

Worship Services

Sundays

9:00am Traditional
10:45am Rebroadcast of
Contemporary

Wednesdays

6:30pm Contemporary

Office Hours

Office remains closed.
Parish Administrator
available Tuesday,
Wednesday, Friday
from

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, tal-
ents, and resources

**ALL ARE
WELCOME!**

Our New Members



We would like to welcome our newest members to Mt Zion, including some returning after a time away.

Joe and Dawn Driscoll
Eric Pearson
Carol Cobus
Isabella Riccaboni

- ◆ Joe, Dawn, and Carol are all returning after a time away from Mt Zion.
- ◆ Isabella has always been a part of Mt Zion, but was baptized in Allentown, PA and has finally had her membership transferred.
- ◆ Eric was brought to Mt Zion by his wonderful wife, Cynthia Rigsby.



Joe and Dawn Driscoll



Carol Cobus

Gratitude for Prayers



Ruth McGill would like to thank everyone for their prayers. In wonderful news, her cancer is now in remission! She said the prayers were helpful and inspiring.

God's Work With Mt Zion Hands

Thanks to the 30 volunteers at home, church, and Reformation who:

.....potted plants, wrote letters and sent origami hearts to homebound members

.....wrote letters to prisoners

.....created Kindness bags and notes for our Tosa Cares families

.....assisted our partner church, Reformation, with projects in their place

God's gift of goodness shared among volunteers and recipients here at Mt. Zion, across the city and state.

Thanks for your participation.

Mount Zion Outreach Committee

Be sure to check out next week's Grace Notes for pictures and more from God's Work Our Hands!

TOSA Cares Donation Drop-Off

September 27, the last Sunday in the Month

Tosa Cares Donation Sunday from 10:30 - 12:30

If you are attending church in person bring your donations with you.

(We will be ready to receive donations early for you.)

If you are at home, please do a drive by drop off.

We see 40 - 50 families each week, so your donations (food and/or financial) help to meet the need of feeding families. Another way to do God's work through your hands.

NEEDED: Cans of chicken, tuna, vegetables, and fruits, any garden produce.

We are GRATEFUL for your prayers and donations. **Thanks, Tosa Cares**

This Week at Mt Zion

<p>Sun September 20</p>	<p>9:00a Traditional Worship at https://youtu.be/aO6dDukxwiQ 10:45am Rebroadcast of 8/26 Contemporary Worship</p>
<p>Mon September 21</p>	<p>12:12p 12 Minutes of Prayer of Facebook 5:30p Leadership Board 7:00p NA 12-steps group MTZ Courtyard</p>
<p>Tues September 22</p>	<p>10:00a Staff Meeting 12:00p AA 12 Steps Meeting continues virtually 12:12p 12 Minutes of Prayer of Facebook 6:00p Writers Circle Meeting ID 711 638 007 Password: 113585</p>
<p>Wed September 23</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 https://youtu.be/qEOKwReDkp0</p>
<p>Thurs September 24</p>	<p>12:00p 12 Minutes of Prayer on Facebook 5:30p Voices of Zion Rehearsal MTZ Courtyard 6:45p Festival Bells Rehearsal Sanctuary</p>
<p>Fri September 25</p>	<p>7:00p ACA 12-Step Group Room 101 7:30p Essay 12-Step Group Meeting Virtually</p>
<p>Sat September 26</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 September 27</p>	<p>9:00a Traditional Worship on YouTube 10:45am Rebroadcast of 9/16 Contemporary Worship</p>

Things I Wish I'd Known

This article reflects on a suicide from a friends' perspective.

I wish I'd known the warning signs of suicide in 2012.

I wish I'd taken more time to understand how broken up he was about the break-up with his girlfriend.

I wish I'd known what to do when he told me he was lying in bed with a gun. I wish I'd known then that it's ok to have the guts to ask him, "Are you thinking of hurting yourself" instead of saying something timid or dismissive like I know I did.

I wish I could have figured out a way to contact someone else he knew (a friend, an Army buddy, a rabbi) where he was three states away to let them know I was concerned about him.

I wish I knew that when he said, "I love you as a friend", the only time he told me he loved me in our years of friendship, it was his way of trying to say goodbye.

I wish you knew how much I still miss you, my friend.

September is suicide awareness month. Although time has helped lessen many of these, "I wish" statements, time has not lessened the seriousness and importance of talking about and educating one another about suicide and suicide prevention. Please take a few minutes this month to learn more at the websites below so we can all be better equipped to prevent one of the leading causes of death in the United States.

If you need someone to talk to, call Pastor Tyler at 610-635-9964.

If you are in an emergency situation, call 911.

Mayo Clinic—Suicide

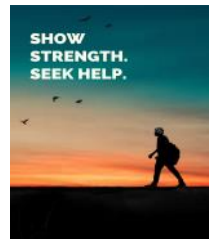
<https://mayoclinic.org/33DzpQb>

Training Course on Suicide Prevention through
The Department of Veterans Affairs

<https://psycharmor.org/courses/s-a-v-e/>

Suicide Call Back Service—Discussing Suicide

<https://bit.ly/2Ec0cu9>



-Jess Monahan

Group Therapy Sessions



“According to the Health and Human Services Office of Minority Health, Black adults in the U.S. are more likely than white adults to report persistent symptoms of emotional distress, such as sadness, hopelessness, and feeling like everything is an effort. Black adults living below the poverty line are more than twice as likely to report serious psychological distress than those living above it.” (NAMI.org). Yet, only one in three Black adults who need mental health care receive the care they need.

Dr. Lia Knox, A licensed professional counselor, wants to provide free group therapy sessions to support the mental health within the Black community. Dr. Knox is, “A motivating, humorous, and energetic public speaker” (Facebook). She will provide breathing and mindfulness techniques and a safe space to discuss emotions with one another.

Each session will be socially distanced but take place in person at:

1037 McKinley Avenue

Milwaukee, WI

Saturday, September 19 at Noon

Black Women Group Therapy

Saturday, October 3 at Noon

Black LGBTQIA+ Group Therapy

Date and Time To be Determined

Black Men Group Therapy

Register at

[Eventbrite.com/e/black-space-tickets-119918263755](https://www.eventbrite.com/e/black-space-tickets-119918263755)



Ministry Schedule S

	Sept. 20 Sunday 9:00 am	Sept. 23 Wednesday 6:30 pm	Sept. 27 Sunday 9:00 am	Sept. 30 Wednesday 6:30 pm	Oct. 4 Sunday 8:30 am
ACOLYTES					
ALTAR CARE					
ASSISTING MINISTERS	Andrea Cockerham	Eric Peterson	Linda Ertel	Mavis Roesch	Rich Robinson
COMMUNION DEACONS					
GREETERS	Dave Fohr	Jill Werner	Vince and Barbara Pipia	Doug Dralle	Kent and Margie Spicer
LECTORS					
USHERS	Jim and Melissa Stuczynski	Dorothy Snead	Matt Czervionke & Mari Moore	Richard Pearson	Jim and Donna Zarek
OFFERING STEWARDS					
<u>MONDAY</u>					
AUDIO/VISUAL	Erik Peterson and Abby Sumiec	Marciniak Family	Douglas Johnson	Lynda & John Yanny	Erik Peterson and Abby Sumiec

ur Church work! Thank you!

Sept. 20- Oct. 18, 2020

	Oct. 4 Sunday 10:45am	Oct. 11 Sunday 8:30 am	Oct.11 Sunday 10:45am	Oct. 18 Sunday 8:30 am	Oct. 18 Sunday 10:45am	
	Mavis Roesch	Andrea Cockerham	Mavis Roesch	Tom Ertel	Mavis Roesch	
e		Dave Fohr		Vince and Barbara Pipia		
	Dorothy Snead	Jim and Melissa Stuczynski	Richard Pearson	Matt Czervionke & Mari Moore	Dorothy Snead	
d	Erik Peterson and Abby Sumiec	Lynda & John Yanny	Lynda & John Yanny	Marciniak Family	Marciniak Family	



Save The Date

MICAH GALA

MICAH: We Rise
32nd Annual public meeting and
celebration (virtual)

Thursday, October 22
6:00pm Fellowship
6:30-8:00pm Meeting

Mission of the Month

Reformation Lutheran Church is rooted in Word and Sacrament ministry. Its mission is to walk in solidarity with its neighbors. Residents live in a "surround of force": drug-related crime, high unemployment and poverty, violence on the streets, schools and home in a hyper-segregated area. The cumulative effect of the "surround" is more than the sum of individual forces; there is no space to breathe.

Reformation Lutheran Church provides an alternative "surround" to neighbors through year-round S.A.L.T. (Serving And Learning Together) Youth Ministry, giving young people a chance to work and earn, Peer Ministry for people in the neighborhood to help with daily tasks of the church and be in a supportive environment, Infant Safe Sleep training, Angel Community Garden, young adult tutoring/mentoring, partner church relationship-building and Community Bible Study.



THIS WEEK'S

PRAYER LIST

[Here](#)

Science Tidbits



More Unintended Consequences

In dealing with the Covid-19 pandemic, the focus has been on preventing transmission of the virus, the principal means being isolation from others and the wearing of facial coverings. The overall effectiveness of this approach is still a matter

of debate, especially the use of masks. But one thing has become very clear to most of us: the long-term wearing of masks is not a very pleasant undertaking.

But, it turns out, there is more at stake than the discomfort mask wearing imposes on us. Since dentists have begun seeing patients again, they are finding an upsurge in problems with oral hygiene, manifested in decaying teeth, gum disease and very foul breath. Most disturbing are patients with inflamed gums that had always been healthy or the first-time appearance of cavities. Said one dentist, “About 50% of our patients are impacted by the wearing of masks, so we are calling it “mask mouth.”

It is reminiscent of “meth mouth,” a condition seen in methamphetamine addicts. Their dental problems appear due to sugar cravings, teeth grinding and jaw clenching, with teeth cracked and badly stained. Mask mouth symptoms are a bit more subtle, but the repercussions can be just as serious. Persistent covering of the mouth causes dryness and a buildup of bad bacteria. Periodontal, or gum, disease, characterized by destruction of the supporting structures of the teeth, also increases the risk of heart attacks and stroke. Diabetics are particularly susceptible to gum disease because of their increased levels of glucose, which provides food for bacterial proliferation. (I’ve endured two bouts of periodontal surgery. Believe me, you don’t want to risk this degree of unpleasantness.)

While wearing a mask, people tend to breathe through their mouth instead of their nose, and this promotes a dry mouth. There is less saliva produced, and saliva is what fights the bacteria and cleans your teeth. Saliva also neutralizes acid in the mouth and helps protect against tooth decay and gum disease. A further complication is a tendency to drink less water, thereby reducing the amount of flushing the teeth receive.

An additional potential problem is the development of *Candida* (yeast infections) around the mouth. The inside of a mask gets both warm and moist, and *Candida* thrives in a humid environment. If you tend to lick your lips when they are dry, you may be a risk for this complication. If saliva gets trapped in the corners of your mouth, it becomes a breeding ground for *Candida*. This type of infection will appear as cracking, irritation, bleeding and redness.

We probably aren’t going to get a reprieve from wearing masks any time soon, so there are measures you can take to minimize the risk of mask mouth: try to breathe through your nose, drink plenty of water, change or wash masks frequently, and try to limit the amount of time you actually have to spend wearing one.

-Steve Downs

Rasmussen V Rasmussen

If you're new here, or just haven't heard Pastor Tyler's last name pronounced very often, here's a quick tutorial on how to pronounce "Rasmussen".

Many people will pronounce the name Rasmussen with the emphasis on the "u" as in "RasMUsSen". Example: "My new third grade teacher was Ms. Rasmussen. She sat in the pew to tie her blue shoe."

Pastor Tyler's name however, does not emphasize the "u" sound. It's pronounced "RASmussen" To remember how to pronounce his name, think of the following sentence, "Pastor Rasmussen isn't fussin' when he's discussin' taking Robitussen."



Tuesday
September
29
3:00 PM - 7:00 PM

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

**SAVE LIVES AT MT ZION LUTHERAN
CHURCH BLOOD DRIVE!**

LOCATION

Mt Zion Lutheran Church | Fellowship Space
12012 W North Avenue
Wauwatosa, WI 53226

APPOINTMENTS PREFERRED, but walk-in's will be
accepted. All donors are required to wear a mask.

Schedule your appointment today by visiting
bit.ly/mtziondrive0929 OR Call 877.232.4376.

Antibody Testing available. Please visit
versiti.org/home/coronavirus-information for more
information

Blood Drive



September Birthdays and Anniversaries

Birthdays

Thomas T. 9/1
Kim L. 9/3
Sara B. 9/3
Talula J. 9/4
PJ B. 9/5
Elizabeth M. 9/6
Jessie M. 9/7
Dave N. 9/7
Dave B. 9/7
Cynthia R. 9/7
Dan S. 9/8
Dave M. 9/12
Elena E. 9/13
Marissa H. 9/14
Erik H. 9/14
Devin T. 9/14
Aiden T. 9/14
Gary G. 9/15
Eric B. 9/15
Carter D. 9/15
Ron V. 9/16
Misty S. 9/16
Nora P. 9/17
Mike M. 9/18
Jessica P. 9/18
Charlotte W. 9/19
Jessie C. 9/21
Jeb B. 9/21
Robyn Z. 9/21
Jena N. 9/21
Brent D. 9/21
Tina K. 9/21
Andrew W. 9/23

Jordan T. 9/24
Abby P. 9/24
Karen E. 9/26
Andrew F. 9/27
Jamie D. 9/27
Francesca R. 9/27
Erin P. 9/28
Pete P. 9/28
Joey S. 9/28
Jonathan F. 9/29
Every S. 9/29
Betty C. 9/30
Mavis R. 9/30

Baptism Anniversaries

Julie B. 9/1
Mickey F. 9/1
Benjamin C. 9/2
Samuel B. 9/7
Talula J. 9/9
Molly S. 9/12
Jena N. 9/12
Jack J. 9/16
Michael C. 9/20
Dylan P. 9/21
Leah C. 9/26
Logan M. 9/27
Bridget K. 9/29
Keegan K. 9/29
Keith A. 9/29
Charlotte W. 9/30

Wedding Anniversaries

Dick and Judy M. 9/3
Mike and Pam K. 9/4
John and Lauryl P. 9/6
Dave and Vicki N. 9/8
Jayson and Erin P. 9/9
Mark and Marsha S.
9/11
Bob and Nancy S. 9/20
Christopher and Susan
T. 9/22
James and Angela R.
9/26
John and Donna W.
9/27
Rich and Rondi R. D.
9/27

Scripture Readings for This Week

Jonah 3:10 —4:11 Psalm 145:1-8

Philippians 1:21-30 Matthew 20:1-16

Scripture Readings for Next Week

Ezekiel 18:1-4, 25-32 Psalm 25:1-9

Philippians 2:1-13 Matthew 21:23-32

Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
pastor@mtzionlutheran.org

Sunday School Superintendent
Brenda Marciniak (volunteer)
sundayschool@mtzionlutheran.org

Parish Administrator
Jess Monahan
parishadmin@mtzionlutheran.org

Organist
Cynthia Johnson
music@mtzionlutheran.org

Office Volunteers
reception@mtzionlutheran.org

Director of Choirs
Patricia Eby
Choirs@mtzionlutheran.org

Worship Volunteer Coordinator
Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Contemporary Worship Leader
Kristin Sponcia
Contemporaryworship@mtzionlutheran.org

Youth Ministry Coordinator
Perrie Dralle
youth@mtzionlutheran.org

Website
Pat Campbell
Website@mtzionlutheran.org

Maintenance
David Ulrichsen
maintenance@mtzionlutheran.org

Social Media
Douglas Johnson (volunteer)
marydouglasjohnson@gmail.com

Leadership Board

Matt Czervionke, President
president@mtzionlutheran.org

David Fohr, Treasurer
Treasurer@mtzionlutheran.org

Lynda Yanny, Vice President
VP@mtzionlutheran.org

Sara Bailey, Secretary
secretary@mtzionlutheran.org

Ian Koenig

Janet McCarthy

Lynda Yanny

Robyn Di Giacinto

Jean Morack

Jeremy Goss

Doug Dralle

Erik Peterson

Mike Marciniak

Debbie Kleppek

Mavis Roesch



Mt Zion LUTHERAN
CHURCH ELCA

12012 West North Avenue
Wauwatosa, WI 53226
(414) 258-0456

parishadmin@mtzionlutheran.org



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youtube.com/mtzionlutheran