorariums

In Memory of Joan Beguhl

Dick and Norma Hollander
Roger and Nancy Schumacher
Lynn Pearson

In Memory of John Finn

Nancy and Roger Schumacher
Bob and Marleen Christiansen



The ELCA Faith Formation Team is launching a new small group ministry called PASSAGE, which will connect recently graduated high school students from across the country with one another and young adult small group leaders.

The communities formed through PASSAGE will be centered on mutual support, and wrestling with faith and life in times of transition. The ongoing purpose of PASSAGE is to connect high school seniors to the next part of their faith journey as a “rite of passage” into ELCA Young Adult Ministry.

Small groups will begin mid-June and last for 6 weeks. After filling out your registration, you will be contacted by a Passage Leader.

[More Info Here:](#)

Blood Drive

Aldrich Family Blood Drive

Saturday, June 13, 2020

8:00am to 12:00pm

In the Fellowship Hall

To make an appointment visit:

[Bit.ly/jake0613](http://bit.ly/jake0613)

or call 877-232-4376

Season of giving
DONATE BLOOD TODAY!

Jake was 4 years old when he was diagnosed with Rhabdomyosarcoma. He received numerous blood and platelet transfusions. Jake lost his battle in March of 2009 at the age of 7. His family sponsors 5 blood drives a year. Jennifer, Jake's mom, says, "we hope donors will continue to be there for all other children who need blood products."

Saturday June 13
8:00am-12:00pm

Helpful tip:
Make sure to eat a healthy meal and drink plenty of water before donating.

Aldrich Family Blood Drive
Sponsored by the Aldrich Family

Location : Mount Zion Lutheran Church
12012 W. North Ave.
Wauwatosa, WI

To make an online appointment please go to bit.ly/jake0613 or call 1877-232-4376.

Contact Jenn at 414-810-4793 or jaldrich3@wi.rr.com for more information.

SPECIAL PROMO:
Each donor will receive a "Pint for a Pint" summer cup while supplies last!

Road Construction

Northbound I-41 exit ramp onto westbound North Ave is scheduled to close on or around June 12, 2020.

A 21-day closure of the ramp will occur in order to prepare for the expansion of I-41 to eight lanes. The current closure will include the installation of a stormwater pond in the loop.

Those needing to access Mt Zion Lutheran Church may want to exit at Watertown Plank, Mayfair Road, or Burleigh Street.

For more information and details, visit:

Projects.511wi.gov/zoo-interchange-project

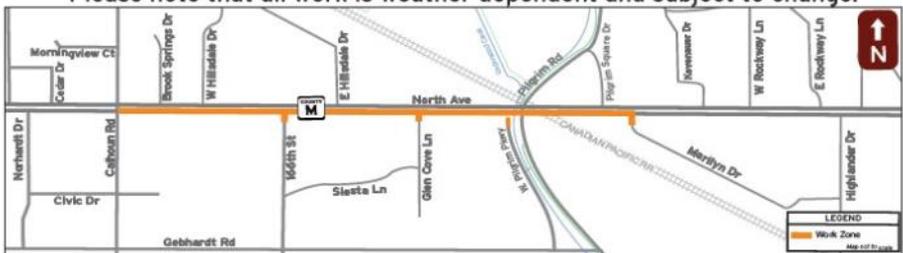


From Wisconsin DOT

On Monday, June 8, 2020, **North Avenue between Calhoun Road and Marilyn Drive**, are scheduled to be shifted to the north onto the temporary widening while crews work to reconstruct the eastbound lanes. One lane of traffic will be maintained in each direction.

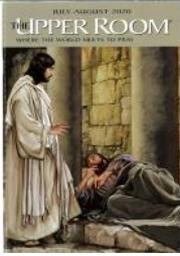
This may affect those needing to travel to Mt Zion Lutheran Church, so please allow for extra travel time.

Please note that all work is weather dependent and subject to change.



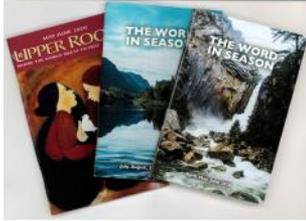
From Waukesha County

Devotionals



Would you like a copy of The Word in Season or The Upper Room?

Large and pocket-sized copies are available at Mt Zion!



Contact Jess and she will mail you a copy!

parishadmin@mtzionlutheran.org

414-258-0456

Mission of the Month

Bus tickets are a lifeline in Reformation's servanthood with the neighborhood, especially this summer. Bus tickets help young people in our Summer Youth Work Program (SALT) get to employment sites and travel to Reformation. 54 youth have enrolled for the program.



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

Science Tidbits

“Feeling Blue?”



Most of us spend the majority of our waking hours interacting with a digital screen. How often do you check information or communicate with someone on your cell phone or computer each day? How many of you go into a panic if you leave home and forget your cell phone or freak out if your computer goes on the blink? With the recent stay-at-home dictates, people have found they have yet even more time on their hands to stare at the usual suspects, including TVs, computers, tablets and smart phones.

Some scientists are concerned about the possible long-term adverse effects of continual exposure to these screens, because they emit large doses of what is called blue light. Light is made up of electromagnetic particles that travel in waves, and these waves contain energy that varies depending on their length in nanometers. The shorter the wavelength, the higher the energy, and each is represented by a different color. Most of us learned in our early schooling the sequence of colors in the light spectrum from lower to higher energy: red, orange, yellow, green, blue, indigo, violet (ROYGBIV). The BIV portion contains the highest energy and is considered to be the harmful portion of the light spectrum

Blue light is not all bad. It results from sunlight (it's what makes the sky look blue), and our bodies use this blue light to regulate our natural wake and sleep cycles. It also helps boost alertness and elevate our moods. But thanks to ever-evolving digital screen technology, we are exposed to ever-increasing levels of blue light. And our children are being exposed at earlier and earlier ages.

Blue light waves flicker and cause a glare that affects visual sharpness and clarity. This may be the cause of eyestrain, headaches, and physical and mental fatigue, and studies suggest that over time, prolonged exposure may lead to retinal damage and contribute to age-related macular degeneration. Digital eye strain is a medical issue that has supplanted carpal tunnel syndrome as the number one computer-related complaint. Harvard researchers have linked working the night shift and exposure to blue light at night to several types of cancer, diabetes, heart disease, obesity and depression. It has been demonstrated that exposure to short-wave light prior to bedtime can disrupt normal sleep patterns.

So what can a person do? More and more people are wearing blue light glasses, with lenses that partially block short-wave blue light, to combat their chronic exposure. However, there is not yet convincing data showing their benefits. The best solution at present is to limit unnecessary exposure. And with that, I will end this Tidbits in the interest of limiting your blue light exposure.

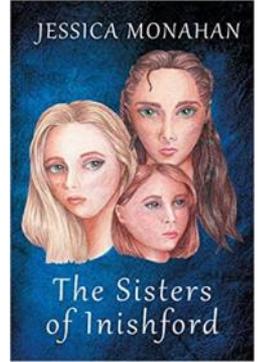
-Steve Downs

Book Club

Monday, June 22

7:00pm on Zoom

At a time when two kingdoms battle for the fate of a kidnapped prince, sisters Eibhlin, Cassidy, and Brianna will forge their own destinies. Eibhlin is closer to her goal of riding into battle alongside an elite group of knights until her budding desire to have children gets in the way. Brianna is a hopeless romantic but also the victim of a terrible crime and she must learn how to get her hands dirty in order to combat her obsessive fears. Cassidy, who sneaks maps and reads accounts of battle, could be useful in the war effort if she can first prove she is just as capable as any of her father's military advisors. Together, the sisters of Inishford will find their strength to rescue their kidnapped brother, return peace to the kingdom, and restore joy to their lives.



Host: Sherry Downs

All proceeds made during June from the sales of [The Sisters of Inishford](#) will be donated to TOSA Cares Food Pantry as part of Indie Authors Against Hunger.



Scripture Readings for This Week

Genesis 1:1—2:4a Psalm 8

2 Corinthians 13:11-13 Matthew 28:16-20

Scripture Readings for Next Week

Exodus 19:2-8a Psalm 100

Romans 5:1-8 Matthew 9:35-10:8

May/June Birthdays and Anniversaries

Birthdays

Pam K. 5/29
Jack S. 5/30
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

Matt C & Marika M 5/29
Bob and Marleen C 5/30
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

Della S. 5/28
Ryan M. 5/30
Siena K. 5/31
Mark S. 5/31
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

Parish Administrator

Jess Monahan

parishadmin@mtzionlutheran.org

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reception@mtzionlutheran.org

Worship Volunteer Coordinator

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worshipvol@mtzionlutheran.org

Youth Ministry Coordinator

Erik Peterson

youth@mtzionlutheran.org

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262-496-3781

Sunday School Superintendent

Sherry Downs (volunteer)

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music@mtzionlutheran.org

Director of Choirs

Patricia Eby

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Contemporary Worship Leader

Kristin Sponcia

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Pat Campbell

Website@mtzionlutheran.org

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Douglas Johnson (volunteer)

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Sara Bailey, Vice President

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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



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