

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!**

Appeal Commitment Sunday and Intentional Giving

"They celebrate your abundant goodness and joyfully sing of your righteousness."

--Psalm 145:7

Please watch your mail this week for an Annual Stewardship Appeal letter containing a brochure describing our exciting 2021 Ministry Initiatives, our Appeal goals, as well as a Statement of Intent (pledge card).

We ask you to pray for the success of the appeal, and about your commitment for 2021. Experience the joy of giving!

Please help us to fulfill these 2021 Ministry Initiatives:

Create a More Welcoming Space
Create a More Engaging Worship Experience
Create a More Joyful Celebration

If you plan to worship in person this Sunday, we invite you to bring your Statement of Intent to church and bring it forward during the Offering to place it in one of the collection baskets.

If you plan to worship online,
Complete the Statement of Intent online at
<https://bit.ly/34V698k> ;

Email your Statement of Intent
to pledges@mtzionlutheran.org;
Mail to Mt Zion Lutheran Church,
12012 W North Ave, Wauwatosa, WI 53226;
or drop it off at the church office!

"Creating a joyful community
where all are welcome and in-
cluded, faith in God drives our
lives, and we have the courage to
respond to injustice."

A Joyful Community...



Celebrating

75
years
of God's love

All Saints Sunday

On November 1, we will be remembering and celebrating the saints who have gone before us. Each year, we particularly recognize the saints who have died in the past year. If there is any saint in your life who has died in this past year that you'd like us to recognize, please send their name along with a picture (if possible) to parishadmin@mtzionlutheran.org to be included in our celebration. Names need to be submitted no later than **Thursday, October 29.**



Thank You!



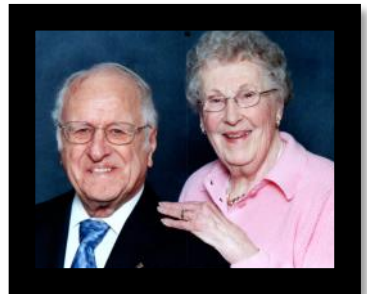
Thank you friends at Mt Zion for thinking of me and for the potted plant and card. Keep on praying for me! Good has been so good.

-Ellie

With Sympathy

We were saddened to learn of the passing of Arleen Meyer, who passed away on Oct. 9, 2020. Born on Nov. 15, 1922, Arleen would later marry Forrest Meyer and they celebrated 75 wonderful years together until Forrest's death in 2018.

Visitation for Arleen will begin at 12:30pm at Mt Zion on Monday, October 19, with the funeral service to begin at 1:00pm.



This Week at Mt Zion

<p>Sun October 18</p>	<p>8:30a Traditional Worship https://youtu.be/PrTagCwnpdc 9:40a Faith Formation Hour [Adult, Youth, and Sunday School] Adult Forum: Meeting ID 868 1235 8587 Passcode: 12012 10:45a Contemporary Worship https://youtu.be/PrTagCwnpdc 5:00p Confirmation Wartburgseminary.zoom.us/j/6455652349</p>
<p>Mon October 19</p>	<p>12:12p 12 Minutes of Prayer of Facebook 5:30p Executive Committee 6:00pm Leadership Board 7:00p NA 12-steps group MTZ Courtyard</p>
<p>Tues October 20</p>	<p>10:00a Staff Meeting 12:00p AA 12 Steps Meeting continues virtually 12:12p 12 Minutes of Prayer of Facebook 6:00p Writer's Circle Meeting ID: 829 2787 8248 passcode: 12012</p>
<p>Wed October 21</p>	<p>8:30a Health Clinic at the Courtyard [Parking lot] 12:00p Brown Bag Bible Study in-person and on Zoom Meeting ID 84924897122 Password 12012 1:00p Prayer Warriors on Zoom Meeting ID 86134095569 Password 12012 6:30p Evening Prayer</p>
<p>Thurs October 22</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 October 23</p>	<p>5:15p MZY Haunted House Trip (see page 4 for more info) 7:00p ACA 12-Step Group Room 101 7:30p Essay 12-Step Group Meeting Virtually</p>
<p>Sat October 24</p>	<p>8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012 Phone +1 312 626 6799 10:00a Chinese American School</p>
<p>Sun October 25</p>	<p>8:30a Traditional Worship in-person and on YouTube 9:40a Education Hour (Adult Forum, Sunday School, Youth) 10:45a Contemporary Worship in-person and on YouTube 5:00p Youth Group</p>

 MZY Mt Zion Youth

On **Friday October 23rd**, MZY and friends will be heading to a haunted house together to have some in-person fun!!!

THE HILL HAS EYES –

In Franklin WI (the old Crystal Ridge Ski Hill, now known as THE ROCK) This is a highly rated haunted house for 13+ year old youth! (if you are 12 and still want to join us, talk to your parents* – you are welcome to join us!)

We will meet at Mt Zion at 5:15 and caravan to the Haunted House! The tickets are \$35 a piece for this 4 attraction event!! There is a DJ, drinks for purchase and bathrooms available.

COVID POLICY: This Haunted “House” is entirely outside this year on 45 acres of land. MASKS ARE MANDATORY! This year the “HILL” will be running at 55% capacity and for 3 different time frames each night. We plan to go in the first time frame 6-8pm, which is even safer as we will be in the first wave of guests.



YES! SIGN ME UP!!

If you are excited and ready to join us for the HAUNTED HOUSE night on Friday October 23,

Please RSVP to PERRIE mkperrie@gmail.com
or 414-759-3021

BY SATURDAY OCTOBER 17th!

We will buy the tickets as a group on Sunday October 18th!



**ARE FRIENDS WELCOME TO
COME?**



ABSOLUTELY!

Looking forward to our first FUN event with MZY!!

Science Tidbits

You're never too old

After my mother-in-law's passing, in sorting through her possessions we discovered a box containing all of the mail correspondence sent by my wife over the years. I have enjoyed reading through all of the cards and Christmas letters that represented a running commentary of our family's life (some of the details long forgotten). In one of Sherry's cards, being concerned over the level of her mom's inactivity, she inserted an article about one of the pioneers of physical fitness whose life-long goal became improving the health of Americans at all ages. I am sure that those of you in my general age range will remember this first mainstream fitness guru.



Jack Lalanne claimed he had been a "miserable kid," having dropped out of school at age 14. The next year he heard a talk from a nutritionist who preached on the "evils of meat and sugar" and advocated for healthy eating. This one experience resonated with Jack and turned his life around, as he became fanatical about diet and fitness. In the year I was born, he started The Jack Lalanne Show on television, presenting fitness and exercise advice, which ran for 34 years until 1985. I have a profound memory of seeing him on TV while growing up; in fact, it seemed you couldn't turn on the TV without seeing that exercise nut in his trademark jump suit.

Jack talked the talk and walked the walk. He followed a daily two hour workout regimen his entire life, up until that day before he died at age 96 in 2011. He was a vegetarian, never ate dessert and blamed overly processed foods for many health problems. He preached that many of our aches and pains come from lack of exercise. As people enter into their senior years, they can't help but anticipate the eventual eroding away of their health and vitality. Jack placed great emphasis on the elderly staying active by whatever means available and showed it is possible to stave off this inevitable decline. On his TV show, he inspired his viewers to use basic home objects, such as chairs, to perform their exercises with him.

Yet he was the first to create home exercise equipment and to open a modern health spa. And it is hard to believe that before Jack, athletes didn't routinely work out with weights. Some memorable quotes: "I'd hate dying; it would ruin my image" and "Dying is easy; living is a pain in the butt."

Some amazing accomplishments:

Age 43—performed 1,033 push-ups in 23 minutes

Age 61—swam the 1.7 mile length of the Golden Gate bridge underwater, handcuffed and shackled, with 140 lb air tanks on his back, towing a 1,000 lb boat.

Age 70—handcuffed, shackled and fighting intense winds and currents, towed 70 rowboats 1 mile in Long Beach Harbor

-Steve Downs

Ministry Schedule O

	Oct. 18 Sunday 8:30 am	Oct. 18 Sunday 10:45am	Oct. 25 Sunday 8:30am	Oct. 25 Sunday 10:45am	Nov. 1 Sunday 8:30 am
ACOLYTES					
ALTAR CARE					
ASSISTING MINISTERS	Tom Ertel	Mavis Roesch	Linda Ertel	Mavis Roesch	Rich Robinson
COMMUNION DEACONS					
GREETERS	Vince and Barbara Pipia	Dorothy Snead	Kent and Margie Spicer	Richard Pearson	Dave Fohr
LECTORS	Gail Robinson	Perrie Dralle			Gail Robinson
USHERS	Matt Czervionke & Mari Moore	Dorothy Snead	Jim and Donna Zarek	Richard Pearson	Matt Czervionke Mari Moore
OFFERING STEWARDS <u>MONDAY</u>	3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		4TH WEEK: Nancy Schumacher / Carl & Karen Engelhardt		1st Week Tom Ertel, Jim Goetzinger, and Gary Goll
AUDIO/VISUAL	Marciniak Family	Marciniak Family	Douglas Johnson	Douglas Johnson	Erik Peterson and Abby Sumiec

ct. 18 - Nov. 15, 2020

	Nov. 1 Sunday 10:45am	Nov. 8 Sunday 8:30 am	Nov. 8 Sunday 10:45am	Nov. 15 Sunday 8:30 am	Nov. 15 Sunday 10:45am	
	Cynthia Rigsby	Andrea Cockerham	Mavis Roesch	Tom Ertel	Cynthia Rigsby	
	Dorothy Snead	Vince and Barbara Pipia	Richard Pearson	Kent and Margie Spicer	Dorothy Snead	
	Eric Pearson	Pete Peterson				
	Dorothy Snead	Jim and Donna Zarek	Richard Pearson	Matt Czervionke & Mari Moore	Dorothy Snead	
		2ND WEEK: Tom & Pat Morgan / Brad & Pam Hext		3rd WEEK: Pete Peterson/John Link/ Roy Durrenberg		
	Erik Peterson and Abby Sumiec	Lynda & John Yanny	Lynda & John Yanny	Marciniak Family	Marciniak Family	

Helping During Tough Times

*Lutheran Church of the Reformation
Helping Their Neighbors During Tough Times*

Since the “Safe at Home” order issued by Gov. Evers on March 28th this year, Reformation, without hesitation, has expanded its outreach to many more of their neighbors. These include, people who lost their jobs or had hours cut (many who work at low paying jobs to begin with) and are now having difficulty buying food and paying rent, and kids who had relied on eating one or two meals at school, who are no longer going to school due to virtual education, thus missing out on necessary nutrition.

With help from partner churches, like Mt. Zion, Reformation supplied grocery gift cards to youth who were involved in the summer work program and rent support is being provided to families facing eviction. The Neighborhood Store is giving away all infant and baby clothes to parents in need.

We can continue to help them provide these critical services to their neighbors, our sisters and brothers, by donating funds or store gift cards (Metro Mart, Aldi’s, Walgreens, Wal-Mart) to the church. The Neighborhood Store would love to receive baby items: clothes, bibs, bottles, diapers, wipes, Pack ‘n’ Plays, strollers, bathing tubs, toys, anything related to baby care.

Monetary donations and gift cards can be sent directly to Reformation, Attention : Pastor Marilyn at 3806 W. Lisbon Ave., Milwaukee, 53208. Items for distribution at the store can be dropped off at the same address between 9 a.m. and 2 p.m. Monday, Wednesday and Friday. Or call the church at 414-444-0440 to arrange an alternative time.

Please keep the Lutheran Church of the Reformation and Pastor Marilyn in your prayers as their work continues.

Andrea Cockerham



MICAH

If you are wondering why you always hear me talk about MICAH, here is your opportunity to hear about it from experts while you are in the comfort of your own home. No worry if the weather is cold and rainy. You will definitely find it worth your while. Once you register, the zoom information will be sent to you a few days before the event.

Jerry Roesch

Register online for the Micah “We Rise” 2020 Annual Virtual Public Meeting Celebration at the link below:

<https://bit.ly/319UbxI>

Free MKE Face Masks

“The City of Milwaukee Health Department is offering free masks to every resident” (Fox). For a map of location and more information visit the website below!

<https://www.fox6now.com/news/milwaukee-health-department-offers-free-masks-for-residents>

Mission of the Month

For many years Mt. Zion has generously donated time and money to Greater Tosa Interfaith. ERAS has replaced that organization and expanded some of its services. They provide services and programs throughout Milwaukee and Waukesha counties designed to help seniors and adults with disabilities through a network of collaborative partnerships, coordination of services and intergenerational volunteer activities at no cost to the client. These services include transportation, seasonal outdoor help, grocery shopping, minor home repairs, help with forms, letters and bills, friendly visits, meal delivery and holiday giving to name a few.

Both financial support and volunteers are greatly needed! Please consider helping to support this vital mission.

Anyone wanting to use the services or wishing to volunteer their time and talent should contact either the Milwaukee or Waukesha County office.

Milwaukee office: 414-488-6500

Waukesha office: 262-549-3348

www.eras.org



SHOW YOUR HEART



AND DONATE!!



FALL FOOD DRIVE

(A DRIVE THRU EVENT)

SATURDAY, OCTOBER 31ST

9:00AM - 12:00PM

FISHER PARKING LOT (120TH & NORTH)



Come join us for our FALL FOOD DRIVE THRU!

The Wauwatosa Recreation Department and Tosa Cares are teaming up for a great cause! We are hosting a Food Drive and one you don't even need to get out of your car for! 2020 has been a difficult year and families are in need of help. Please show your kindness as we head into the Holiday Season and donate at our Food Drive. We will be in the Fisher Administration Building East parking lot (12121 W. North Ave).

Please donate Non - Perishable food items for the Tosa Cares food pantry.

Volunteers will be on sight to unload donated food items from your vehicle in order to follow social distancing guidelines.

**TOSA
CARES**


**WAUWATOSA
Recreation
Department**

Every Vehicle that donates, can enter a drawing to win Rec Bucks

(a Recreation Department gift certificate that can be used toward

October Birthdays and Anniversaries

Birthdays

Abraham, B 10/2
 Michael M. 10/2
 Linda E. 10/2
 Adam F. 10/3
 Julia C. 10/3
 Bryce G. 10/4
 Joey H. 10/4
 Mitchel C. 10/4
 Bryce G. 10/4
 Arlo J. 10/6
 Wendi H. 10/7
 Charles W. 10/8
 Zach P. 10/8
 Lexi G. 10/9
 Cayden P. 10/10
 Brenda M. 10/10
 Jason B. 10/11
 Judy M. 10/13
 Sandra H. 10/13
 Vivian T. 10/14
 Shirley B. 10/15
 Donna Z. 10/15
 Amy F. 10/17
 Carl E. 10/18
 Irene M. 10/21
 Kent S. 10/21
 Amanda C. 10/21
 Dean C. 10/22
 Elizabeth F. 10/22
 Brian D. 10/24

Birthdays

Paul Z. 10/24
 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

Baptism Anniversaries

Alex H. 10/2
 William S. 10/2
 Joey H. 10/5
 Liz A. 10/6
 Gianna S. 10/6
 Jelani S. 10/6
 Tyler P. 10/7
 Maggie M. 10/11
 Rachel H. 10/13
 Kyle C. 10/20
 Ethan C. 10/21
 Charlie S. 10/21
 Spencer J. 10/22
 Jillian M. 10/22
 Jaidyn H. 10/22
 Logan W. 10/23
 Brenda M. 10/26
 Griffin S. 10/27
 Katie F. 10/27

Wedding Anniversaries

Dean and Liz C. 10/4
 Steve and Linda H. 10/5
 Kenny and Brittany H. 10/6
 Greg and Linda R. 10/11
 Andrew and Jennifer J. 10/13
 Jim and Susan Y. 10/20
 Jeff and Julie B. 10/22
 Anthony and Katie F. 10/22
 Angella and Jeremy G. 10/24
 David and Debbie J. 10/26
 Bill and Angela S. 10/28
 Jonathan and Beth F. 10/30

Scripture Readings for This Week

Isaiah 45:1-7 Psalm 1

1 Thessalonians 2:1-8 Matthew 22:34-46

Scripture Readings for Next Week

Leviticus 19:1-2, 15-18 Psalm 80:7-15

Philippians 3:4b-14 Matthew 21:33-46

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
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Organist

Cynthia Johnson
music@mtzionlutheran.org

Office Volunteers

reception@mtzionlutheran.org

Director of Choirs

Patricia Eby
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Worship Volunteer Coordinator

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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

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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 Klepek

Mavis Roesch

Katie Frederick



Mt Zion LUTHERAN
CHURCH ELCA

12012 West North Avenue

Wauwatosa, WI 53226

(414) 258-0456

parishadmin@mtzionlutheran.org



mtzionlutheran.org

facebook.com/mtzionlutheran

instagram.com/mtzionlutheran

youtube.com/mtzionlutheran