

## Worship Services

### Sundays

8:30am Traditional  
9:40 Education Hour  
10:45am Contemporary

### Wednesdays

6:30pm Evening Prayer

### Office Hours

Parish Administrator in  
the office Tuesday,  
Wednesday, Friday

### 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!**

## Communion Carry-Out

While some people prefer to supply their own bread or crackers and wine at home, some people prefer the communion wafer and wine served at church. For those who would prefer communion supplies direct from church, we are happy to offer:

### Curbside Communion Carry-Out November 4 3:00pm-6:00pm

Drive up to the main entrance at church and we'll bring out a set or two of 4 pre-packaged communion cups for upcoming worship services at home!

If you'd like to pick up a set for a friend or family member unable to travel to church, that would be wonderful!



When you drive up to the entrance, simply roll your window down once we are outside and we'll hand them to you.

Staff will wear masks the entire time but please know that underneath, we will have the biggest smiles on our faces because we'll be so happy to see you, even if just for a moment! We miss you!

(And, for our local wildlife, we apparently have a carry-out option for you, too. See page 13 for pictures).

# Make a Joyful Noise

Help us Celebrate -- Make a Joyful Noise and Raise a Toast!

Join us via Zoom to celebrate the 2021 Stewardship Appeal with us between services on Sunday, Nov. 1 at 9:40 a.m.! (Zoom Meeting ID 868 1235 8587 Passcode: 12012)

Since we won't be "in person," it's "BYO" (Bring Your Own) beverage to raise a toast to celebrate being part of a vibrant, impactful faith community! Do you have a favorite ministry? Toast it! What do you appreciate about Mt Zion? Toast it!

Let's also have some fun by making a joyful noise! We invite you to bring a noise maker of any sort ... duck calls, trombones, pots and pans, bells, tambourines, bongo drums, kazoos -- you name it!


We are joyous and grateful for your generosity!

- THANK YOU, THANK YOU, THANK YOU to those who have submitted their Statement of Intent for 2021.

## RESULTS SO FAR:

- We are off to a SOLID start with 67 Statements of Intent submitted as of earlier this week.
- So far, we have received four Statements of Intent from new pledgers (who have given in the past without pledging). Thank you so much!
- Those who turned in their pledges so far have increased their giving by an average of 5% for an increase of \$230 per week over last year!! Outstanding!!
- Members of the Leadership Board and Stewardship Committee also have shown their support in giving intent, with a combined total of \$1,788 per week. Fantastic!!
- There are 63 more households yet to respond to reach our goal of 130 pledges. When these supporters respond with the same generosity as those who already responded, we will be well on our way!
- If you have any concerns about responding, no worries, we NEED YOUR HELP to achieve our goal of raising an additional \$923 per week from \$6,173 to \$7,096, that will fund our proposed 2021 ministry initiatives.
- Please complete your Intent and email, mail or bring it to the church office. To fill out an electronic Statement of Intent, go to [bit.ly/34V698k](https://bit.ly/34V698k).
- We are so grateful for your generosity of time, talent and treasure!

# This Week at Mt Zion

<p>Sun November 1</p>	<p>8:30a <b>Traditional Worship</b> <a href="https://youtu.be/nMRQIC_xDaA">https://youtu.be/nMRQIC_xDaA</a> Meeting ID: 841 6597 2335 password 12012</p> <p>9:40a <b>Faith Formation Hour</b> [Youth, and Sunday School] <b>Stewardship Celebration</b> (see page 2 for login info)</p> <p>10:45a <b>Contemporary Worship</b> <a href="https://youtu.be/nMRQIC_xDaA">https://youtu.be/nMRQIC_xDaA</a> Meeting ID 875 7308 8960 password 12012</p> <p>5:00p <b>Confirmation</b> <a href="https://wartburgseminary.zoom.us/j/6455652349">Wartburgseminary.zoom.us/j/6455652349</a></p>
<p>Mon November 2</p>	<p>12:12p <b>12 Minutes of Prayer</b> of <a href="https://www.facebook.com/">Facebook</a></p> <p>7:00p <b>NA 12-steps group</b> alternate location while closed</p>
<p>Tues November 3</p>	<p>All Day <b>Election Day</b> In-Person Voting in Fellowship Hall</p> <p>10:00a <b>Staff Meeting</b></p> <p>12:00p <b>AA 12 Steps Meeting</b> continues virtually</p> <p>6:00p <b>Writer's Circle</b> Meeting ID: 829 2787 8248 Passcode: 12012</p> 
<p>Wed November 4</p>	<p>12:00p <b>Brown Bag Bible Study</b> in-person and on Zoom Meeting ID 84924897122 Password 12012</p> <p>1:00p <b>Prayer Warriors</b> (same login as Brown Bag Bible Study)</p> <p>6:30p <b>Evening Prayer</b> Meeting ID 861 3409 5569 password 12012</p>
<p>Thurs November 5</p>	<p>12:00p <b>12 Minutes of Prayer</b> on <a href="https://www.facebook.com/">Facebook</a></p> <p>5:00pm <b>Beer and Bible, Wine and the Word</b> Meeting ID: 835 6456 0076 Passcode:12012</p>
<p>Fri November 6</p>	<p><b>7:00p ACA 12-Step Group</b> Meeting Remotely</p> <p><b>7:30p Essay 12-Step Group</b> Meeting Virtually</p>
<p>Sat November 7</p>	<p>8:30a <b>Women of Heart Bible Study</b> on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p>
<p>Sun November 8</p>	<p>8:30a <b>Traditional Worship</b> in-person and on YouTube</p> <p>9:40a <b>Education Hour</b> (Adult Forum, Sunday School, Youth)</p> <p>10:45a <b>Contemporary Worship</b> in-person and on YouTube</p> <p>5:00p <b>Youth Group</b></p>



Here are a few pics from the haunted house!

It was a tremendously ssscccaarrryy good time!

-Perrie



# Sunday School Corner

Over the past 4 weeks we have enjoyed learning about Noah's Ark. We closed out our lesson with a fun and interactive trivia game in which we were able to raise money for Heifer International, a non-profit organization that works to end hunger and poverty. A special thanks to our brilliant youth!!

This week we begin the Biblical story of Jonah and the Big Fish.



Our lesson this week (11/2/2020) will combine ALL Sunday School youth ages 3 years old through 5th grade and will participate in one shared Zoom lesson from 9:40 a.m. to 10:25 a.m.

All children should log into the following Zoom link at 9:40 a.m.:

**ID: 75266567262**

**Passcode: Gf3avC**

**\*\*Please remember:**

If you would like your son(s)/daughter(s) to be included during the weekly children's sermon, please upload a picture for us to incorporate into Sunday worship.

**\*\*Catechism emphasis:**

**Children ages 3 through 2nd grade are memorizing the Lord's Prayer**

**Children in 3rd through 5th grade are memorizing the 10 Commandments**

**Brenda**

# Holding on to Hope

Sunday, Nov. 1, at 4 p.m. Eastern time (3 p.m. Central time), Presiding Bishop Elizabeth Eaton will join many other religious leaders in the Holding On to Hope National Prayer Service, to be held at the National Cathedral in Washington, D.C.

<https://elca.org/News-and-Events/8075>

<https://www.youtube.com/watch?v=gBT2v4P7wVo>

<https://episcopalchurch.org/holding-hope>

This will be a Livestreamed prayer service.

~The Rev. Tyler Rasmussen



## Thank You! Thank You! Thank You!



I want to thank all of you for your texts, calls, emails, prayers, and cards! It has been very humbling knowing how many people care about me. Most have brought tears to my eyes. During my time in the hospital, I felt all your prayers and felt blessed to have all of you in my life!!

Thank you!

**Janet M.**

# You Are Welcome Here

## Who is welcome here at Mt Zion?

- If you are Asian, Hispanic, Black or White...
- If you are male or female or transgendered...
- If you are three days old, 30 years old, or 103 years old...
- If you've never stepped foot in a church; or if you are Buddhist, Roman Catholic, agnostic, or are a life-long Lutheran...
- If you are single, married, divorced, separated, or partnered...
- If you are straight, gay, lesbian, or bisexual...
- If you are a Republican, Democrat, Independent, Socialist, or not registered to vote...
- If you have, or had, addictions, phobias, abortions, or a criminal record...
- If you own your home, rent, live with your parents, or are homeless...
- If you are fully-abled, disabled or a person of differing abilities...

You are welcome here!

## Adult Forums

### Adult Forum: Discipleship in a Democracy

Now more than ever, we need to talk about how we be faithful citizens – by which I mean faithful to God and citizens in a democracy.

This summer, at the direction of the ELCA Churchwide Assembly that met in Milwaukee last August, the ELCA Churchwide Council released a Social Message titled “Discipleship in a Democracy”.

For the next month the adult forum will be reading and talking about this Social Message together. We are not just facing a tense election, but after the events last week in Tosa we all became part of the national dialogue on policing. Moreover, we are members of MICA and in our own mission commit to acts of justice.

This forum is our time to talk together about what all that means and how we, especially in a politically divided nation, engage together as faithful citizens.

Please check out <https://www.livinglutheran.org/2020/10/discipleship-in-a-democracy/> for more details about this document and join us as we wrestle together with how Mt Zion is called to bring our faith into the public realm of our community's politics.

**Come join the discussion on November 8th!**

# What is Rick Steves' Connection to Our Mission of the Month?

## ELCA World Hunger

Many of you know who Rick Steves is from seeing his travel programs on tv, but did you know he belongs to an ELCA church in Lynwood, Washington, a city north of Seattle? Here is a video link in which he tells about ELCA Hunger Relief, and his respect for what it does to help people around the world. (If you look closely, you'll be able to see Pastor Marilyn Miller and Thaurra Stallings from our partner church, Reformation, on the video!!)



<https://www.youtube.com/watch?v=0b7kVVQNAW4>

Also, here is a story about how the ELCA has helped a community after a devastating cyclone.

“May God bless your thoughtful gestures” - Zimbabwe

In March 2019, Cyclone Idai made landfall, causing widespread flooding and destruction in parts of southeast Africa, including Mozambique, Zimbabwe and Malawi. Reported as one of the worst tropical cyclones to affect Africa on record, the storm killed more than a thousand people, with many more missing.

Enia, a 60-year-old woman from the Chimanimani district of Zimbabwe, survived Cyclone Idai. She remembers saying goodnight to her husband as they went to bed that night. Just a few moments later, the rain started to pour, and they heard loud noises outside. Enia's husband went to see what was happening. It was the last time she saw him alive. “All of a sudden I saw rocks and muddy waters coming into our room through the windows,” she said, “and within the short period of time I was half-buried under the rubble, and it all happened so fast that I couldn't figure out what was really happening.”

Eventually, Enia escaped, but her husband did not. Enia was injured, and in addition to losing a loved one, she lost her home, food reserves, clothing and other property.

**(Continued on the next page)**



## ("World Hunger" continued from page 8)

Enia is one of more than 3,200 people in the Chimanimani district the ELCA helped support as the Evangelical Lutheran Church in Zimbabwe distributed nonfood items for immediate relief and offered psychosocial support to survivors. Because of her injuries, she can't walk to the distribution center to pick up supplies, so things such as food, clothing and blankets have been brought to her. "May God bless you for your thoughtful gestures as I am able to survive," she said.

This story, and many like them, show how ELCA World Hunger is reaching out to people in need in many parts of the world to provide food, clean water, education in sustainable agriculture, help for refugees, etc. As they say, "Our goal is to help people build self-sufficiency and create new community-owned approaches to problem-solving that will last long after our projects end."

Please consider donating to our Mission of the Month for November: ELCA World Hunger.

**Karen Engelhardt**

# About Hunger

## ELCA World Hunger

More than 800 million people — that's 1 in 8 people in our world today — are hungry.

As members of the ELCA, we are called to respond. We are a church that rolls up our sleeves and gets to work.

Working with and through our congregations, in the United States, Puerto Rico and the U.S. Virgin Islands Lutheran churches overseas and other partners, **ELCA World Hunger** is uniquely positioned to reach communities in need. From health clinics to microloans, water wells to animal husbandry, community meals to advocacy, your gifts to ELCA World Hunger make it possible for the ELCA to respond, supporting sustainable solutions that get at the root causes of hunger and poverty.

### Hunger facts

- 868 million people – that's 1 in 8 – are chronically hungry and cannot lead active daily lives.
- 1.2 billion people live in extreme poverty, living on less than \$1.25 per day.
- In the United States, more than 50 million people do not know where their next meal will come from.
- 46.2 million Americans are living in poverty.

# Stay Home. Stay Safe

“Wisconsin state health officials urge residents to leave home only when absolutely necessary and warn the crisis will continue escalating.”

Lockdown was meant to be a temporary measure until other systems could be in place that manage spread without keeping people from going out and enjoying their lives. But spread has not been managed. We locked down in March and April, and things got better within a month and stayed better all summer as a result. This time we have all the other safety protocols in place. Combined with lockdown, things should get better much more rapidly IF we all work together.

**Stay home.**

**Stay safe.**

Call it the first step in preparing for Christmas, and have a hot beverage.

**Pastor Tyler**

We can get through this again  
because we've gotten through it before.

Together.

# Science Tidbits

## *Virus Odds and Ends*

- 1) Precipitation contains viruses. Think about this the next time you try to catch a raindrop or snowflake on your tongue.
- 2) Cold air helps you contract a viral infection. If you spend a lot of time in the cold, your body responds by helping your mucous membranes dry up, removing a source of defense and increasing your chance of an infection.
- 3) An early warning sign of COVID-19 is loss of your sense of taste and smell. This is more likely to appear in younger people.
- 4) You are probably aware that viruses can lurk in many locations. Use precaution with phones, remotes, keyboards, faucets, door/cabinet handles, gas-pump handles, elevator buttons, weights at the gym.
- 5) Notify your doctor if you can't touch your chin to your chest. A stiff and sore neck is one of the initial signs of viral meningitis, a serious condition that can result from exposure to many common viruses.
- 6) Antibiotics have absolutely no effect on viruses. In fact, over-subscribing antibiotics to patients with viral infections has accelerated the appearance of antibiotic resistance in bacterial strains.
- 7) Speaking of antibiotic resistance, one of the most dangerous intestinal bacterial infections is *Clostridioides difficile* (C diff). It is a very contagious pathogen, responds poorly to antibiotics and is extremely difficult to eradicate. You really don't want a C diff infection! Important note: hand sanitizers claim to kill 99.99% of all microbes, but they DO NOT kill C diff. These sanitizers can never replace the effectiveness of washing hands thoroughly with soap and warm water.
- 8) Soap is particularly effective against viruses. A drop of soap in water causes protein-wrapped virus particles to rip apart. Important note: if possible, avoid those high pressure air dryers in public restrooms. They tend to blow contaminants all over.
- 9) Regular, medium-level exercise, such as brisk walks, helps bolster your immune system and lessens your susceptibility to viral infections. Excessive exercise, however, can compromise your immune system. 1
- 10) Some have said that vaccination is not really necessary for a disease like the flu if most people where you live have already had it or have been vaccinated. However, for "herd immunity" to be effective for the flu, greater than 90% of the population needs to be vaccinated. The exact vaccination percentage for a particular disease is determined by how contagious it is, and the flu is very contagious. Note that if an effective vaccine against COVID-19 is forthcoming, herd immunity will be difficult to achieve if people are reluctant to get vaccinated.

**-Steve Downs**

# Let's Just Imagine for a Moment

My shoes and socks were damp and cold when I boarded the plane in the dark this morning. That seemed like a lifetime ago as I now wiggle my toes against the ends of my well-traveled, polka dot flip flops. Before I leave the hotel room, I slather on some sunscreen, the hint of coconut fills my nostrils and I smile contentedly.

The sun is blinding to me at first as it shines off the azure water lazily rolling toward the shore. I put on my sunglasses and, as I wait in line to grab something cool to drink from a nearby snack stand, I dance to the sound of a steel band playing further down the beach.

The condensation from the icy cup flows through my fingers while I stake out a spot on the sand. Near a palm tree, I spread out my fluffy purple blanket and look up to the leaves. They seem to whisper, "Peace and joy, peace and joy" as they gently sway back and forth. I take a deep breath in...and out...and feel the warmth of the sun embrace my body. The top of my head feels warm and relaxed and I release my tightly clenched jaw. My muscles feel like jelly as months of stress dissolves from my tendons. From my bones.

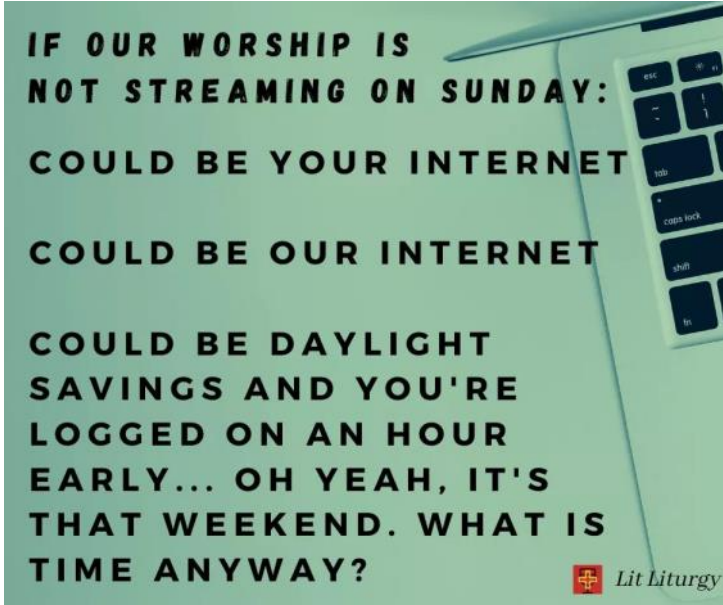
Giddily, like a child, I slip my feet from my flip flops and place them on top of the warm, golden marshmallow-colored sand. I exhale quickly, realizing it's too hot, so I squish my toes deeper into the grains of sand, the texture instantly becoming cool and damp.

I look out to the water and hear the gulls calling to each other over the gentle crashing of the waves. I recline onto my forearms and, with a sigh, I close my eyes in gratitude, realizing there is nowhere else I need to be today.

**Jessica Monahan**



# Do The Time Warp



Remember to turn your clocks back an hour this Sunday, November 1!

## Grace Notes Gallery



“Give us this day our  
daily bread.”

This squirrel was happy  
to nibble on a chunk of  
bread it found in the  
church courtyard.

# The Back Pew



## Short Story for Hunger

For those who joined author Jessica Monahan during June's Book Club meeting, you may remember hearing of a short story based on, "The Sisters of Inishford". Well, Jessica is pleased to announce the short story is done!

"When this year's race prize for finding the High Maiden's slippers includes a hefty purse worth two carts of granite, the knights dream of what they'd spend their small fortune on. While other knights plan to buy ale or shirts for themselves, Peadar is determined to make sure it helps feed his orphaned niece and nephew. But his niece and nephew would rather Peadar find Shannon's slippers. She's the tavern maiden who's been sweet on Peadar for years. Who will find who's slippers in this fast-paced horse race?"

"The Race of the Mally Tallow: A King's Mettle Short Story" will be available for Amazon Kindle starting November 1st. Also available will be the "Bonus Content Edition" which will feature deleted dialogue, sketches, and more! Throughout November, all proceeds will be donated to **ELCA World Hunger**.

# Oct/Nov Birthdays and Anniversaries

## Birthdays

Diane R. 10/25  
Jean M. 10/25  
Ellen S. 10/26  
Jeanne F. 10/26  
Emily S. 10/27  
Jack J. 10/30  
Carolyn F. 10/31  
David W. 11/1  
Beth F. 11/2  
Niko, A 11/2  
Janice G. 11/2  
Mary J. 11/3  
Kingston M. 11/3  
Judy H. 11/3  
Jim Z. 11/4  
Adam M. 11/4  
Melissa S. 11/5  
Jason F. 11/5  
Angela R. 11/6  
Shelly R. 11/7  
Kyle F. 11/8  
Katy M. 11/8  
Samuel S. 11/9  
Sara B. 11/9  
Elmer B. 11/10  
Andrew F. 11/10  
Bob C. 11/12  
Linda H. 11/13  
Lisa M. 11/13  
Gabby G. 11/16  
Robert E. 11/16  
Elena B. 11/17

Jacob B. 11/17  
Mike K. 11/17  
Amy K.. 11/17  
John D. 11/17  
Owen B. 11/18  
Joyce S. 11/19  
Rich R. 11/21  
Nicole C. 11/22  
Alexandra H. 11/23  
Jelani S. 11/23  
Robyn D. 11/26  
Barb M. 11/27  
Gail R. 11/29  
Emma C. 11/29  
Angela S. 11/29  
Debbie K. 11/30  
Brenda F. 11/30

## Wedding Anniversaries

David and Debbie J. 10/26  
Bill and Angela S. 10/28  
Jonathan and Beth F. 10/30  
Brendan and Mike M. 11/2  
Eric P and Cynthia R. 11/2  
Jennifer and Steve S. 11/13  
Jessie and Adam M. 11/18  
John and Lynda Y. 11/27  
Kent and Margie S. 11/28

## Baptism Anniversaries

Brenda M. 10/26  
Griffin S. 10/27  
Katie F. 10/27

## Scripture Readings for This Week

Micah 3:5-12 Psalm 43

1 Thessalonians 2:9-13 Matthew 23:1-12

## Scripture Readings for Next Week

Amos 5:18-24 Psalm 70

1 Thessalonians 4:13-18 Matthew 25:1-13

## Mt Zion Staff

### Pastor

**The Reverend Tyler D. Rasmussen**

[pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org)

### Sunday School Superintendent

**Brenda Marciniak** (volunteer)

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### Parish Administrator

**Jess Monahan**

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### Social Media

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## Leadership Board

**Matt Czervionke, President**

[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

**David Fohr, Treasurer**

[Treasurer@mtzionlutheran.org](mailto:Treasurer@mtzionlutheran.org)

**Lynda Yanny, Vice President**

[VP@mtzionlutheran.org](mailto:VP@mtzionlutheran.org)

**Sara Bailey, Secretary**

[secretary@mtzionlutheran.org](mailto: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**

**Katie Frederick**



**Mt Zion**

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