

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, talents, and resources

ALL ARE WELCOME!

New Year — New App!

Tithe.ly is our new giving platform



Give online today or download the app "Tithe.ly" by Your Giving, Inc. on your phone or mobile device today and search for Mt Zion.

Note: If you are looking for Mt Zion on the Tithe.ly App, do not include a period after "Mt". Only use Mt Zion. Otherwise you might not find our congregation.

Make sure to stop your Simply Giving once you switch over to Tithe.ly so you will not have duplicate offerings withdrawn. If the church set up your recurring giving for you, we'll help take care of your transfer for you!

If you need assistance, or you have any questions, contact Jess Monahan at parishadmin@mtzionlutheran.org or 414-258-0456.

For a step-by-step walk through open to page 6.



Offering Envelopes

Have you switched over to online giving?

Do you no longer need offering envelopes sent to your home? Please let Jess know so she can remove your name from the mailing list.

parishadmin@mtzionlutheran.org

Deadline to be taken off the mailing list for the March envelopes is Wednesday, January 15.

Wauwatosa Tree Disposal

As Christmas draws to a close, how do we continue to care for God's creation while removing Christmas trees and other waste from our home?



Christmas Tree Collection

January 4 - 29, 2021

Please - no bags, decorations, or wreaths.



Questions? Call Public Works: (414) 471-8422

Waste Wizard

Not sure how to properly dispose of something? You can use our new Waste Wizard web tool to find out if a material can be reused, recycled, composted or disposed: wauwatosa.net/wizard

Simply type the name of a waste material to get started. You can learn how to recycle or dispose of materials ranging from aluminum foil, plastic materials, hazardous waste, styrofoam and more.

We've had over 4,500 views of items in the last 30 days. Thanks for sorting items in the garbage and recycling properly.



Volunteer Schedule

Here are the people who are volunteering through in January

AV

Jan. 10: Merry and Mitch

Jan. 17: Perrie and Doug

Jan. 24: Matt and Ethan

Jan. 31: Erik and Abby

Money stewards

Morgans and Hexts

Pete, John, and Roy

Nancy and Engelhardt

Tom, Jim, and Gary

This Week at Mt Zion

<p>Sun January 10</p>	<p>8:30a Traditional Worship youtube.com/mtzionlutheran Meeting ID: 841 6597 2335 password 12012 9:40a Faith Formation Hour (Youth, Sunday School, Adult Forum) 10:45a Contemporary Worship www.youtube.com/mtzionlutheran Meeting ID 875 7308 8960 password 12012 5:00p Confirmation</p>
<p>Mon January 11</p>	<p>12:12p 12 Minutes of Prayer on Facebook 6:00p Property Committee 7:00p NA 12-steps group alternate location while closed</p>
<p>Tues January 12</p>	<p>10:00a Staff Meeting 12:00p AA 12 Steps Meeting continues virtually</p>
<p>Wed January 13</p>	<p>12:00p Brown Bag Bible Study on Zoom Meeting ID 84924897122 Password 12012 1:00p Prayer Warriors (same login as Brown Bag Bible Study)</p>
<p>Thurs January 14</p>	<p>12:12p 12 Minutes of Prayer on Facebook 7:00p Stewardship Team Meeting</p>
<p>Fri January 15</p>	<p>7:00p ACA 12-Step Group Meeting Remotely 7:30p Essay 12-Step Group Meeting Virtually</p>
<p>Sat January 16</p>	<p>8:30a Women of Heart Bible Study on Zoom Meeting ID: 849 6940 2756 Passcode: 12012</p>
<p>Sun January 17</p>	<p>8:30a Traditional Worship in-person and on YouTube 9:40a Faith Formation Hour (Youth, Sunday School, Adult Forum) 10:45a Contemporary Worship in-person and on YouTube</p>

Reformation Neighborhood Store

Reformation Neighborhood Store Needs the Following
(New or Gently Used):

- Baby, toddler and children's clothes to size 8
- Baby accessories, strollers, Pack 'n Plays
- Winter coats for all ages and sizes
- Bath and hand towels, washcloths, bath rugs, shower curtains and rings
- Kitchen utensils, mixing bowl sets, silverware sets
- Pots, pans and bakeware
- Kitchen dinette sets
- Small appliances: toasters, air or deep fryers, micro-waves, blenders, electric skillets, irons, flat screen TVs, vacuums, space heaters, single serve coffee makers
- Queen and king bed sheet sets, bed pillows, blankets/ quilts/comforters

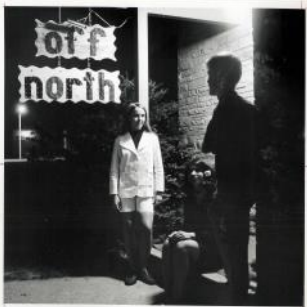


If you have any of these items to donate please drop them off at Reformation, 3806 W. Lisbon Avenue, or make arrangements with Mt. Zion to drop them at church. Donations are accepted at Reformation on Tuesdays and Wednesdays from 10 a.m. to 2 p.m. and on Saturdays from 1 p.m. to 3 p.m. Charitable contribution slips are available. Contact Thaurra Stallings at 414/326-5059 or Reformation Church office at 414/444-0440 if you have any questions.

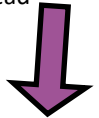
Thank you for all you do for the people of Reformation and their neighbors.

Andrea Cockerham
Outreach Committee

Celebrating 75 Years



For more pictures of Mt Zion in the parking lot, head to page 10!



Sunday School Corner

Hello parents and Sunday School children. Welcome back as we ring in 2021 with our Sunday School program. I hope you had a wonderful Christmas with your families, but I missed seeing your smiling faces on our weekly Zoom calls. We are moving to a new lesson this week on Baby Moses and will be starting off with an introduction and games taught by Mrs. Bailey.

Take home boxes will be needed this week and will be ready for pick up at the church on Saturday January 9th by 10:00 a.m. Please let me know if you are not able to pick them up, I will be happy to drop them off.

3 year olds through 2nd Grade: 9:40 a.m. - 10:05 a.m.

Zoom ID: 752 6656 7262

Passcode: Gf3avC

3rd through 5th Grades: 10:10 a.m. - 10:35 a.m.

Zoom ID: 786 9962 1972

Passcode: tSU4vZ

Please remember to continue working with your children at home for the respective Catechism emphasis:

3-year-old through 2nd Grade: The Ten Commandments

3rd through 5th Grades: The Lord's Prayer.



Brenda

2020 Sunday School Highlight

Virtual Sunday School News - Games Rotation

The Noah's Ark Rotation ended with a rousing game of trivia where the kids earned real \$\$ to donate to Heifer International. The kiddos knew their stuff and earned perfect scores! By sending these \$100 "winnings" to Heifer on Giving Tuesday we were able to triple our gift thanks to matching donors. That's enough to purchase a Water Buffalo plus ducks and chicks for families in need!

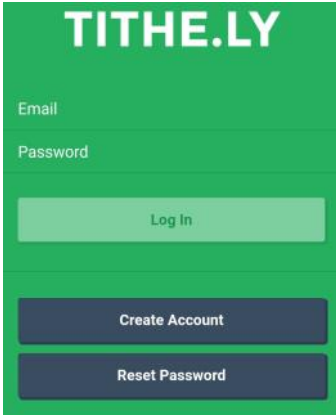


Tithe.ly Giving App Walkthrough

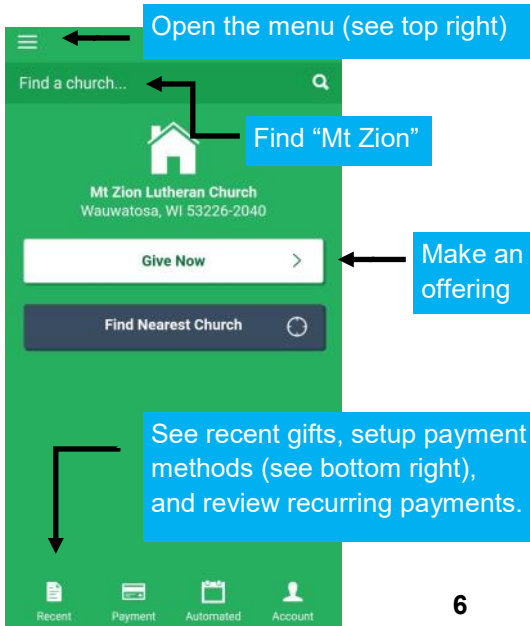
1. Find the Tithe.ly giving app in your device's app store.



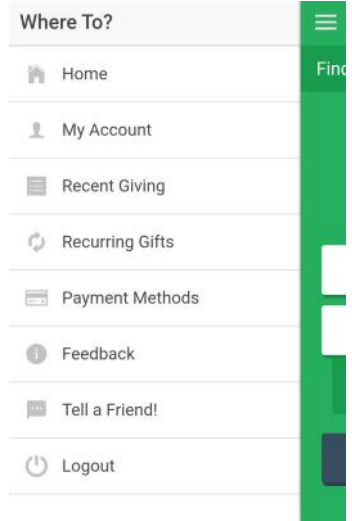
2. Create an account or login.



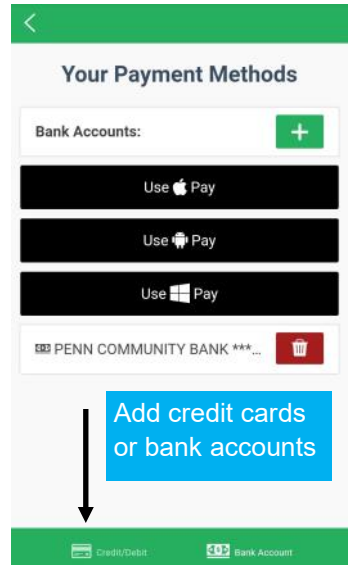
3. On the home screen, you can...



The Menu

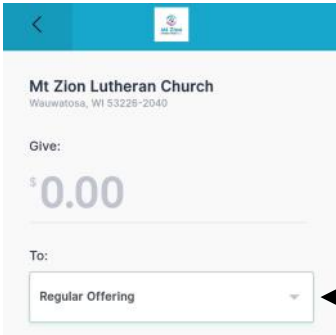


Payment Methods
(we recommend using your bank account)

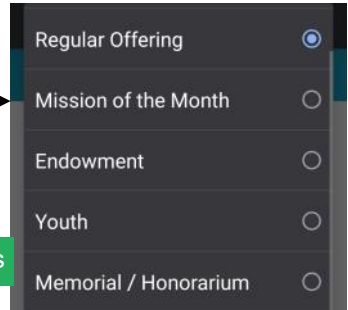


Online & Giving App Walkthrough

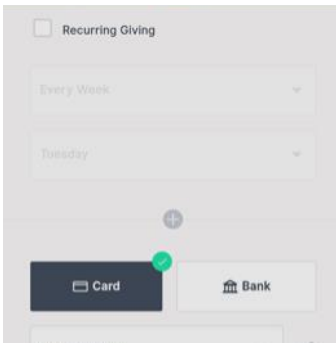
1. Set giving amount and purpose (most giving is “regular offering”)



Giving Purposes

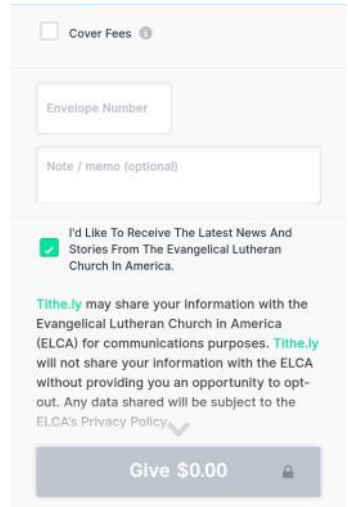


2. Decide if this is a recurring gift (like a weekly or monthly pledge)



3. Select payment type.
(we recommend using your bank account)

4. Decide if you want to cover fees (details below)
5. Optionally add envelope number.
6. Add memo if necessary (please use rarely).



7. Press give!

Online giving has small fees.

For example, giving \$50?

Credit Card fee: \$1.42 — *Bank fee: \$0.50* — Cost of stamp for mail: \$0.55

We are glad to cover fees to make giving easy, or you can cover them yourself.
(SimplyGiving has the same fees, but Tithe.ly's fees are lower)

*C.H.U.R.C.H., Inc. / Dr. Martin Luther King, Jr. Scholarship Coalition
45th Annual
Dr. Martin Luther King, Jr. Coalition Scholarship Awards Events*



**Scholarship Recipients' Forum
Saturday, December 26, 2020
1:00 p.m. - 3:00 pm*

Guest Speaker

*Ms. Karen Huff, MPS Educator
Ascension Fellowship Church*

**Scholarship Celebration
Sunday, January 10, 2021
3:30 p.m.*

Program Highlights

Scholarship Recipients Awarded

*Rev. Ernest Glenn Community
Service Award Recipient*

Rev. Marilyn Miller

**Forum and Celebration
are Free to the public on
Zoom @*

*<https://us02web.zoom.us/j/5922516606>
Meeting ID: 592 251 6606*

*Mobile Dial by location
+1 301 715 8592 US (Washington D.C)
+1 312 626 6799 US (Chicago)*

*For more information contact:
Rev. Joseph Ellwanger 414-795-2343*

*"Our lives begin to end the day we become silent about things that matter."
rephrased speech by Dr. King, March 8, 1965 in Selma, Alabama*



2019-2020 Scholarship Recipients
&
Parents of Recipients

Baby, it's Cold Outside!

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.



Science Tidbits

Supplementing your Immune System

In facing the COVID threat, we are all well acquainted with the personal practices of mask wearing, social distancing and thorough hand washing. And there is more you should do to reduce your risk of illness, such as regular, healthy eating, exercise and stress management. But new therapeutic options are urgently needed, especially ones that are inexpensive, globally available and free of serious side effects. The following common supplements may fit the bill.

1. Zinc. An article appearing this year in *Frontiers in Immunology* examined the potential impact of this trace element on COVID-19. While a considerable amount of data exists concerning zinc anti-viral activity in respiratory tract infections, little information is available concerning COVID-19. Zinc is essential in preserving natural tissue barriers in the respiratory epithelium that keep out viral pathogens as well as promoting a healthy immune system. Zinc deficiency leads to dysfunction in all types of immune cells and is responsible for 16% of all deep respiratory infections worldwide. Since the focal point in COVID-19 infections is the respiratory tract, evidence supports the likelihood that zinc deficiency can be added to factors predisposing individuals to infection and progression of COVID-19.

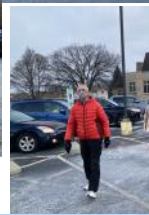
2. Vitamin C. Several controlled studies showed that vitamin C can reduce the severity of pneumonia infections and bring about a reduction in the longevity of cold symptoms, but a truly preventative action has not been established. A healthy immune system is critical to fight COVID-19, and vitamin C helps in two important ways. First, it helps bolster immune function by stimulating the development of white blood cells, and second, it is a potent antioxidant, providing important defense against oxidative damage resulting from immune cell action on coronavirus. Promising clinical trials report relief of COVID-19 symptoms with high dose intravenous administration of vitamin D.

3. Vitamin D3. Vitamin D is essential for calcium absorption (think strong bones), cell growth and immune function. It is effective in fighting viral infections. Your body produces it in response to sunlight, plus it is available in different foods. Vitamin D deficiency is common in the United States, especially among Hispanics and African Americans, and these are the individuals most at risk for COVID-19. Several recent studies have shown that people with low levels of D3 are more likely to test positive for COVID-19 than those with normal levels. Other studies showed that hospitalized patients with an often-fatal COVID-19 complication (acute respiratory failure) had exceptionally low levels of Vitamin D.

On Dec 21, 2020, an open letter was sent to world governments by a group of 120 scientific and medical experts from the UK, US and Europe providing clear scientific evidence that vitamin D reduces COVID-19 infections, hospitalizations and deaths. (Check it out on the following link: <https://vitamindforall.org/letter.html>).

With the constant threat of COVID-19, doesn't it make sense to strengthen our immune system and provide the best opportunity to battle serious infection? You can be proactive in this regard.

Christmas Eve Service



It was a cold night but approximately 35 cars were in attendance at the outdoor Christmas Eve Service! It was so great to be able to gather together even for a little while.

Cindy is a gift! In her mask, scarf and coat she plays piano — an incredible testament to her dedication for worship!



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

Genesis 1:1-5 Psalm 29

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

Scripture Readings for Next Week

1 Samuel 3:1-10 [11-20] Psalm 139:1-6, 13-18

1 Corinthians 6:12-20 John 1: 43-51



This Week's Prayer List



<https://bit.ly/39j3zv5>



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

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Worship Volunteer Coordinator

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Contemporary Worship Leader

Kristin Sponcia
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Youth Ministry Coordinator

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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

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Sara Bailey, Secretary

secretary@mtzionlutheran.org

Ian Koenig

Janet McCarthy

Jeremy Goss

Robyn Di Giacinto

Jean Morack

Mike Marciniak

Doug Dralle

Erik Peterson

Katie Frederick

Mavis Roesch



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CHURCH ELCA

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