

Worship Services

Sundays

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

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!**

Helping Families in Need

JANUARY MISSION OF THE MONTH

HELPING FAMILIES IN NEED

Responding to those who ask for help...Families or individuals may need help with clothing, winter coats or boots, or extra help with food. A mother may need formula and diapers for her baby. Mt Zion can respond with Tosa Cares right here to help. Families may need financial assistance for rent, car repair, utility bills just to get by. **This month a response to the Mission of the Month helps Mt Zion respond to families asking for help.** Let us continue to demonstrate Christ's compassion by witnessing boldly to God's love for all people through our helping hands and caring hearts.

How: Mail Mission of the Month envelopes to Mt. Zion or use online giving and indicate January Mission of the Month.

If you need help or know someone who needs help, please contact the church office or Pastor Tyler.

Upcoming Anniversary

Happy 1st Anniversary to Pastor Tyler who began his call at Mt Zion Lutheran on January 8, 2019.



And what a year this has been. You have guided us through a pandemic, virtual worship, social reckoning, political division, economic hardships, and celebrated all the joyful moments we've been blessed with this year.

We are so glad you are here!



• ANNUAL MEETING •

Save the Date

• JANUARY 24, 2021 •
9:40AM

**Log in using the Adult Forum Meeting ID: 868 1235
8587**

Passcode: 12012

Call in using the phone at 312.626.6799

Special Worship Services

The 2 Sundays of Christmas we will be worshipping with Lutherans throughout Greater Milwaukee using services put together by our synod leadership. These services highlight our global companion relationships. Just as Mt Zion is partners with Reformation Lutheran, our synod has partnerships that extend across the world. These Sundays we will celebrate those partnerships together.

January 3, the Diocese of Meru in Tanzania.

It was Beautiful



A Special Thanks to David Jasso for his beautiful solo of "Our Father" on December 13, 2020. It was spiritual and meaningful. Sing it again!

Carol Cobus

This Week at Mt Zion

| | |
|----------------------------|--|
| <p>Sun January 3</p> | <p>8:30a Traditional Worship youtube.com/mtzionlutheran Meeting ID: 841 6597 2335 password 12012</p> <p>10:45a Contemporary Worship www.youtube.com/mtzionlutheran Meeting ID 875 7308 8960 password 12012</p> |
| <p>Mon January 4</p> | <p>12:12p 12 Minutes of Prayer on Facebook</p> <p>7:00p NA 12-steps group alternate location while closed</p> |
| <p>Tues January 5</p> | <p>10:00a Staff Meeting</p> <p>12:00p AA 12 Steps Meeting continues virtually</p> <p>6:00p Writer's Circle Meeting ID: 82927878248 password: 12012</p> |
| <p>Wed January 6</p> | <p>Epiphany</p> <p>12:00p Brown Bag Bible Study on Zoom Meeting ID 84924897122 Password 12012</p> <p>1:00p Prayer Warriors (same login as Brown Bag Bible Study)</p>  |
| <p>Thurs January 7</p> | <p>12:12p 12 Minutes of Prayer on Facebook</p> <p>5:00p Beer and Bible, Wine & The Word Meeting ID: 83564560076 passcode: 12012</p> |
| <p>Fri January 8</p> | <p>7:00p ACA 12-Step Group Meeting Remotely</p> <p>7:30p Essay 12-Step Group Meeting Virtually</p> |
| <p>Sat January 9</p> | <p>8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p> |
| <p>Sun January 10</p> | <p>8:30a Traditional Worship in-person and on YouTube</p> <p>9:40a Faith Formation Hour (Youth, Sunday School, Adult Forum)</p> <p>10:45a Contemporary Worship in-person and on YouTube</p> |

Baby, it's Cold Outside!



While snowpeople are perfectly comfortable just wearing scarves and hats out in the cold, human beings living in the Milwaukee area need a good, solid winter coat to stay warm and healthy. If you have an old coat in good condition you no longer wear please donate it to TOSA Cares.

Coat and Food drop off
Wed from 1-3
Sat from 10 - noon.

Thank You Mt Zion For...

Being a part of Christmas Has a Heart,
Helping to feed 250 families during the Holidays,
Your food donations on drive up Sundays,
Your participation in the fall food drive across the street,
Your coat and clothing donations,
Your drop off donations on Wednesdays and Saturdays,
Your financial gifts that have sustained us through a very challenging year,
Your prayers, your encouragement,



The people of Mt. Zion who provide a place to do the ministry of feeding and clothing friend and stranger during good times and difficult times.

The Tosa Cares Board of Directors and Tosa Cares Families are filled with GRATITUDE. THANK YOU!



Science Tidbits

Aging Myths

In the last 200 years, man's life expectancy at the time of birth has doubled. As animals go, we humans do pretty well in the longevity department. As a result, people of advanced age tend to accumulate; indeed, according to WHO, between 2000 and 2050, the proportion of the world's population over 60 is set to double from 11% to 22%.



Many assumptions have accumulated concerning the process of aging. Newly retired, you can throw me into the mix of those entering their “senior” stage of life, but it is nice to know that some of the assumptions are actually myths, and I am here to debunk some of them.

1. Physical deterioration is inevitable. While not entirely untrue, since wear and tear does accumulate in one's body, lifestyle changes can definitely slow the process down. In fact, increased physical activity and a healthy diet can greatly attenuate, if not reverse, many of the problems associated with advancing age, such as a drop in strength, increased body fat, high blood pressure, and lower bone density. And the importance of attitude cannot be discounted. The results of one study indicated that when people expect a significant level of decline, it will become a self-fulfilling prophecy. So, maintain a positive outlook and stay active!

2. Senior adults should not exercise. Nothing could be further from the truth. Keeping physically active definitely boosts muscle strength, reduces fat, and improves mental health at any age. In one study, adults 60-80 years of age were put through a 42-week weight-lifting regime, and this led to significant increases in muscle size, strength and functional capacity. I am a good case in point about the power of exercise, as faithfully working out at the YMCA three times per week the past 1.5 years has enabled me to discontinue two of my diabetes medications (exercise profoundly boosts insulin sensitivity).

3. Cognitive decline is inevitable. In 2015, The Alzheimer's Association reported that maintaining regular physical activity and managing cardiovascular risk factors such as diabetes, obesity, smoking and high blood pressure were strongly associated with reduced risk of cognitive decline. I have written before about how studies with mouse models of Alzheimer's that were kept mentally engaged supported this. You can be proactive.

4. Older adults need more sleep. This may be assumed because “we” often take naps. But this is not usually because more sleep is needed per se. Rather, seniors often have fragmented sleep, due to disrupted circadian (daily) rhythms or to factors such as arthritic joints (yes, my knees do talk to me at night), breathing issues, an enlarged prostate (sorry, men only), or certain medications. The official recommended sleep requirement for persons over 65 is 7-8 hours per night. On a more positive note, a study in the *Journal of Sleep Research* found that older adults may tolerate modest sleep deprivation better than younger adults.

Steve Downs

Grace Notes Deadline Changing!

The deadline for anything needing to be printed in the Sunday, January 10 edition will need to be submitted to Jess by Tuesday, January 5. If you have questions, contact Parish Admin, Jess Monahan.

Future materials will need to be submitted by Tuesday each week otherwise they will be run in the following week's Grace Notes.

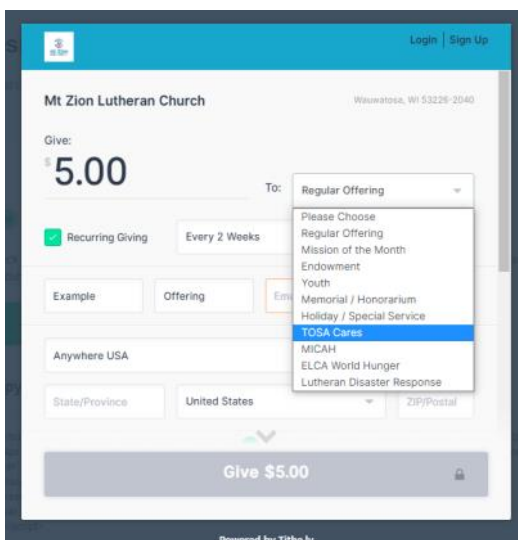
Psst! Anyone can submit a photo, article, or announcement!

What is Tithe.ly?

We are transitioning to a new online giving provider. When you give online, you'll see a new giving provider.

Will I still be able to give using Vanco and SimplyGiving?

Yes, but only until Easter. The Vanco link will remain at the bottom of the Mt Zion giving page until we are able to transition everyone over to Tithe.ly.



Volunteer Schedule

Here are the people who are volunteering through in January

AV

Jan. 3. Douglas J

Jan. 10: Merry and Mitch

Jan. 17: Perrie and Doug

Jan. 24: Matt and Ethan

Jan. 31: Erik and Abby

Money stewards

TBD

Morgans and Hexts

Pete, John, and Roy

Nancy and Engelhardt

Tom, Jim, and Gary

December Birthdays and Anniversaries

Birthdays

Erica J. 1/1
Tessa J. 1/1
Susan Y. 1/3
Aaron P. 1/4
Joseph K 1/4
Valerie K. 1/5
John P. 1/5
Kristin F. 1/7
Mason S. 1/8
Nancy S. 1/9
Brittany H. 1/13
Bryce R. 1/13
Isaac R. 1/13
Madeline E. 1/14
Lynden D. 1/17

Curt P. 1/17
Laura C. 1/17
Jim G. 1/18
Abby H. 1/19
Michael B. 1/20
Benjamin S. 1/21
Emma W. 1/21
Greta S. 1/22
James G. 1/22
John M. 1/22
Lauryl P. 1/24
Caleb S. 1/25
Keith P. 1/27
Becky H. 1/27
Derrick G. 1/29
Tom M. 1/31

Wedding Anniversaries

Mary and Douglas J. 1/8
Lynn and Ian K. 1/10
Aharon and James G.
1/23

Scripture Readings for This Week

Jeremiah 31:7-14 Psalm 147:12-20

Ephesians 1:3-14 John 1: 10-18

Scripture Readings for Next Week

Genesis 1:1-5 Psalm 29

Acts 19:1-7 Mark 1:4-11



This Week's Prayer List



<https://bit.ly/38QZP3C>



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
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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

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Ian Koenig

Janet McCarthy

Jeremy Goss

Robyn Di Giacinto

Jean Morack

Mike Marciniak

Doug Dralle

Erik Peterson

Katie Frederick

Debbie Kleppek

Mavis Roesch



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