

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!**

Join Us for Any Service

**Want to worship in-person?
Join us for any service.
No need to sign up anymore.**

We initially had people sign up because it was impossible to foresee how demand and our space limitations would meet. Especially with multiple baptisms this past month, we wanted to make sure we were being as hospitable as possible to everyone. At this point, our large space has been more than adequate to provide room for all people who want to come in-person, so we are removing the requirement to register before coming. Please join us for worship if you desire (but stay home if you or ANYONE in your household is sick), or continue to participate on the livestream.

-Pastor Tyler

Save The Date!

Saturday, September 12

**GOD'S WORK
OUR HANDS**

Day of Service



Make A Joyful Noise

It's the end of summer and our thoughts turn to fall programming and the beginning of the choir season. And we will have one! Rehearsals for Voices of Zion and Festival Bells begin on Thursday, August 27 and run through the middle of October. All are invited to gather in the Courtyard at 5:00 pm and bring a picnic supper for yourself (sorry no sharing all your wonderful foods). New members are most welcome to join us!!



The University of Colorado is doing extensive research on how to make music safely during the pandemic. In light of these guidelines, following is the plan:

The Voices of Zion will rehearse in the Mount Zion Courtyard from 5:30 - 6:30 pm

Each singer needs to wear a mask and sit socially distanced. We will sing for 30 minutes and then take a 5 minute break in order for aerosol emissions to dissipate. Then resume rehearsal.

Selections will be recorded for services. There is no plan to sing in the sanctuary

Festival Bells will rehearse in the sanctuary beginning Thursday, August 27 from 6:45 - 7:45pm. Each ringer will wear a mask and be socially distanced. Selections will be recorded for services. New members are welcome. Please contact Patricia for information 920-904-1872 (text preferred).

-Patricia Eby

With Sympathy

We were saddened to learn of the passing of Martin Bernhardt Matschkus. Martin passed away peacefully on Wednesday, August 12, 2020 at the age of 93 years. Please keep his family in your prayers during this difficult time.

To read the full obituary, please visit:

<https://www.churchandchapel.com/obituaries/Martin-Bernhardt-Matschkus?obId=17900153>



This Week at Mt Zion

<p>Sun August 23</p>	<p>9:00a Traditional Worship at https://youtu.be/t3XEeCxeK9s 10:45am Rebroadcast of 8/16 Contemporary Worship</p>
<p>Mon August 24</p>	<p>12:12p 12 Minutes of Prayer of Facebook 7:00pm NA 12-step group MTZ Courtyard</p>
<p>Tues August 25</p>	<p>10:00a Staff Meeting 12:12p 12 Minutes of Prayer of Facebook 6:30pm Digital Discipleship Seminar (see page 4 for more info)</p>
<p>Wed August 26</p>	<p>12:00p Bell Ringing to commemorate 19th amendment 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/SKg16SH9418</p>
<p>Thurs August 27</p>	<p>12:00p 12 Minutes of Prayer on Facebook 5:30p Voices of Zion rehearsal MTZ Courtyard 6:45p Festival Bells Sanctuary</p>
<p>Fri August 28</p>	<p>7:00p ACA 12-step Group Returns Next Friday (9/4) Room 101 7:30p Essay 12-step group continues virtually</p>
<p>Sat August 29</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 30</p>	<p>9:00a Traditional Worship on YouTube 10:45am Rebroadcast of 8/26 Contemporary Worship</p>



THIS WEEK'S

PRAYER LIST

[Here](#)

Commemorations

Moses the Black, monk, martyr, died around 400

Converted from life as a thief and a robber to Christianity, Moses was an Ethiopian who became a desert monk at Skete. The change in his heart and life had a profound impact on his native country. He was murdered when Berber bandits attacked his monastery.

#MTZGRATEFUL

Share your grateful moment with
the community!

"Even though *(something that's
frustrating/difficult)*
I'm grateful for *(this reason for
joy/beauty/renewal).*



Don't use social media?
Send photos and
comments
to Douglas Johnson!

Science Tidbits

Feed Your Cognition

A recent article detailed an alarming study showing that, when baby boomers were surveyed every two years starting at age 51, they underwent more rapid cognitive decline than earlier generations. This finding was shocking in light of the fact that cognitive scores had been consistently trending upward in the generations prior to boomers. Cognition scores began to decline in early boomers (born 1948-1953) and decreased further in mid-boomers (born 1954-1959), and, surprisingly, it was observed in all groups: men and women, all races and ethnicities, and all education, income and wealth levels. In addition, the declines were only slightly lower among the wealthiest and most highly educated, a subgroup many would have expected to be spared such change. As a result, the ability to define the cause has been elusive.

With that bit of cheery news, I thought it would be wise to throw out a few ways a boomer (or anyone else for that matter) might approach suppressing cognition loss.

Diet. 250 people filled out diet surveys and then underwent MRI scans to measure their brains. Four years later, they returned for another scan. Those following a healthy diet showed bigger memory areas of the brain those with less healthy diets. The brain-friendly foods included fresh fruits and vegetables, salads and grilled fish. Less healthy foods included the usual suspects: burgers, fries, sausage, potato chips, red meat and soft drinks. Associated with these larger brain areas were higher scores on thinking and memory tests. The benefit of plant-based diets may be due to protective effects of antioxidant and anti-inflammatory compounds.

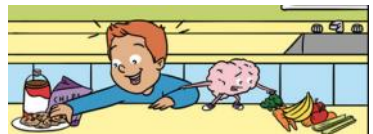
Exercise. Usually the brain controls your muscle activity. But more and more research has shown that when you exercise, the muscles send signals to the brain directing new development within the brain, including birth and growth of new brain cells and the extended growth of blood vessels supplying oxygen and food to the brain. This stimulates more complex interactions between regions of the brain involved with cognition.

Sleep. Sleep performs a remarkable function within our brains. A Boston University study hooked up 13 volunteers to a device that measured their brain activity while they slept and found that the cerebrospinal fluid within the brain began to move in and out of brain areas like an ocean tide. It is thought that by this action, sleep helps flush out toxins that accumulate during a day's activity. It follows, then, that the longer the sleep, the more thorough the flush. Personally, I jealously guard my right to get at least 7-8 hours of sleep per night. For me, I find it makes quite a difference.

Stay mentally active. Countless studies have shown that an engaged brain is a healthy brain. Don't be a passive observer of the world; rather, be an active participant. Read books, work on puzzles, engage yourself in creative ways, be socially active. It's a perfect example of 'If you don't use it, you lose it.'

A thing about every one of these tips: they are eminently doable. In many ways the loss of cognition is preventable. Don't go down without a fight.

-Steve Downs



	Aug. 23 Sunday 9:00 am	Aug. 26 Wednesday 6:30 pm	Aug.30 Sunday 9:00 am	Sept. 2 Wednesday 6:30 pm	S S 9
ACOLYTES					
ALTAR CARE					
ASSISTING MINISTERS	Linda Ertel	Mavis Roesch	Rich Robinson	Mavis Roesch	Andrea
COMMUNION DEACONS					
GREETERS	Dave Fohr	Sandra Echols	Dave Fohr	Sandra Echols	Vince
LECTORS					
NURSERY	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unsta a
USHERS	Jim and Donna Zarek	Richard Pearson	Jim and Donna Zarek	Dorothy Snead	Jim a St
OFFERING STEWARDS <u>MONDAY</u>					
AUDIO/VISUAL	Lynda & John Yanny	Mariciak Family	Marciniak Family	Douglas Johnson	Erik P Abb

Sept. 6 Sunday 9:00 am	Sept. 9 Wednesday 6:30 pm	Sept. 13 Sunday 9:00 am	Sept. 16 Wednesday 6:30 pm	Sept. 20 Sunday 9:00 am	Sept. 23 Wednesday 6:30 pm
Andrea Cockerham	Cynthia Rigsby	Gail Robinson	Mavis Roesch	Andrea Cockerham	Cynthia Rigsby
Linda and Barbara Pipia	Jill Werner	Kent and Margie Spicer	Dorothy Snead	Dave Fohr	Jill Werner
unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available	unstaffed nursery available
Jim and Melissa Stuczynski	Richard Pearson	Matt Czervionke & Mari Moore	Richard Pearson	Jim and Melissa Stuczynski	Dorothy Snead
Erik Peterson and Abby Sumiec	Lynda & John Yanny	Marciniak Family	Douglas Johnson	Lynda & John Yanny	Erik Peterson and Abby Sumiec

Justice Writing Challenge

For the past few weeks I've posed justice and equality writing prompts.

And you might be thinking, "Why should I write anything about a problem I feel I cannot solve? Why should I write about incarceration rates of black men or the disparities in education between one district and another?"

This is not a question of, "Why should I?" but of, "How can I not?"

We need to be shouting problems of injustice from the rooftops. From the streets. From the pages of newsletters. We need to be demanding answers and solutions. We cannot individually solve these problems, but together with all of our voices lifted we can blow open doors barred far too long so justice and equality flood to every corner of this country.

And this is our moment. Right here. Right now. In this fantastic dumpster fire that is 2020, I implore each of you to speak out. Like the disciples, when even the smallest group of people come together, extraordinary things can happen.

So, won't you try? **Write something. Anything. Or create a painting. Take a photo. Make elbow macaroni artwork. Even if you think it sucks.** Because I guarantee you, if you at least try, you will not have failed. You will not have failed your neighbors. You will not have failed to follow in the radical ideas of Jesus Christ --- to love one another and speak for the oppressed.

So, maybe you still want to ask, "Why should I?"

And again, I ask you, "How can you not?"

-Jess Monahan

Mission of the Month



**Supports Justice issues in the Milwaukee area related to:
Civic Engagement;**

**Education; Job training and the Economic Opportunity; Transportation;
Clean Water; Criminal Justice Reform.**

The theme, WE RISE, for the coming year certainly fits MICA H. 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

100 Years of Voting Rights

On August 26th we will celebrate the suffragette movement and the ratification of the 19th amendment which states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex. Congress shall have power to enforce this article by appropriate legislation."

Mt Zion will join other churches in the area on August 26th to commemorate this historic moment by ringing bells at noon.

Over 8 million women voted for the first time on November 2 in 1920. Yet, it took another sixty years before the rest of the country ratified the 19th Amendment. Mississippi was the last to do so, on March 22, 1984."

Our nation has made progress since 1920, but still has a long way to go to ensure every vote is counted.



HELP VOTERS

Be part of the
Relational Voter Program!

Help people know they are registered,
where to vote, and how to vote early.

Let's make sure as many of us as possible
make our vote count!

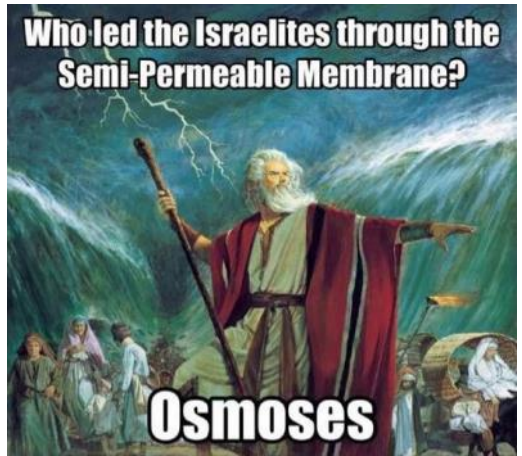
Contact Karen Engelhardt

262-782-5159
or cengelhardt@wi.rr.com
Thank you!



The Back Pew

Bringing you giggles and smiles from around the church and broader community.



August Birthdays and Anniversaries

Birthdays

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

Scripture Readings for This Week

Isaiah 51:1-6 Psalm 138

Romans 12:1-8 Matthew 16:13-20

Scripture Readings for Next Week

Jeremiah 15:15-21 Psalm 26:1-8

Romans 12:9-21 Matthew 16:21-28

Mt Zion Staff

Pastor

The Reverend Tyler D. Rasmussen
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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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Ian Koenig

Janet McCarthy

Lynda Yanny

Robyn Di Giacinto

Jean Morack

Doug Dralle

Erik Peterson

Debbie Kleppek

Mavis Roesch



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