



Grace Notes

IN THIS ISSUE...

Christmas Photos

Page 2

Pretty in Print

Page 5

Around the GMS

Pages 6 & 7

Word Search Answers

Page 9

Movie Marathon

Page 11

ALL students
are worthy
of life and love

Prayer for Schools

**Starting Monday, January 6th,
join us in weekly prayer
for school safety.**

**Meet at the corner of 120th and North
at 3:15pm.**

We will pray for the safety of students,
teachers, parents, and staff in the Milwau-
kee area, throughout Wisconsin,
and across the country.

After the prayer, we will show our love for
the school right across the street by hold-
ing up signs and saying hello to
parents, teachers, and students.

Pre-printed signs will be available to hold
or bring your own with phrases such as,
“We support our teachers” and
“You are loved.”

Dress for approximately 30 minutes
outdoors.



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

**Thank you,
Teachers
and
Staff!**



Christmas Photos



Do you have photos of Christmas worship at Mt Zion?

Please share them with us:

https://mtzionlctosa-my.sharepoint.com/:f:/g/personal/pastor_mtzionlutheran_org/EunmnjikMaRNnt-NO4d3q1KcBKPR-3sb0xlpCwzpzFBpAZA



Were you out of town for the holidays?
Did you attend a different church service?
Or did you have an enjoyable holiday moment you'd like to tell your Mt Zion friends? We'd love to hear about it! Send a photo and brief description to socialmedia@mtzionlutheran.org



Jess and Clara M. went ice skating over the holidays. It may have taken 30 minutes to make one trip around the Pettit oval, but Clara was so excited she skated the whole thing by herself without the help of a "skate buddy". She also saw a friend from school, watched the Zamboni, and helped Jess solve the Wordle! It was a fantastic afternoon.



January 5 to January 12

Sun Jan 5	9:30am Worship service Lessons and Carols 10:40am Faith Formation Sunday School, Youth, Adults
Mon Jan 6	3:15pm Prayer for School Safety Corner of 120th and North Ave 7:00pm NA 12 Step Meeting Fellowship Hall
Tues Jan 7	Noon AA 12 Steps Meeting Room 211 6:30pm Hands of AA 12-Step Meeting Upper Room
Wed Jan 8	12:00pm Brown Bag Bible Study 1:00pm Prayer Warriors 7:00pm Stewardship Meeting
Thurs Jan 9	6:30pm Tosa Cares Board Meeting 6:30pm Voices of Zion Choir Rehearsal 6:30pm Troop 27 Meeting 7:30pm Festival Bells Rehearsal
Fri Jan 10	6:00pm ACA 12 Step Group Room 100
Sat Jan 11	All Day Movie Marathon
Sun Jan 12	9:30am Worship Service 10:30am Faith Formation 5:00pm Strengthening Faith Program 6:00pm Groundskeeper Appreciation
Next Week	Public Theology Movie Marathon

Zoom Worship, Brown Bag Meeting, Book Club ID: 841 6597 2335
Passcode: 12012

The Beloved Community

Put on by WISDOM, the Wisconsin Council of Churches, and the Interfaith Conference of Greater Milwaukee – all organizations Mt Zion is associated with through our partnerships...

Faithful Stance for Equity:

What Is The Beloved Community's "Project 2025?"

January 14 at 6:30 pm, via Zoom

WISDOM, Wisconsin Council of Churches, the Interfaith Conference of Greater Milwaukee and other partners will host a presentation which will be more interactive than usual. We'll be led by our own Rev. Joe Jackson. We will reflect on what it means to try to live into The Beloved Community in our very specific context. What does it mean when we look at schools, health care, prisons and the many other projects we engage in as a community. It promises to be an interesting discussion!

[Register in advance →](#)

Today's Volunteers

Altar Care: Mavis Roesch and Linda Havlicek

Assisting Minister: Lora Marheine

Communion Asst.: Janet McCarthy, Jenny Hawes, Mari Di Giacinto, Lora M.

Lector: Janet M.

Usher: Carl and Karen Engelhardt

Audio/Visual: Erik Peterson and Joe Di Giacinto

Acolyte: Emmett Johnson

Greeter: Erin McDougal and Jenny H.

Tellers: Gary Goll, Jim Goetzinger, and Tom Ertel

**Your time and talents are a blessing to this congregation.
Thank you to all of our volunteers!**

Volunteer Schedule

[https://www.mtzionlutheran.org/
pages/member-resources](https://www.mtzionlutheran.org/pages/member-resources)

ACCESS THIS WEEK'S PRAYER LIST HERE:

<https://bit.ly/4gxbt4J>

Prayer Warriors meet
Wednesdays at 1:00pm.

Pretty in Print

Living Lutheran is back...in print!

We heard you—and listened.

At the request of Bishop Eaton, we have found a way to bring back the magazine's print publication. We have found a way to bring *Living Lutheran* back to print in a quarterly fashion. Each issue (spring, summer, winter and fall) will feature the stories you know and love, along with updates on the church and your ELCA community.

Thank you for your support in the past—and in the future. We look forward to again sharing in print our church's stories of God's people living their faith.



Looking for more to read?

At Mt Zion, we've made our library even more accessible! Check out our Book Nook near the sanctuary. This tiny, holy library features seasonally appropriate books for children, youth, and adults to help illustrate Bible stories, deepen faith, and celebrate holidays.



Check out a book the next time you're in church. You can read it on the comfy couches or take it home for a bit.

If you're looking for something to watch, we also have a selection of movies.

If you are looking for something younger kids can read, color, or fidget with during worship, our activity bags are now located at the Book Nook, too.

Letter from Bishop Erickson

At a recent luncheon for the Interfaith Conference of Greater Milwaukee, we invited John Noltner from A Peace of My Mind to be our keynote speaker. You may recall that John worked with us in 2023, creating a slide show of images that we showed at the synod assembly. For the Interfaith Conference, he created a slide show of images of various leaders of the conference as we reflected on the question, “How does your faith tradition give you strength?” ([Interfaith Conference slideshow](#)) My response was, “When I sing with others in worship, I am often deeply moved, connecting with others to create something more beautiful than I could alone.”

This sentiment is especially the case for me at this time of year, when joining with others to sing the various Advent and Christmas carols brings me a deep sense of joy, connection, and strength. There is so much in this world that I cannot understand, from our unending addiction to violence and racism, to the lack of empathy and respect for those who think, love, vote, and speak differently from us to the failure to embrace the truth that what unites us is stronger, deeper, and more enduring than anything that divides us. But when we join our voices in song, we become connected to the deep and abiding and eternal truths of our faith, and we become connected to one another and to all those who have sung this faith throughout all times and all places.

This light of faith and strength does not eliminate the challenges and pain of this age, but my prayer is that it gives us what we need to keep moving forward, to keep loving even when it’s hard, to keep finding ways to listen with curiosity and acting with courage as we strive to follow the ancient path of wisdom to the Christ child and beyond. So, let’s sing our faith, loud and strong, and let’s live our faith, boldly and fearlessly.

In Christ,
Bishop Paul Erickson



New Bishop in El Salvador

El Salvador and the Greater Milwaukee Synod are companions in ministry.

We received this message from our companions in the Lutheran Church of El Salvador; "With great joy and gratitude to God, we are pleased to inform you that on **December 5, 2024, our Ordinary General Assembly** was held in a spirit of unity and democracy, guided by the Holy Spirit.

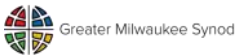


During this important meeting, was elected the new Bishop of the Salvadoran Lutheran Church, **The Rev. Guadalupe Cortez de Huevo**, who will assume the responsibility of pastoring and directing our church according to the values of the Gospel. Likewise, the new **Board of Directors (National Council)** was elected who, with dedication and commitment, will accompany Bishop Cortez, and will lead the projects and direction of our beloved church in the coming years.

Today we want to extend the invitation **to all of you to pray for our elected Bishop Cortez, and for the National Council of the church** to be guided with wisdom, humility and love in this new stage of our church.

May God continue to bless our Salvadoran Lutheran Church and strengthen the mission of being a church that proclaims justice, peace and hope for all."

Want to learn more about El Salvador and the GMS partnership?



Greater Milwaukee Synod



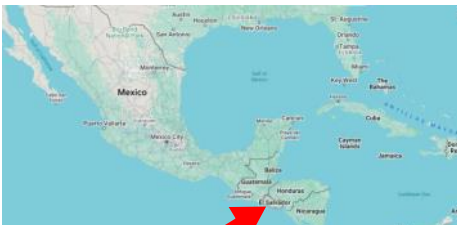
GMS and El Salvador Partnership for Sustainable Development

<http://www.partnerswithelsalvador.org/whoware/projects.html>

Movies related to El Salvador

www.elsalvadorperspectives.com/p/movie-list.html

Includes several titles about the struggle for access to and management of water



El Salvador is located in Central America.

Lutheran Social Services

Dear Friends,

As the year draws to a close, we reflect on the joy, hope, and healing made possible by your generosity.

This season can be a time of warmth and celebration—but for many, it’s also a reminder of what’s missing: a family to share it with, a safe place to call home, or simply a reason to smile.

Because of you, those stories have been rewritten. Your unwavering support has made all the difference, offering not just help but the reassurance that someone cares.

Here are just a few of the ways your compassion has brought light into the lives of others this year:

- Individuals on their journey to sobriety have found hope, gained the skills to sustain recovery, and are reuniting with their families and communities.
- Children healing from trauma are thriving in the care of loving foster families and succeeding in school.
- Veterans who were once without homes are finding security, new skills, and renewed purpose in civilian life.
- Refugees fleeing unimaginable circumstances are now rebuilding their lives as our neighbors, supported and welcomed into our communities.

Because of you, thousands of people are experiencing the blessings of peace, love, and hope this holiday season. Your kindness reminds us all of the power of compassion and the beauty of connection.

On behalf of all those you’ve helped, thank you for spreading light into even the darkest corners. I wish you and your loved ones a joyful and blessed new year.

Warm regards,
 Héctor Colón
 President and CEO
 Lutheran Social Services of
 Wisconsin and Upper Michigan



Christmas Games Answers

Mt Zion Christmas Word Search

Answer Key

I N A W P N **A N G E L S** G S T A R W N O
 I O B T A C T L I O B L I M C H U E E M
 V Y T V N Q A E A E D M M T L C U I Z C
 G C C A Y W G H R M Q H P T X K N P J P
 R U Q V K **F R I E N D S** O T G U G L D M
Y D J K Q E N M J Z B Z S T G K J L G J
 O I M W G N Y V V Y T H S J G A E R S O
 U P **S Z L O P W K O S U I Q C Y S L C Y**
 A V A B L M **V R K F O F B H A T U C E M**
 R P V W P J A F H O M C L Q N N S D X Y
 E Q I M N A L N E N N P E K D A Y E E U
 L U O V X H H E G F S P T V L Z P X D L
 O J R B G U N C T E M N H V E I G Y R S
 V F B Y G T U N G D R I N L T A G Z H
 E X F P R W L A N Q X A N G I O M Q Y E
D B G W P A V F O E X N G M G W S E T P
 Q H W R P R H Y J B P W S R H N R S Z H
 C T F Y O W A S **M A G I T F T A G R K E**
 M Q M S N X N P E F **B E T H L E H E M R**
 L X N U M P Q U S A S B W Y J H F Z Y D

Impossible Things	Candlelight	You Are Loved	Star
Bethlehem	Shepherd	Friends	Magi
Savior	Manger	Angels	Joy
Jesus			

Steve's Science Tidbits

Another Demerit for High Fructose Corn Syrup

You have probably heard that corn syrup is not very good for you, yet it is the predominant sweetener in many dietary products. Corn syrup is derived from corn starch. Starch is not very sweet, but cleave it into individual glucose molecules and you create a sweet corn syrup. And if you convert about half of those glucose molecules into fructose, you have an even sweeter high fructose corn syrup (HFCS). Sucrose, or table sugar, is a disaccharide, composed of two sugar molecules, glucose and fructose. While HFCS and sucrose are very similar in composition, corn syrup is cheaper and for financial reasons is the preferred sweetener in many highly processed foods.

Fructose is the natural sugar found in fruits as well as some vegetables and when consumed from these natural sources is not thought to be harmful to a person's health. Highly processed foods have hit the national spotlight recently as a major contributor to the national health problem, and because they often contain HFCS, it has prompted many studies on the potential harmful effects of so much fructose consumption.

Past studies have linked dietary fructose with many conditions such as Alzheimer's disease, type 2 diabetes, fatty liver disease, kidney disease and cancer. While consumption of foods sweetened with table sugar has also been implicated, in the past four to five decades the use of fructose as an artificial sweetener has exploded so that consumers are exposed to much higher levels than ever before.

It has been known for over a century that cancer cells are addicted to glucose. If radioactive glucose tracer is administered to a patient, because cancer cells take up more sugar than healthy cells, any cancer will light up on a PET (positron emission tomography) scan. A recent study at Washington University (St. Louis) tested the hypothesis that fructose sweeteners could mediate a proposed cancer-inducing action of processed foods.

The research group found that the body's liver converts fructose into a lipid called lysophosphatidylcholine (LPC), an important component of cell membranes. The liver releases this lipid into the bloodstream where it travels throughout the body to reach potential tumor sites. For a cancer cell to divide into two it must make a new set of cell contents, including a tremendous amount of new cell membrane. This requires an influx of nutrients that must ultimately come from the diet. And it isn't much of a stretch to suggest that an increase of dietary fructose converted to LPC in the liver would have a serious growth-promoting effect on cancers that appear in the body.

One of the study's authors concluded: "This is one of the few studies that provides a possible mechanism for fructose, which is found in corn syrup, processed food, and sweeteners, a mechanism that may cause a variety of different cancers...people need to be very cautious about using sweeteners or using sugars that are not from fruits and vegetables, but are in processed foods."

Birthdays & Anniversaries

Birthdays

Cody D. 1/3
Aaron P. 1/4
Val K. 1/5
John P. 1/5
Kristin F. 1/7
Mason S. 1/8
Roy D. 1/9

Bryce R. 1/13
Isaac R. 1/13
Madeline E. 1/14
Angela R. 1/16
Curt P. 1/17
Jim G. 1/18
Morgan R. 1/18
Abby S. 1/19

Ben S. 1/21
Emma W. 1/21
John M. 1/22
Kelsey L. 1/23
Lauryl P. 1/24
Caleb S. 1/25
Tom M. 1/31

Wedding Anniversaries

Mary and Douglas J. 1/8
Ian and Lynn K. 1/10

Movie Marathon

Resident Evil Movie Marathon

Sat 1/11/2025
8am-8pm



At Mt Zion we are
Joyfully growing disciples in Christ
so that
Everyone we meet comes to know themselves as a reflection of
God's image, worthy of life and love
by prioritizing
Faith Community
Hospitality Justice

Mt Zion Staff

Pastor
The Reverend Tyler D. Rasmussen
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Dave Nelson, Vice President
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Abby Sumiec

Kevin Burke

Joe Di Giacinto, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
boardsecretary@mtzionlutheran.org

Anna Kissel



**Church Office
Hours**

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,
or email parishadmin@mtzionlutheran.org

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