



# Grace Notes

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## Project Return

Project Return is looking for MALE mentors to support men returning to the community.

Mentor volunteers will:

Meet a resident on Day ONE of their reentry  
Build a supportive, judgement-free connection in-person at least twice a month with the Resident throughout their time in bridge Housing

Offer encouragement, leadership, and friendship.

You don't need special training aside from lived incarceration experience. Just consistency, compassion, and a willingness to show up.

Interested or want to learn more?

Visit:

[www.projectreturnmilwaukee.org/volunteer.html](http://www.projectreturnmilwaukee.org/volunteer.html)

Contact

[sara@projectreturnmilwaukee.org](mailto:sara@projectreturnmilwaukee.org)

Or message Project Return on Facebook



[mtzionlutheran.org](http://mtzionlutheran.org)

(414) 258-0456

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

12012 W North Ave

Wauwatosa, WI 53226

## **Semi—Annual Meeting**



# **SEMI ANNUAL CONGREGATION MEETING**

**SUNDAY, FEBRUARY 1**

We will review the 2026 budget,  
hear committee updates, and  
enjoy a meal together.



# January 18 to January 25

Sun Jan 18	9:30am <b>Worship Service</b> <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012 10:40am <b>Faith Formation</b> 5:00pm <b>MZY Night</b>
Mon Jan 19	<b>Martin Luther King, Jr Day</b> 6:00pm <b>Leadership Board</b> 7:00pm <b>NA 12 Step Meeting</b> Fellowship Hall 
Tues Jan 20	Noon <b>AA 12 Steps Meeting</b> Room 211 6:30pm <b>Hands of AA 12-Step Meeting</b> Upper Room
Wed Jan 21	12:00pm <b>Brown Bag Bible Study</b> 1:00pm <b>Prayer Warriors</b> <b>4:30pm</b> <b>Staff Meeting</b> 6:00pm <b>Voices of Zion Choir Rehearsal</b> 7:00pm <b>Festival Bells Handbell Rehearsal</b>
Thurs Jan 22	6:30pm <b>Troop 27 Meeting</b> Room 100
Friday Jan 23	12:00pm <b>Mayfair AA Group</b> 6:00pm <b>Young Adults Group</b> Off-Site 6:00pm <b>ACA 12 Step Group</b> Room 100
Sat Jan 24	8:00am <b>Movie Marathon</b>
Sun Jan 25	9:30am <b>Worship Service</b> <b>Faith Formation</b> <b>Confirmation</b>
Next Week	

## Today's Volunteers

**Altar Care:** Liv and Dom Juel

**Assisting Minister:** Lynda Yanny

**Lector:** John Yanny

**Communion, bread:** Bob Young

**Communion, wine:** John and Lynda Y and Erik Peterson

**Ushers:** Angela and James Riccaboni

**Acolyte:** Francesca and Isabella Riccaboni

**Audio/Visual:** Janet McCarthy and Gabby Riccaboni

**Greeters:** Erin McDougal and Jenny Hawes

**Tellers:** Roy Durrenberg and John Link

Thank you to all our worship volunteers, Sunday School teachers, hospitality treats team, and MZY or Confirmation Volunteers who make our Sundays amazing!

Access the Worship Volunteer Schedule at: [bit.ly/4jEMCPf](https://bit.ly/4jEMCPf)

Learn about the many volunteer opportunities at Mt Zion through our Grow Magazine! [mtzionlutheran.org/pages/grow](https://mtzionlutheran.org/pages/grow)

**PLEASE PRAY FOR...**

*Those concerns and praises  
in this week's prayer list*

<https://bit.ly/44C1w2B>

**Need Prayer?  
Submit prayer requests:**

✉ [pastor@mtzionlutheran.org](mailto:pastor@mtzionlutheran.org) ☎ 414-258-0456

✉ Fill out a prayer card at the Prayer Wall



# On the Shooting in Minneapolis



*Learn to do good; seek justice;  
rescue the oppressed;  
defend the orphan;  
plead for the widow. (Isaiah 1:17).*

Alongside our siblings in Christ in Minneapolis and throughout Minnesota and all who have been impacted by aggressive immigration enforcement and violence by federal law enforcement agents, I mourn the shocking shooting death of Renee Nicole Good by an Immigration and Customs Enforcement (ICE) agent on Jan. 7, 2026. I join calls for a thorough investigation into this case, accountability for the shooting and a de-escalation of ICE enforcement across the United States. Alongside the Lutherans who have held vigils in Minneapolis and around the country, our church prays for God's peace in this community and justice in this case.

The ELCA is committed to upholding and guaranteeing basic human rights for the safety of migrants and their families. Our church works toward just and humane policies affecting migrants in and outside the United States. We decry language that dehumanizes immigrants who are beloved children of God and escalates tensions between federal agents and communities. Surges of immigration enforcement and violent encounters like we are seeing in Minneapolis — as well as in Chicago; Atlanta; Los Angeles; Portland, Ore.; and Washington, D.C. — have indiscriminately targeted our neighbors, creating fear and uncertainty. This has created conditions where immigrants, those accompanying them and federal agents are all at risk.

ELCA social teaching provides guidance in complex situations: “Public safety depends upon trust in law enforcement to respect and protect the rights of all” ([Gun-related Violence and Trauma](#)). As a church, we are concerned by the trend of law enforcement and federal agents involved in immigration enforcement relying on the use of force in our communities without sufficient accountability or oversight.

God calls us to be witnesses to God’s presence, healing and hope. I invite ongoing prayers, vigils and advocacy for peace and justice, and I affirm the ELCA’s “pledge to continue our church’s historic leadership in caring for refugees and immigrants” ([For Peace in God’s World](#)).

In Christ,  
The Rev. Yehiel Curry  
Presiding Bishop, Evangelical Lutheran Church in America

## Volunteer at Tosa Cares

Mt Zion has the following dates available for the church to provide volunteers at the Tosa Cares food pantry and clothing closet.

Sign up in the Narthex or online!

[mtzionlutheran.org/sign-up](http://mtzionlutheran.org/sign-up)

Saturday, March 7

Saturday, April 25



## Thank You for the Gifts

THANK YOU MT. ZION.....

Your response to help a Wauwatosa school family with Christmas gifts was wonderful, caring, generous and on time.

**Mt. Zion Outreach**



Greetings,

I would like to take the time to say thank you for making my children's Christmas a wonderful and memorable one. Thank you for thinking of my children and providing them with gifts to be able to open during these trying times that we are dealing with!

I couldn't be more grateful. God bless and thank you so very much again!

From Their Mom

# Good Samaritan Fund

## January Mission of the Month

### The Good Samaritan

January's Mission of the Month is Mt Zion being the *Good Samaritan*. We think of ways of contributing as gifts of time, talent and treasure. There are no obligations, only opportunities. Mt. Zion is not a "bystander".

#### How can we become a helper?

- Show compassion
- Withhold judgement
- Be an active listener
- Offer empathy, not sympathy
- Just love
- Provide financial support

Mt. Zion reaches out to our neighbors as our families. Through Tosa Cares Mt Zion reaches out to our neighbors with food and clothing. Through the Good Samaritan Mission, Mt Zion hopes to help our neighbors with needs like utilities, transportation, rent.

Please support our January Mission as Good Samaritans with a financial contribution of a check (to MT Zion Mission of the month, Mission envelope ) or online giving:

<https://www.mtzionlutheran.org/pages/give>

Do you need support? Please contact Pastor Tyler or the church office.

## **Synod Series**

### **ELCA Social Statement on Faith and Civic Life Study Series**

#### **FREE EVENT**

Starting Tuesday, January 13 (six week course)  
Zoom only at 10:30 am - noon or 6:30 pm to 8:00 pm

Join Bishop Paul Erickson and Dr. Joyce Caldwell for a six-week study of the recently adopted ELCA Social Statement on Faith and Civic Life. This social statement sets forth the ELCA's teaching about how disciples and this church may faithfully speak and act in civic life. While existing ELCA social statements and messages address specialized elements of social life, this statement addresses the broad responsibility for seeking the good of all through civic participation.

### **Together in Mission**

#### **\$25 includes lunch**

February 7 from 8am - 3pm

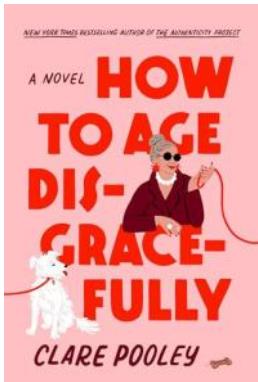
St. Matthew's, Wauwatosa

Our synod's annual learning gathering of pastors, deacons and lay leaders from across Southeast Wisconsin! 2026 will be the year of Collaboration in the synod. One way we will be exploring this theme is through the design and production of a synod mural led by Tia Richardson, an integrative community artist. Our worship service will be a Lunch Church service led by Rev. Sarah Stumme and Rev. Jaime Larson-McLoone.



This event is open to all and you'll have a chance to:  
Collaborate on the synod mural with Tia Richardson  
Engage with people from across the synod on a variety of topics  
Participate in lunch church - a meal-centered worship experience  
Visit display tables hosted by ministries from inside and outside our synod

# Book Club



January 26, 2026

7:00pm

Hearth Room

How to Age Disgracefully

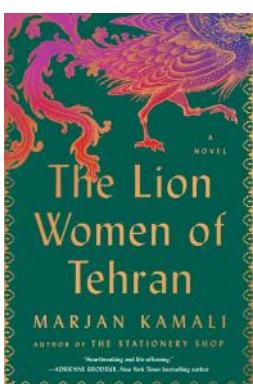
Claire Pooley

When Lydia takes a job running the Senior Citizens' Social Club three afternoons a week, she assumes she'll be spending her time drinking tea and playing gentle games of cards. The members of the club, however, are not at all what Lydia was expecting. When the city council threatens to sell the doomed community center building, the members of the Social Club form a group to save the building. Their unorthodox methods may actually work, as long as the police don't catch up with them first.

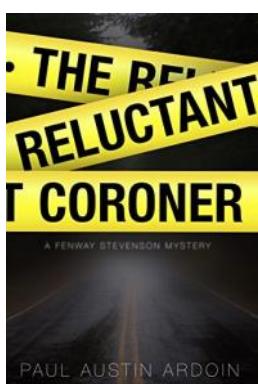
Host: Joan Paul

February 23

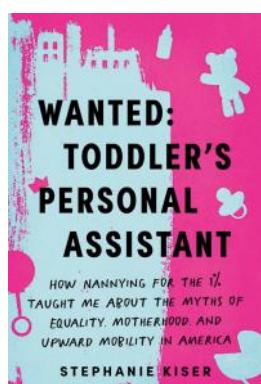
Tosa All-City Reads



March 23



April 27



## **Steve's Science Tidbits**

### **The Tragic Story of Parkinson's Disease**

Parkinson's Disease is a terrible affliction, involving progressive loss of motor control due to the death of dopamine-producing neurons in the brain. Symptoms include tremors, stiffness, slowed movement and balance issues. A good friend and colleague of mine at Marquette succumbed to this disease three years ago, and just this past year my beloved mentor from grad school at the University of Iowa suffered the same fate. It is heart-wrenching to witness the gradual bodily deterioration that typifies this disease.

When the human genome project was launched in 1990, the goal was to determine every human gene, and this amazing feat was achieved within ten years. It was thought that unraveling our genome would revolutionize the diagnosis, prevention, and treatment of most, if not all, human diseases. As a result, much of the funding of the epidemiology of Parkinson's has centered on genetics as a primary causal agent instead of environmental factors.

However, interesting data have accumulated. One study showed that identical twins develop Parkinson's with the same frequency as fraternal twins, casting doubt on a Parkinson's gene (because fraternal twins do not have the same genes).

You may remember those late night TV adds asking the viewer if they knew someone stationed at Camp Lejeune marine base in North Carolina who suffered from serious medical issues. Turns out a chemical contaminant, trichloroethylene (TCE), leached into the water table and soldiers were inhaling toxic fumes every time they turned on the tap; cases of Parkinson's skyrocketed there (as well as many cancers). An enterprising researcher compared that situation with Camp Pendleton in California, where there was no contamination issue. Camp Lejeune had a stunning 70% greater incidence of Parkinson's cases than Camp Pendleton.

**Continued on page 11**

### **Join Steve Next Sunday!**



**On Sunday, January 25,  
Join Steve Downs for a special Faith Forum:  
"Utah Rocks: A Celebration of God's Creative Beauty!"**



# **Birthdays & Anniversaries**

## **Birthdays**

Cody D. 1/3	Bryce R. 1/13	Ben S. 1/21
Aaron P. 1/4	Isaac R. 1/13	Emma W. 1/21
Val K. 1/5	Madeline E. 1/14	John M. 1/22
John P. 1/5	Angela R. 1/16	Kelsey L. 1/23
Kristin F. 1/7	Curt P. 1/17	Lauryl P. 1/24
Mascon S. 1/8	Jim G. 1/18	Caleb S. 1/25
Roy D. 1/9	Morgan R. 1/18	Tom M. 1/31
	Abby S. 1/19	

## **Wedding Anniversaries**

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

## **Science Tidbits**

### **Continued from previous page**

Then an incredible Parkinson's patient appeared. He was a drug addict who had perfect motor control until he injected an illegal drug; two days later he was mute and unable to move. The doctors were perplexed at this sudden turn of events, but further examination revealed he had full-blown Parkinson's. What normally took years to develop had taken only two days!

The patient thought he had injected a designer drug called MPPP, but scientists discovered the amateur chemist that produced it had erred in his methodology, creating instead an alternative molecule called MPTP. When investigators secured a batch of MPTP and tested it on non-human primates, the drug destroyed their dopamine-producing neurons, and the monkeys quickly developed all the classical signs of Parkinson's.

Further damning evidence appeared when it was shown that paraquat, a chemical herbicide, had a chemical structure very similar to MPTP. Additional sleuthing showed that farmers who sprayed paraquat on their crops had a shockingly high rate of Parkinson's.

Recent work in mice has confirmed that TCE destroys their dopamine neurons and produces serious motor issues. The evidence appears overwhelming that, while genetics explain a low percentage of Parkinson's cases, environmental toxins may, indeed, be the main culprit. How many of these chemicals are people unknowingly exposed to?! **Steve Downs**

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

**Parish Administrator**

Jess Monahan  
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**Director of Choirs  
and Contemporary Music**  
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**Director of Traditional Music**  
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**Office Volunteers**  
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**Worship Volunteer Coordinator**

Nancy Di Giacinto (volunteer)  
Janet McCarthy (volunteer)  
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**Maintenance**

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**Sunday School Superintendent**  
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**Social Media**  
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**Website**  
[website@mtzionlutheran.org](mailto:website@mtzionlutheran.org)

## Leadership Board

Anna Kissel, President  
[president@mtzionlutheran.org](mailto:president@mtzionlutheran.org)

Joe Di Giacinto, Treasurer  
[treasurer@mtzionlutheran.org](mailto:treasurer@mtzionlutheran.org)

Kevin Burke, Vice President  
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Mike Marciniak, Secretary  
[boardsecretary@mtzionlutheran.org](mailto:boardsecretary@mtzionlutheran.org)

Chasity Brimeyer  
Andy Johnston

Dave Nelson

Linda Havlicek  
Bob Young



**Church Office**

**Hours**

Monday — Friday 10:00am — 3:00pm

Stop by in-person, call 414-258-0456,  
or email [parishadmin@mtzionlutheran.org](mailto:parishadmin@mtzionlutheran.org)

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