

Worship Services

Sundays

9:00am Traditional

Wednesdays

6:30pm 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!

Let There Be Light

We needed \$1,130 in order to make exterior lighting repairs and upgrades to the west side of the building (off the of the conference room and old choir room).



**As of Friday, July 10,
we met and exceeded our goal!**

Thank you so much for your generosity!

With Sympathy

We were saddened this week to learn of the passing of Melissa Merriman. Melissa passed away Wednesday morning in her sleep at the age of 35. A private funeral will be held on Saturday morning at the Schmidt & Bartelt Funeral home. Please keep the Merriman family in your prayers during this difficult time.

A link to Melissa's obituary may be found here: <https://www.schmidtandbartelt.com/obituaries/detail.aspx?id=13868>.

In lieu of flowers, the family is asking for donations to the art program that Melissa loved <https://www.donnalex.org/donate/>.



A Special Night of Writing

Melissa Merriman loved writing and reading and, although I never had the privilege of meeting her, I think I would have liked her. I love a good trip to Barnes and Noble (and honestly, JoAnn Fabrics, too)!

At this Tuesday's Writer's Circle, we planned to continue our work on a particular writing exercise. The exercise calls for a story to be written by starting each sentence with a different letter of the alphabet. Each letter has to be utilized once in the first 26 sentences. The sentences do not have to be alphabetical order.

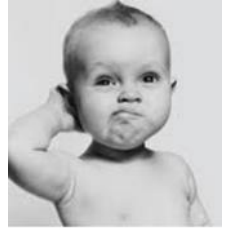
I would like to invite anyone who enjoys sharing or hearing stories to this week's circle. Whether you participate in the exercise mentioned above, or you simply listen to it all. Maybe you've written a poem, or song lyrics, or the first five pages of a book. Come lift up your stories and be together with one another (via Zoom) during this time.

This Week at Mt Zion

Sun July 12	Doors Re-Open for In-Person Worship 9:00am Traditional Worship at https://youtu.be/ykclD39f03Q 10:00a Youth Group Meeting ID: 810 9031 6665 Password: 780317
Mon July 13	12:12p 12 Minutes of Prayer of Facebook 6:00pm Property Committee Meeting
Tues July 14	10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 6:30pm Stewardship Meeting 8:00p Writers Circle Meeting ID 711 638 007 Password 113585
Wed July 15	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 6:30pm Contemporary Worship at https://youtu.be/FZLs0zb8zdE
Thurs July 16	12:00p 12 Minutes of Prayer on Facebook 7:00pm Beer & Bible, Wine & the Word Meeting ID 994 4600 3234 Password: 271380
Fri July 17	
Sat July 18	8:30a Women of Heart Bible Study on Zoom Meeting ID 865535477 (No Password) Or call in at 1-312-626-6799
Sun July 19	9:00a Traditional Worship on YouTube 10:00a Youth Group on Zoom

Science Tidbits

"So you have a childhood memory, but is it real?"



When you think back on your childhood, do you have any fond memories of your earliest years? Perhaps some significant family event when you were two or three? Chances are, such memories may not have happened the way you remember them, or maybe not even at all.

My family moved into a new house and neighborhood the year I entered first grade. My childhood memories before that time, the first five years or so of my life, are sporadic, and the strongest ones include sitting in the basement on a stuffed chair on Saturday morning watching Mighty Mouse cartoons, filling a wagon with maturing cotton pods from cottonwood trees, and stepping on a rusty nail in a neighbor's sandbox, which led to a tetanus shot. I am sure these memories occurred during the last year before we moved, when I was a five-year-old. They are probably real memories, because the first well retained long-term memories are initiated, on the average, patchy footage appears at about age three-and-a-half. Indeed, the earlier years for me are a blur.

But yet children are capable of forming memories as early as their second year, though they are not long-lasting. Some people insist that they remember events earlier than this, but researchers believe these memories are fabricated. How can that be? Most likely they have seen an old family photograph or home movie or were told a story by a sibling from which their mind has created a false memory. I can attest to this. One of my memories (or at least what I thought was one) was an image of my maternal grandfather standing at one end of their house in Duluth. But this was impossible, because he passed away when I was just a baby. Then I found a picture of him that was an exact replica of the memory my brain had conjured up.

A fascinating study was done with young children who were questioned about their memory of a particular family event during their second year of life. Once they could articulate a memory that was confirmed by a parent, the investigators returned on a yearly basis to question the children about that one event. The children progressively remembered fewer and fewer details of the event the older they got until by age seven most of them had no recollection at all of the event. This phenomenon has been termed "childhood amnesia."

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There are a couple ideas for these results. One is that to form enduring memories one has to have a well-developed language. Since the child's language at that early age is not yet very sophisticated, memory formation is immature and temporary. Another important fact is that throughout childhood the brain is undergoing very active development. As a result, the flurry of new cell formation (babies form 700 new neural connections per second) disrupts the connections needed to store information long-term.

This all being said, to have the greatest chance of remembering early memories, the memories should have strong emotional impact. A survey of 2,000 adults revealed the 50 most common childhood memories. The top three? From first place to third: place family Christmas dinner, a family outing at the beach, and visiting grandparents. **-Steve Downs**

Prayer List



Scripture Readings for This Week

Isaiah 55:10-13 Psalm 65:9-13

Romans 8: 1-11 Matthew 13:1-9, 18-23

Scripture Readings for Next Week

Isaiah 44:6-8 Psalm 86:11-17

Romans 8:12-25 Matthew 13:24-30, 36-43

For the First Time Since Corona!

Pastor Tyler and I couldn't get a music video made for this in time for Sunday's worship service, but if you're not familiar with the Disney song, just picture me doing a lot of twirling and giddily running through the building and you'll picture the idea for the music video just fine.

To the tune of ["For the First Time in Forever"](#) from Disney's *Frozen*.

The window is open
So's that door
I didn't know they did that anymore
Who knew we had so many gorgeous pews?
For months we've roamed these empty halls
Practicing social distancing
Mounting sanitizer to the walls

They'll be actual real live people
It'll be totally strange
I'm still a little nervous for this change

Cuz' for the first time since Corona
They'll be ushers
They'll be friends
For the first time since Corona
Communion won't be Wonder bread

Don't think that we'll run out of face masks
But it's OK to still stay home
Cuz' for the first time since Corona
We won't be alone



-Jess Monahan

July Birthdays and Anniversaries

Birthdays

Anne M. 7/11
Ellyn S. 7/11
Eli B. 7/12
Bella B. 7/18
Jayson P. 7/19
Norm W. 7/19
Ben C. 7/19
Tyler F. 7/19
Peter M. 7/20
Steve K. 7/21
Lynda Y. 7/21
Jase F. 7/21
Hunter F. 7/21
Michael C. 7/23
Melody F. 7/23
Donald S. 7/25

Wedding Anniversaries

Joyce and Tony S. 7/6
Steve and Sherry D. 7/7
Eric and Lisa B. 7/18
Joe and N D. 7/24
Mark and Lisa J. 7/17
Shelly and Diane 7/31
Melissa and Jim S. 7/31

Baptism Anniversaries

Alex H. 7/8
Gwenivere A. 7/9
Jesse C. 7/18
Carter C. 7/18
Kylee L. 7/18
Kendall H. 7/21
Owen A. 7/23
David Y. 7/28
Grace Y. 7/28
Kristina W. 7/28
Peg P. 7/29

July Mission of the Month

We are not sure what school will look like in the fall, but we know school supplies will be needed.

You may make a financial contribution to this mission and we will shop for you.

If you are willing to shop, we will need **backpacks** for elementary through high school ages— along with the following list of items so all children will come to school with school supplies:

Pencils	Wide Lined Notebooks	Pink Erasers
Colored Pencils	Packets of Wide Lined	Rulers
Pencil Cases/Pouches	Paper	Protractors
Blue, Black & Red Pens	Some College Lined	Compass
Blunt Scissors	Notebooks	Crayons
Glue Sticks	Packets of College	Calculators
Fine Tip Markers	Lined Paper	Highlighters
Broad Markers	Index Cards	Binders
	Subject Dividers	
	Pocket Folders	



Mt Zion Staff

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