

Worship Services

Sundays

9:00am Traditional

Wednesdays

6:30pm Contemporary

Office Hours

Office remains closed.

Parish Administrator

available by phone

Tuesday, Wednesday,

Friday from 9:00am to

3:00pm.

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!

"We Rise"



It's August and Mt. Zion's Mission of the Month is MICAHA (Milwaukee Inner City Congregations Allied for HOPE). This year, MICAHA's theme for the year of 2020-2021 is "WE RISE". MICAHA's theme reflects its multi-faceted work to work for justice in our society. We have had difficulties due to the virus, but with God's help, we have risen past the problems to do God's work for Justice.



This year, while endeavoring to provide a quality education to all Wisconsin public school students, MICAHA's Education Task Force has encouraged grassroots engagement by our communities, congregations and partner organizations. One of our main goals is to continually advocate for policies within the schools which work toward racial equity on all levels. We have partnered to found the MPS Equity Coalition to continue to advocate for MPS to address the US Office for Civil Rights to a just end especially in regard to disproportional discipline. We have put pressure on the Board of School Directors to progress with efforts toward true equity while continuing to update practices to that end. We have called for the use of resources in these efforts in a transparent climate.



The Milwaukee area currently has an extremely poor record in workplace diversity, especially in management. MICAHA's Jobs and Economics Task Force has worked with the Milwaukee Metropolitan Assoc. This cooperation has resulted in having 87 companies sign a pledge with MMAC to increase diversity and to provide a more welcoming and diverse workplace by a 15% margin in hiring and 25% in management by 2025. MICAHA and MMAC are planning on teaming up in other similar efforts.

(Continued on page 8)





Scripture Readings for This Week

1 Kings 3:5-12 Psalm 119: 129-136

Romans 8:26-39 Matthew 13:31-33, 44-52

Scripture Readings for Next Week

1 Kings 19:9-18 Psalm 85:8-13

Romans 10:5-15 Matthew 14:22-33



THIS WEEK'S

PRAYER LIST

[Here](#)

This Week at Mt Zion

<p>Sun August 2</p>	<p>9:00a Traditional Worship at https://youtu.be/T4O-KHQwTP4 10:45am Rebroadcast of 7/29 Contemporary Worship</p>
<p>Mon August 3</p>	<p>12:12p 12 Minutes of Prayer of Facebook 7:00pm NA 12-step group [MTZ Courtyard]</p>
<p>Tues August 4</p>	<p>10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 6:00p Leadership Board Training 8:00p Writers Circle is on hiatus until September (See page 8)</p>
<p>Wed August 5</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 6:30p Contemporary Worship at https://youtu.be/5yrxmXEOnDw</p>
<p>Thurs August 6</p>	<p>12:00p 12 Minutes of Prayer on Facebook 5:30p Beer & Bible, Wine & The Word Meeting ID 994 4600 3234 Password 271380</p>
<p>Fri August 7</p>	
<p>Sat August 8</p>	<p>8:30a Women of Heart Bible Study on Zoom Meeting ID 865535477 (No Password) Or call in at 1-312-626-6799</p>
<p>Sun August 9</p>	<p>9:00a Traditional Worship on YouTube 10:45am Rebroadcast of 8/5 Contemporary Worship</p>

Worship In-Person

Do you want to worship in-person?

Reminder to everyone: If you want to join us for in-person worship, you need to do things:

Fill out the form online or return the form you received in the mail last month.

This is due to greatly limited seating at this time of pandemic. We don't want to have to turn anyone away at the door, so we need people to register first so that we can make sure there's seats for everyone.

Arrive before worship begins.

In order to keep everyone safe, we teach and enforce our safety measures as people enter the building. But those doing hospitality and ushering want to worship as well. So when worship begins, the doors are closed to make sure someone who doesn't come in who isn't practicing appropriate safety measures and therefore puts everyone else in the building at risk. If you arrive late, you won't get in. This is not meant to be rude; it is simply necessary at this time for the safety of all.

Thank you for being understanding of our changes at this time. We are trying our best to make space for people to gather but ensure that the gatherings we have are safe. We do not want to become a hotspot of infection. Every step we're taking is for our collective safety.

Jesus in the Age of Screens



Trying to Follow Jesus in the Age of Screens and Covid?

Mark your calendars for

Tuesdays, August 4, 11, 18, & 25

from 6:30-8:00 p.m.

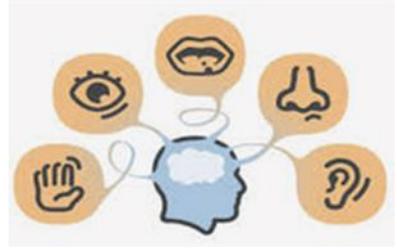
for a series the Greater Milwaukee Synod is putting together with Jamie Domm, author of the book "Digital Discipleship and Evangelism".

Watch here for more details in the coming weeks.

Science Tidbits

"Sensation and cognition "

Those of us getting up there in years can't help but experience the ever-burgeoning incidence of health issues that accompany the aging body. One of the most feared is deterioration of cognitive abilities to the level of dementia, an affliction shared by over 50 million people worldwide that will increase to 82 million by 2030.



Two conditions that negatively impact the quality of life and become more common with age are vision and hearing impairment. Each condition has been shown in previous studies to increase the risk of cognitive decline; however, the effects of dual sensory impairment (DSI) was unknown until two recent study were performed to evaluate sensation in older adults as it relates to dementia risk.

In the first study, 2051 participants ages 75 and older, 22.8% of whom had a vision or hearing impairment and 5.1% of whom had both impairments, were tracked for eight years. Those with one impairment had an 11% increased chance for dementia, while those with DSI had a whopping 86% increased risk of developing dementia when compared to having no sensory impairments, and this risk increased with the severity of the impairment. Participants with DSI were more likely to be older, male, smoked and drank more alcohol than those without DSI.

In the second study, investigators tested the senses of hearing, vision, touch and smell in 1810 participants aged 70-79 who were free of dementia at the start of the study and followed them for 10 years. It was found that lower scores on measures of the four senses combined were associated with a higher incidence of dementia. Interestingly, even mild sensory loss was strongly linked to dementia risk.

Even though most of the older adults in the study did not have severe levels of sensory loss, investigators still found stronger associations with increased risk of dementia as well as faster rates of cognitive decline. It was theorized that the loss of key senses could result in individuals becoming more socially isolated, precipitating faster cognitive changes.

Though the mechanistic link between sensory loss and dementia is not yet understood, these studies indicate that it may be prudent to pay more attention to sensory deficits, because it may help in the development of screening tool for dementia. Identifying and treating these deficits, such as correcting hearing loss with hearing aids, could help prevent progressive cognitive decline and improve the quality of life for older adults.

-Steve Downs

Ministry Schedule Aug

	Aug. 2 Sunday 9:00 am	Aug. 5 Wednes- day 6:30 pm	Aug. 9 Sunday 9:00 am	Aug. 12 Wednesday 6:30 pm	Aug. 16 Sunda 9:00 am
ACOLYTES					
ALTAR CARE					
ASSISTING MINISTERS	Erik Peterson	Mavis Roesch	Erik Peterson	Mavis Roesch	Gail Robinson
COMMUNION DEACONS					
GREETERS	Kent and Margie Spicer	Erik Peterson	Dave Fohr	Sandra Echols	Vince and Barbara Pipia
LECTORS					
NURSERY	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
USHERS	Matt Czervionke/ Mari Moore and Jim/Melissa Stuczynski (train)	Dorothy Snead	Jim and Donna Zarek	Richard Pearson	Jim and Melissa Stuczynski
OFFERING STEWARDS <u>MONDAY</u>					
AUDIO/VISUAL	Marciniak Family	Marciniak Family			

[ur Church work! Thank you!](#)

g. 2nd- Sept. 3rd, 2020

	Aug. 19 Wednesday 6:30 pm	Aug.23 Sunday 9:00 am	Aug. 26 Wednesday 6:30 pm	Aug.30 Sunday 9:00 am	Sept. 3 Wednesday 6:30 pm	
	Mavis Roesch	Erik Peterson	Cynthia Rigsby	Rich Robinson	Mavis Roesch	
ra	Jill Werner	Kent and Margie Spicer	Dorothy Snead	Dave Fohr	Sandra Echols	
y	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	
a	Dorothy Snead	Matt Czervionke & Mari Moore	Richard Pearson	Jim and Donna Zarek	Dorothy Snead	

Writer's Circle

Writers Circle is **on a break during August** while Parish Administrator Jess attends a Tuesday evening series on “Digital Discipleship and Evangelism: How to Be Church in a Digital World” offered through the Greater Milwaukee Synod. Jess is looking forward to this learning opportunity!

We won't be meeting in person for a bit, but don't let this stop the writing. Check out the Social Justice Writing Challenge on the next page!

MICAH

(“We Rise” continued from page one)



The Transportation Task Force is working to develop transportation channels so that transportation barriers can be eliminated which prevent people having jobs for which they are qualified but which cannot be accessed without owning a vehicle. Past efforts have led to over \$13.5 million being invested over four years in bus routes which connect workers with well-paying jobs. This task force has had the challenge of having surrounding counties not seeing the bigger picture as 80% of the state transportation budget goes to road construction. The Task Force is working with the MICAH Jobs and Economics Task Force and MMAC to explore “last mile” options along Wisconsin Avenue and Blue-mound Road so that transit issues can be solved for the benefit of all.



The Coalition on Lead Emergency is another MICAH Task Force. In older neighborhoods, especially in zip codes 53204, 53208, 53206 and 53210 have been found to have dangerous lead levels. Hephatha Lutheran Church in coordination with COLE has initiated a “Birthing Mom’s Project” which met with Milwaukee’s mayor and city leaders to add \$240,000 to the city budget for lead education kits, lead filter water pitchers and replacement cartridges for approximately 2400 birthing mothers in the zip codes most effected. COLE is working with the Health Department for more permanent solutions to lead exposure.



MICAH's ROC (Restoring our Communities) Task Force is active in criminal justice reform in Wisconsin's judicial-correctional system. Their work entails everything from working for job training, reducing the prison population to working with Project Return, another hard working group which you can look forward to seeing at Mt. Zion's Christmas Has a Heart Sunday in December.



The theme, WE RISE, for the coming year certainly fits MICAH. We work hand in hand with other organizations in our search for Justice so that God's work can be done on this earth. Please give what you can to Mt. Zion's Mission of the Month in August.

Jerry Roesch

MT ZION LUTHERAN CHURCH

SOCIAL JUSTICE



AUGUST 2020

WRITING CHALLENGE

Inspired by August's Mission of the Month -- MICAH!

Submit an original poem, essay, or short story powerful enough to inspire or persuade positive action supporting justice issues!

Represent your age group!
(with parents' permission where necessary)

5-8th grade 9-12th grade
Adult (college and lifelong learners)

Writers will be featured in the Grace Notes and receive a certificate!

Deadline: September 1st

Submit your writing via email at parishadmin@mtzionlutheran.org
or mail in a printed copy to the church.

Breakfast Tailgate

If you miss the social component before or after worship, yes, you can tailgate outside Mt Zion. The courtyard or just off the parking lot are acceptable spots for small, socially distanced meals.

Please be sure to leave nothing behind after your gathering and remember the building may not necessarily be open for restrooms.



7/26/20 Crossword Answers

Across

3. Alternative place for worship—**online**
5. TOSA Cares Food **Pantry**
6. Material of the cross above the altar — **metal**
8. Gather here for worship — **sanctuary**
10. Shape of the Altar — **circle**
12. The seat harder than my couch **pew**
13. Selfless work done to help one another — **volunteering**
14. The only entrance currently open on Sundays — **north**
16. A celebratory liquid — **wine**
18. A life staple made from flour, water, yeast — **bread**

Down

1. MZY is this group — **youth**
2. We are a “**Reconciling** in Christ” Community
4. Mary whose commemoration date is July 22 — **Magdalene**
7. Pastor Rasmussen — **Tyler**
9. Simply **Giving**, online offering system
10. A quiet place to sit outdoors — **courtyard**
11. Study this one Wednesdays — **bible**
15. Mt Zion was founded in 194__ **six**
16. 12012 **W** North Ave
17. How to show love for one another during COVID — **masks**

August Birthdays and Anniversaries

Birthdays

June F. 8/1
 Angie C. 8/2
 Jada G. 8/4
 Edie D. 8/5
 Dorothy B. 8/6
 Kay H. 8/6
 Doris J. 8/6
 Jesse M. 8/6
 Natalia H. 8/7
 Jennifer S. 8/9
 Barb V. 8/9
 Refilwe G. 8/10
 Mia B. 8/13
 Kiera K. 8/16
 Jennifer D. 8/17
 Chris K. 8/19
 McKenzie T. 8/19
 Bob H. 8/20
 Bradley F. 8/20
 Taylor U. 8/21
 Carter C. 8/21
 Susan T. 8/21
 Katie F. 8/21
 Megan B. 8/22
 Mickey F. 8/22
 Jennifer P. 8/24
 Kaiden C. 8/25
 Spencer J. 8/26
 Lauren C. 8/26
 David J. 8/26
 Ruth H. 8/28
 Amanda W. 8/28
 Liz A. 8/28
 Kurt K. 8/29
 Julie B. 8/31

Wedding Anniversaries

Bradley F and Sara B. 8/1
 Dave and Sara B. 8/2
 Doug and Perrie D. 8/5
 Greg and Robyn Z. 8/7
 Adam and Elizabeth F. 8/8
 Bradley and Meghann S. 8/11
 Todd and Susan M. 8/13
 Roger and Nancy S. 8/14
 Keith and Liz A. 8/15
 Tom and Linda E. 8/16
 Pat and Tom M. 8/20
 Jerry and Mavis R. 8/21
 Rich and Gail R. 8/22
 Jim and Donna Z. 8/25
 Elmer and Loretta B. 8/25
 Dave and Debbie F. 8/27
 Trentin and Elena E. 8/30

Baptism Anniversaries

Samuel M. 8/1
 Tony C. 8/1
 Maya S. 8/1
 Tina H. 8/5
 Gabriella R. 8/6
 Andrew W. 8/6
 Olivia A. 8/11
 Isaiah J. 8/11
 Tyler R. 8/12
 Belinda F. 8/15
 Ellen S. 8/28
 Eliot S. 8/28

Feeling Tense? Anxious?

Unclench your jaw

Relax your shoulders

Take a deep breath in through your nose

And out through your mouth



Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
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Debbie Kleppek

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