



Grace Notes

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VOLUNTEER



Urgent Need

Holy week starts in just TWO WEEKS!

We are in urgent need of volunteers for

Palm Sunday

Maundy Thursday

Good Friday

Easter Vigil

Easter Sunday

We need readers, ushers,
communion assistants, A/V, and more.

Please contact Janet McCarthy
at

worshipvol@mtzionlutheran.org

Or call and leave a message for her at
414-258-0456

Thank you!



mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Now is a Good Time!

If you've been thinking of volunteering for Tosa Cares for the first time, now is a good time. Our next date for supplying volunteers is Saturday, April 25.

Bob Young is willing to answer your questions about what volunteering for our in-house pantry is like. Feel free to text him (414-559-0120) or email at (arthurscortex61@yahoo.com) to chat or to make plans to talk after church over a beverage.

There are over twenty volunteers now, but your addition would make our effort to care for our neighbors' food challenges even stronger.



About Our Easter Brunch

Sign-up to offer a tasty dish or to help out with the brunch. Clipboards will be passed around during the offering collection this Sunday and next Sunday. Or sign up at mtzionlutheran.org.

Thank you for helping keep the tradition going!

An invitation graphic for an Easter Brunch. On the left side, there are illustrations of sunflowers and a cluster of yellow Easter eggs. The background is a light yellow color. The text is centered on the right side.

**Join us for
Easter Brunch**

Sunday, April 5, at 10:45
in the Fellowship Hall

Let's celebrate our Risen Lord with a feast of
egg bakes, sausage, fruit, rolls and drinks

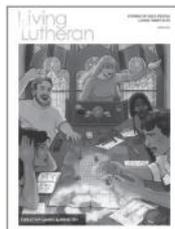
Bring the whole family
Relax and enjoy the fellowship

March 15 to March 22

Sun March 15	<p>9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012</p> <p>10:40am Faith Formation Hour</p>
Mon March 16	<p>St Patrick's Day—Wear Green!</p> <p>6:00pm Leadership Board Meeting</p> <p>7:00pm NA 12 Step Group Fellowship Hall</p>
Tues March 17	<p>Noon AA 12 Steps Meeting Upper Room</p> <p>6:30pm Hands of AA 12-Step Meeting Upper Room</p>
Wed March 18	<p>8:30am Health Clinic at Courtyard</p> <p>12:00pm Brown Bag Bible Study</p> <p>1:00pm Prayer Warriors</p> <p>4:30pm Staff Meeting</p> <p>6:00pm Voices of Zion Choir Rehearsal</p> <p>7:00pm Festival Bells Handbell Rehearsal</p>
Thurs March 19	<p>5:30pm Midweek Lenten Dinner</p> <p>6:15pm Midweek Lenten Worship Service</p> <p>6:30pm Troop 27 Meeting</p>
Friday March 20	<p>12:00pm Mayfair AA Group</p> <p>6:00pm ACA 12 Step Group Room 100</p>
Sat March 21	
Sun March 22	<p>9:30am Worship Service</p> <p>10:30am Faith Formation</p> <p>5:00pm Confirmation</p>
Next Week	Young Adult Night

Roll for Insight

When the latest edition of Living Lutheran arrived at church, Jess Monahan was excited by the cover art and featured article about tabletop games and ministry. She plays games like **Dungeons and Dragons** and was excited to see D&D in particular has been used to expand ministry at various churches and it's even been used to help teach Sunday School Bible lessons. Cool!



What Jess really wants to know now is who at Mt Zion who would like to discuss Dungeons and Dragons (from Wisconsin roots to its "Satanic Panic" controversies); the social/emotional benefits of roleplaying; and the games' potential within our ministry?
Let her know and she'd be happy to lead a discussion or run a sample game!
parishadmin@mtzionlutheran.org

Today's Volunteers

Altar Care: Liv and Dom Juel

Assisting Minister: Jenny Hawes

Lector: Refilwe Magasa-Bockhorst

Communion, bread: Refilwe M.

Communion, wine: Jen Johnston, Gabby Goll, Jenny H.

Ushers: Carl and Karen Engelhardt

Audio/Visual: Lilly Snow and Abby Sumiec

Greeters: Edie Di Giacinto and Lora Marheine

Tellers: John Link and Roy Durrenberg

Access the Worship Volunteer Schedule at: bit.ly/4jEMCPf

PRAYER WARRIORS

Help lift up our community's concerns and thanksgivings

<https://bit.ly/3NmltF2>

Need Prayer?

Submit prayer requests:



pastor@mtzionlutheran.org



414-258-0456



Fill out a prayer
card in-person

Good Friday Cross Walk

REFORMATION GOOD FRIDAY WALK

You are invited, along with other partner churches and neighbors, to Reformation Lutheran Church for the Good Friday Walk on April 3.

The walk stops at nearby sites in the community that demonstrate both despair and transformation. We read Scripture, pray together and lift high the symbol of the Cross at each stop along the walk.

2:30 Carpool at Mt. Zion or meet at Reformation

3:00 Gather inside for prayer, scripture reading, song

3:15 Begin the walk

4:00 Arrive back at Reformation and depart



Location:

3806 W. Lisbon Avenue,
Milwaukee

The walk is suitable for all ages.
Street parking is available.

Celebrate Holy Week at Mt Zion



PALM SUNDAY, MARCH 29 AT 9:30AM
MAUNDY THURSDAY, APRIL 2 AT 6:30PM
GOOD FRIDAY, APRIL 3 AT 6:30PM
EASTER SUNDAY, APRIL 5 AT 9:30AM

IN PERSON AND ONLINE

12012 W NORTH AVE

WAUWATOSA

[YOUTUBE.COM/MTZIONLUTHERAN](https://www.youtube.com/mtzionlutheran)

Join Our Easter Vigil!



Vigil



RENEW



REMEMBER



REJOICE

**SATURDAY, APRIL 4
7:00 TO 8:30PM
MEET IN THE COURTYARD**

Bishop Visits Mt Zion



Bishop Paul Erickson preached during worship on Sunday, March 8. Pastor Tyler seemed to enjoy a chance to listen to one!



The Bishop also distributed communion to the north side of the sanctuary.

Let The Little Children...



Collect Offering...



Worship started with the traditional hymn, "Open Now The Gates of Heaven" ended with the energetic chorus of the contemporary song, "Praise"!

And play tambourines!



Kids Attempt to Carry Water



After worship, Pastor Tyler had the children carry water around the campus to build on the "Woman at the Well" Gospel story. Around the world, people who fetch and carry 5 to 10 gallons of water per day do so for an average of 8 miles round trip.



Our children carried between 1 and 3 gallons and walked a fifth of a mile. They were exhausted!



Special shout out to Lora Marheine for this sweet moment after worship were she showed Clara the "hidden" Mt Zion in the Creation stained glass panel. What a great community we have at this church!

World Hunger Grant!

Thank you for applying to ELCA World Hunger’s Daily Bread Feeding Ministry Grant, which is designed to supplement existing food-based ministries with a one-time grant of up to \$500. **We are excited to announce that your application has been approved!** It is with grace that we apologize for the delay in our response but know that we have been working diligently to review the 1,000 requests received as well as reallocate as much funding as possible toward this grant fund. With so many families experiencing increasing need in the face of economic strain, it is an honor to partner with ministries like yours that serve as a beacon of hope. While we are sorry that we could not get the funds to you in time for the holidays, we also know that more SNAP cuts are sweeping the country beginning February 1st, so we hope that this boost is still very timely and needed. We are grateful for the opportunity to accompany one another in sharing daily bread with communities across the U.S.



Mt Zion Lutheran Church has been awarded \$500 in support of your feeding ministry program.

We celebrate your ministry serving your neighbors as we all continue to navigate current crises and challenges together. Thank you for centering justice, liberation, and accompaniment as you serve your community.

Be assured that your ELCA World Hunger team is lifting you up in prayer.

**In solidarity for a just world,
The ELCA World Hunger Team**



Poverty in the U.S.

In the U.S. over 47 million face food insecurity, an increase of more than 1 million from just a year ago.

Source: ELCA World Hunger

18 Ways to Celebrate!

TOSA CARES

HAPPY BIRTHDAY

In celebration of the 18th BIRTHDAY FOR TOSA CARES please consider offering one, or several of the following birthday gifts during the month of March:

1. Donate a bag of oranges or apples or cans of soups or crackers or cereal.
2. Offer a prayer for the individuals and families facing food insecurity.
3. From the Lutheran Office for Public Policy in Wisconsin, contact your lawmakers to allocate funding for Food Share, Wisconsin's Snap program.
4. Offer a prayer of thanksgiving for the blessing of the ministry of Tosa Cares.
5. Donate dish soap and or laundry detergent.
6. Bring in bed sheets or blankets to distribute in the clothing room.
7. Recommend Tosa Cares to a person needing food or clothing.
8. Take the Tosa Cares Nooks and Crannies Tour.
9. Sign up as one of the Mt. Zion volunteers to help on the distribution day Saturday morning, April 25 (sign up in narthex)
10. Pray for the families and volunteers of Tosa Cares



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18 Ways to Celebrate

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11. Volunteer to help in the clothing room- Kim Nel son at kknw279@gmail.com
12. Create a new idea of how to show acts of kindness and support for the Tosa Cares families
13. As you get ready for spring, find spring clothing to donate.
14. Shop for low sugar or no sugar items for our friends with diabetes.
15. Bake cupcakes and or treats (some gluten free or low sugar) for Tosa Cares families and volunteers for March 31 or April 1.
16. Offer words of encouragement for the Tosa Cares families and volunteers.
17. Make a financial donation to Tosa Cares as March Mission of the Month
18. Pray this prayer from Bread for the World:

Holy God, you call us to deeper commitment and communion with you. As we focus on you during the season of Lent, may we do so with the ability to see the needs of the poor, the hungry, the oppressed, and the broken hearted. Allow us to live your love as advocates for justice and change in the world. Grant us the courage to act on behalf of those in need, ensuring the hungry have food, and the thirst have drink. May our desire to draw closer to you deepen our love and care for our neighbors. Let the light shine from us into the world. We give thanks in the name of the one who taught us to love unconditionally, Jesus Christ.
AMEN

A Different Opportunity



 **Unity**
Hospice and
Palliative Care.

WANTED

UNITY HOSPICE

VOLUNTEERS

Would you like to make a difference? We have a great opportunity!

Volunteer Opportunities!

ADMINISTRATION: assist with office projects, typing, assembling packages, etc.

PATIENT CARE: visit patients and provide a listening ear, read or play music, play games, sit and hold their hand

PAWS FOR PATIENTS: volunteer with your dog!
Dog must be Good Citizen certified

FOR MORE INFO Contact:
Brenda McGarvey : volunteer@unityhospice.com
visit us at: unityhospice.com/volunteer

Our office is just 3 miles down the road at
10001 W Innovation Dr, Wauwatosa, W

Steve's Science Tidbits

I Swear It Was Friday Like Five Minutes Ago

Do you wake up on Monday mornings with a debilitating dread, an increased stress response, and overwhelming inertia? These so-called "Monday blues" are a real, widespread phenomenon. More than a fleeting fluctuation in mood, they often involve a full-blown physiological response, manifesting as a heightened activity in their body's stress-response system, and it can be months-long in duration. Despite not being a clinical diagnosis, studies show it can lead to serious medical symptoms, including higher rates of cardiovascular events. What is particularly interesting is these blues may become ingrained over a lifetime, so the response endures in adults well after they are retired and no longer in the workforce. For some, "residual" Monday blues can be a lifelong burden.

The hypothalamic-pituitary-adrenal axis is a central stress pathway that connects brain and body and manages much of people's response to stress. When we're faced with a stressful situation, such as a looming test in school or a deadline at work, the brain triggers the release of cortisol from the adrenal gland. The hormone helps us deal with short-term stress by mobilizing energy sources and sharpening our senses. However, chronic elevation of cortisol levels disrupts the brain-body connection and can lead to impaired immune function and augmented anxiety, depression, cardiovascular disease, diabetes and obesity.

Cortisol levels have been previously shown to become elevated during weekdays compared to weekends. The English Longitudinal Study of Aging, which followed 10,000 adults, aged 50 years and older, helped address whether Mondays were a unique biologically stressful weekday. Stress was measured by determining cortisol levels in hair samples. Unlike blood or saliva, which measure acute stress, hair traps cortisol over months, acting as an "endocrine history book."

Older people who reported feeling anxious on Mondays had 23% more cortisol compared to people who felt anxious on other days. In addition, those reporting anxiety on other days was not predictive of elevated cortisol. Moreover, these findings were not limited to people still working; the same results appeared in retirees. These findings showed that feeling anxious on the first day of the work week had a much larger effect on stress hormones than feeling anxious on other days.

I remember in my youth being depressed on Sunday nights in anticipation of another school week. However, I also experienced another related phenomenon. After a dozen years of public schooling, it was hard to adjust to weekday freedom during my freshman year of college. Some days I only had one or two classes, and when I had free time on those days, I just couldn't get over the guilt-ridden feeling I should be in class. Remnants of this feeling persisted even after I began working at Marquette.

In retirement, I sometimes have to remind myself I'm retired and that Monday is just another day. It's obvious I have deeply ingrained habits of mind and body formed by decades of routine.

Steve Downs

Birthdays & Anniversaries

Birthdays

Darian M. 3/1	Jerry R. 3/6	Shelly S. 3/18
Ray S. 3/1	Kim N. 3/7	JerryLene H. 3/18
Ruth M. 3/1	Charlotte B. 3/8	Mike W. 3/19
Madilynn W. 3/2	Karen P. 3/9	Suzy M. 3/20
John L. 3/3	Clare F. 3/9	Jacob S. 3/24
Sue M. 3/3	Deb S. 3/11	Anna J. 3/27
Noah F. 3/4	Jeff B. 3/11	James R. 3/27
Dick M. 3/4	Larry S. 3/12	Alexis H. 3/28
Louise H. 3/4	Regina B. 3/12	Donna W. 3/29
Emma F. 3/4	Kelly S. 3/12	Tracie J. 3/30
Luke J. 3/4	John W. 3/13	Michael F. 3/31
Ian K. 3/4	Connor F. 3/15	Kevin C. 3/31
Becky P. 3/5		Abby S. 3/31

Free Performances!



CHILDREN'S THEATRE OF WAUWATOSA PRESENTS:

Wauwatosa School District

February 17, 2026

Performances of Children's Theatre of Wauwatosa's production of The Emperor's New Clothes School, 7600 W. North Ave., on the following dates:

Saturday, Feb. 21, 2026, at 2 p.m.

Saturday, Feb. 28, 2026, at 2 p.m.

Saturday, March 7, 2026, at 2 p.m.

Monday, March 16, 2026, at 7 p.m.

Tuesday, March 17, 2026, at 7 p.m.

Wednesday, March 18, 2026, at 7 p.m.

Thursday, March 19, 2026, at 7 p.m.

Saturday, March 21, 2026, at 2 p.m.

Emmett J.'s troupe will be doing their family/friends performance next week,

Thursday, March 19
7:00pm

Saturday, March 19
2:00pm

Longfellow Middle
School
7600 W. North Ave,
Wauwatosa

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

Parish Administrator
Jess Monahan
parishadmin@mtzionlutheran.org

**Director of Choirs
and Contemporary Music**
Danielle Lawson
choirs@mtzionlutheran.org

Director of Traditional Music
Mark Schroeter
music@mtzionlutheran.org

Office Volunteers
reception@mtzionlutheran.org

Worship Volunteer Coordinator
Nancy Di Giacinto (volunteer)
Janet McCarthy (volunteer)
worshipvol@mtzionlutheran.org

Maintenance
Jasmine Pruitt
maintenance@mtzionlutheran.org

Sunday School Superintendent
Brenda Marciniak (volunteer)
sundayschool@mtzionlutheran.org

Social Media
Douglas Johnson (volunteer)
socialmedia@mtzionlutheran.org

Website
website@mtzionlutheran.org

Leadership Board

Anna Kissel, President
president@mtzionlutheran.org

Kevin Burke, Vice President
vp@mtzionlutheran.org

Joe Di Giacinto, Treasurer
treasurer@mtzionlutheran.org

Mike Marciniak, Secretary
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

12012 West North Avenue
Wauwatosa, WI 53226
(414) 258-0456
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