

## Worship Services

### Sundays

9:00am Traditional

9:40am Adult Forum

### 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!**

# Reminders About In-Person Worship

## Resuming In-Person Worship

Starting July 12th, in-person worship will resume for both the traditional and the contemporary service. Both services will continue to be livestreamed; you may continue to participate in worship via livestream.

In-person worship is changing in various ways in response to this pandemic. The biggest things you need to know are:

- ◆ You must wear a mask (unless you're under 2-years-old).
- ◆ Due to limited seating, you need to sign up to attend in-person worship. You can sign up online [here](#).
- ◆ We will contact you each time it's your turn to worship in-person.
- ◆ The doors will opened 15 minutes before the service and will be closed 10 minutes after the service begins.
- ◆ The south entrance to the church will not be open. Use the main entrance on the north. (see page 4 for map).



**For More About In-Person Worship**

See the special section titled "Re-Opening with Care" on pages 8 and 9!

# Now That's Dedication!

It was a hot and incredibly humid day on Saturday, June 27th but that didn't stop our intrepid volunteers from helping to clean out the gutters and clean up our planting beds on the church grounds (which always look so inviting).

Thank you to the following participants in the spring church work day:

Kurt Kleppek

Jim Zarek

John Yanney

Carl Engelhardt

Dave Fohr

Pat Morgan

Tom Morgan

## Prayer List

Access This Week's  
Prayer List

[Here](#)

# This Week at Mt Zion

<p>Sun July 5</p>	<p>9:00am <b>Traditional Worship</b> on <a href="https://youtu.be/ij_5efq4hrc">https://youtu.be/ij_5efq4hrc</a>            9:45a <b>Adult Forum</b> on Zoom            10:00a <b>Youth Group</b>            Meeting ID: 810 9031 6665            Password: 780317</p>
<p>Mon July 6</p>	<p>12:12p <b>12 Minutes of Prayer</b> of <a href="#">Facebook</a></p>
<p>Tues July 7</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 July 8</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            6:30pm <b>Contemporary Worship</b> <a href="https://youtu.be/A3NNNmXA8cM">https://youtu.be/A3NNNmXA8cM</a></p>
<p>Thurs July 9</p>	<p>12:00p <b>12 Minutes of Prayer</b> on Facebook</p>
<p>Fri July 10</p>	
<p>Sat July 11</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 July 12</p>	<p><b>Doors Re-Open for In-Person Worship</b>            9:00a <b>Traditional Worship</b> on YouTube            9:40a <b>Adult Forum</b> on Zoom            10:00a <b>Youth Group</b> on Zoom            10:45a <b>Contemporary Worship</b> on YouTube</p>



On Friday 6/26, the youth met up at Hoyt Park for a social-distanced bike ride. We braved the Menomonee river trail on the East and West sides of Hoyt. We found some steep inclines, jumps and ran into tree trunks but no one got too banged up! We had a lot of fun doing something we've never done before. In fact, everyone wants to do it again!

This weekend, we'll pick out our next activity from a growing list of ideas (hike, bike ride, bonfire, outdoor movie). We started discussing the book of Job and learned how bad things sometimes happen to good people. Check out Job chapter 1 and 2.

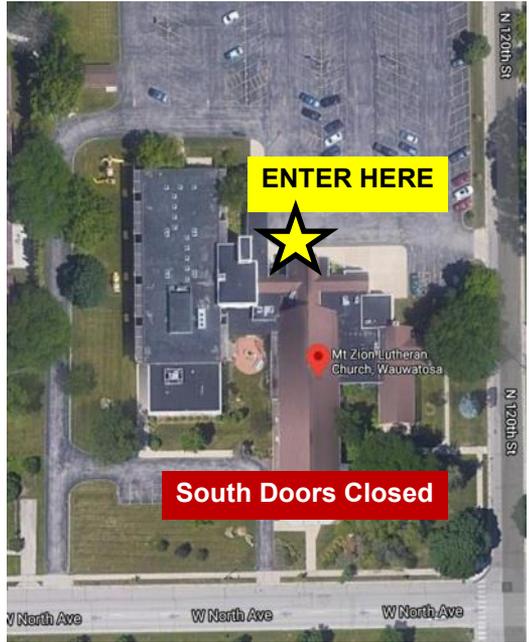


**-Erik Peterson**

# So which door can I use?

On July 12th, our doors will reopen. But which doors exactly? If you're in need of a map, we've got you covered!

The south entrance to the church will not be open. Use the main entrance on the north. Again, all these changes are in response to the pandemic and the many logistical issues needed to be addressed in order to maximize safety while together.



## "Yes, I Will Commit!"

Beyond statements and prayers, we are called to also act and respond to injustices. We invite you to sign the pledge, "I commit to study, prayer and action to become an anti-racist individual in an anti-racist church," and share your participation on social media using [#ELCA4Justice](https://www.facebook.com/ELCA4Justice).

Screenshot our template in our Story to create your own pledge! Click here to sign the pledge: <https://elca.org/racialjusticepledge>

#ELCA4Justice



### Pledge to commit to Anti-Racism



# Our Ordained Women

Fifty years ago, we voted to begin ordaining female pastors, and we thank God for the many gifts this diversity has brought us! Mt Zion has been blessed by the service of many female pastors:

- Rev Mary Rowland (Associate Pastor 1994-1995)
- Rev [Rachel Young Binter](#) (Assistant Pastor 1996-1998)
- Rev Amy Reumann (Associate Pastor 1998-2002)
- Rev Kendra Mohn (Associate Pastor 2005-2009, Interim Senior Pastor 2009-2010)
- Jan Veseth (Pastoral Intern 2009-2010)
- Rev [Deb Ohrtman](#) (Senior Pastor 2010-2018)

Also, many women of our Mt Zion family have gone to seminary to become pastors, and we thank God for their devotion to caring for God's people:

- Rev Vicki Watkins (ordained 1994)
- Rev [Dana O'Brien](#) (ordained 2010)
- Rev Jan Veseth-LaVake (ordained 2010)
- Rev [Ann Fenlason](#) (ordained 2014)



## Grace Notes Gallery

*Rev. Kendra Mohn during a baptism in the chapel, October 2005.*



# Science Tidbits

## “Music Lights the Corners of My Mind”

In these trying times, isn't it nice to be able to sit back, turn on your favorite music and mentally flee the problems facing us, if only for a little while? And this is only one of the many benefits of music in our lives. Being linked to countless brain functions, music elevates mood, reduces stress, lowers blood pressure, enhances social bonds and can even improve workout endurance, to mention only a few.

One of the most fascinating areas is cognitive function. Georgiana Aldridge, Asst Prof of Neurology at the University of Iowa, has used music therapy to treat stroke patients, and is examining why musical abilities often stay intact when other cognitive functions fail. According to Dr. Aldridge, “Patients will come in and they can't even speak a word or even understand what we're saying. And sometimes even that first day, I can get the patient to sing. We don't really understand why they can sing words when they otherwise can't say anything at all.”

This same phenomenon was witnessed in my mother by my brother, Bob. In the last years of her life, my mother suffered from Alzheimer's disease and was incapable of carrying on any type of communication. One year, several days before Christmas, Bob brought his guitar to the retirement home to play Christmas carols and invited the residents to sing along. He was stunned to see and hear my mother, who was unable to speak, enthusiastically sing every word to every verse to every carol.

Dr. Daniel Tranel, a colleague of Dr. Aldridge, may have an explanation. “While language is mediated on the left side of the brain for most people, the neural systems that handle music are more distributed throughout the brain. I think the distributed nature of the systems is probably a factor in why music tends to be very resistant to impairment by brain disease.”

Our brains are hard-wired to connect music with long-term memory. How many of us, upon hearing a particular song, are immediately transported back to a time or place or experience that we associate with that song? So powerful is this connection that it can even “awaken” people with dementia.

Neuroscientists have analyzed the brain mechanisms related to memory, finding that words set to music are the easiest to remember. Explicit memory is a deliberate, conscious retrieval of the past. However, a large part of memory takes place in the unconscious mind. There are aspects of memory that are remembered implicitly, that is, outside of consciousness. And implicit memory systems involve different parts of the brain than explicit memory systems. It is the explicit memory systems that are damaged by conditions such as Alzheimer's disease.

This [YouTube video](#) of 96 year-old Nora Barton on “Britain's Got Talent” is a great watch!



**-Steve Downs**

# Re-Opening...

Curious about in-person worship? Here's a preview of what to expect:

## Once You're Inside the Building



Hand sanitizer is available throughout the building.

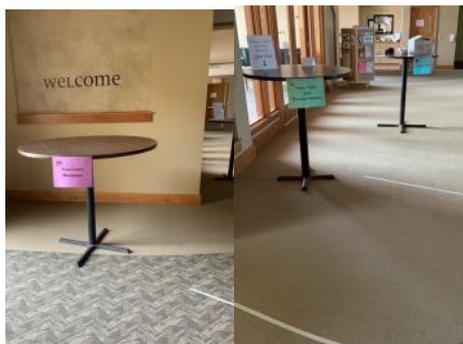


Please don't gather in the Gathering Space.



Not all bathrooms will be open.

## Ready to Enter the Sanctuary?



In the North Narthex you will see lines of tape spaced every six feet. Please wait on these lines for ushers to seat you

Table One: Tosa Cares Donations

Table Two: Grace Notes and bulletins

Table Three: Communion cups

Tall Stand with Offering Plate: For Offerings (these will not be collected during service in an effort to maintain social distancing).



Pews in the sanctuary have been marked off to promote social distancing.

# With Care

## Preparing for Worship

Worship will be shorter. It will last approximately thirty minutes instead of one hour.

The peace will not be shared.

Those worshipping in-person will be encouraged to dance, clap, or use ASL instead of singing.



Communion will be taken from individually packaged containers.

The wafer is underneath the top seal, which is difficult to see because it's transparent and it may be a little tricky to pull up at first.

Use care when opening!

# July Mission of the Month

## Backpack Kickoff Begins this Month!

Here it is the middle of summer – and we’re starting off BACKPACK SEASON! That’s right...the annual “Backpack Drive” for Tosa Cares begins in July. Right after the July 4th Holiday school supply sales begin.

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



**\*Please make your financial gifts to purchase the needed supplies which can be enclosed in the July Mission of the Month envelope.**

**\*We will have designated drop off times for backpacks and supplies in August. Backpack Drop off Sunday will be Sunday, August 9<sup>th</sup>.**

Thank you to all who have helped in the past — and to those who are willing and able to help this year. The children need us now, more than ever.

# June/July Birthdays and Anniversaries

## Birthdays

Kyle C. 7/1  
Vince P. 7/1  
Robert G. 7/1  
Jeff P. 7/2  
Hadley P. 7/2  
Wendy B. 7/3  
Samuel M. 7/3  
Anthony F. 7/3  
Tyler R. 7/4  
Maggie M. 7/5  
Carole S. 7/5  
Samuel B. 7/5  
Tom E. 7/6  
Geoff H. 7/7  
Tony C. 7/8  
Lorna S. 7/8  
Gabriella R. 7/8  
Katie C. 7/8  
David Y. 7/8  
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

## 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

Rich D. 7/1  
Kyle F. 7/2  
Elena B. 7/3  
Jacob B. 7/3  
Nate E. 7/6  
Natalie B 7/6  
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



## Scripture Readings for This Week

Zechariah 9:9-12 Psalm 145:8-14

Romans 7:15-25a Matthew 11:16-19, 25-30

## Scripture Readings for Next Week

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

Romans 8:1-11 Matthew 13:1-19,18-23

## Mt Zion Staff

**Pastor**  
The Reverend Tyler D. Rasmussen  
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**Social Media**  
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## Leadership Board

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**David Fohr, Treasurer**  
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**Sara Bailey, Vice President**  
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**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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