



Grace Notes

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CELEBRATE HOLY WEEK AT MT ZION

MARCH 29-APRIL 5



PALM SUNDAY, MARCH 29 AT 9:30AM
MAUNDY THURSDAY, APRIL 2 AT 6:30PM
GOOD FRIDAY, APRIL 3 AT 6:30PM
EASTER VIGIL, APRIL 4 AT 7:00PM
EASTER SUNDAY, APRIL 5 AT 9:30AM

IN PERSON AND ONLINE

12012 W NORTH AVE
WAUWATOSA
YOUTUBE.COM/MTZIONLUTHERAN



Joyfully Growing Disciples in Christ

mtzionlutheran.org

(414) 258-0456

parishadmin@mtzionlutheran.org

12012 W North Ave

Wauwatosa, WI 53226

Community Cooking



Mavis is still looking for a few good cooks for the Easter Brunch!

Our Easter brunch is in need of more
Egg bakes or brunch casseroles,
Cut up fruit or a fruit tray.

Sign up on the clipboards at worship. Clipboards will be passed around during the offering collection and will be available on the tables in the Gathering Space after worship.

You can also sign up online at:

Mtzionlutheran.org/sign-up

March 22 to March 29

<p>Sun March 22</p>	<p>9:30am Worship Service <u>Zoom ID:</u> 841 6597 2335 <u>Passcode:</u> 12012</p> <p>10:40am Faith Formation Hour</p> <p>5:00pm Confirmation</p>
<p>Mon March 23</p>	<p>7:00pm NA 12 Step Group Fellowship Hall</p> <p>6:00pm Leadership Board (Rescheduled from last week)</p>
<p>Tues March 24</p>	<p>9:00pm Retired Teacher Book Club Hearth Room</p> <p>Noon AA 12 Steps Meeting Upper Room</p> <p>6:30pm Hands of AA 12-Step Meeting Upper Room</p>
<p>Wed March 25</p>	<p>12:00pm Brown Bag Bible Study</p> <p>1:00pm Prayer Warriors</p>
<p>Thurs March 26</p>	<p>5:30pm Midweek Lenten Dinner</p> <p>6:15pm Midweek Lenten Worship Service</p>
<p>Friday March 27</p>	<p>12:00pm Mayfair AA Group</p> <p>6:00pm ACA 12 Step Group Room 100</p> <p>6:00pm Young Adult Night Off-Site</p>
<p>Sat March 28</p>	<p>8:30am Tosa Cares Donation Drop Offs</p>
<p>Sun March 29</p>	<p>Palm Sunday</p> <p>9:30am Worship Service</p> <p>10:30am Faith Formation</p>
<p>Next Week</p>	<p>Holy Week!</p>

Something to Consider

In the early 2000s, our siblings in the United Church of Christ came up with an advertising campaign that read:

“Never place a period where God has put a comma.”



The point? God is still speaking and working in the world. This campaign rings true with the readings from both Ezekiel and John. Dry bones and even death will not have the final word with God. Though often not on our timeline or according to our expectations, God’s great power, love, and imagination for the world never stop.

Today’s Volunteers

Altar Care: Kevin and Gloria Caruana

Assisting Minister: Linda Ertel

Lector: Tom Ertel

Communion, bread: Bob Young

Communion, wine: Lora Marheine, Erin McDougal, Linda Ertel

Ushers: Kurt Kleppek and Debbie Rack-Kleppek

Audio/Visual: Erik Peterson and Jack Johnston

Greeters: Carl and Karen Engelhardt

Tellers: Ellyn Steinke and Carl and Karen E.

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

PRAYER WARRIORS

Help lift up our community’s concerns and thanksgivings

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

Need Prayer?

Submit prayer requests:

 pastor@mtzionlutheran.org

 414-258-0456

 *Fill out a prayer card in-person*

A Cappella Choir Concert



The Lutheran

A Cappella Choir
of Milwaukee

Coming Home

Featuring John Leavitt's "Missa Festiva"
plus music by Brahms, Haydn, Craig Courtney,
Stephen Paulus and more!

Accompanied by Chamber Orchestra and
LAC Pianist/Organist Mr. Richard Ewert
Under the direction of Mr. Bill Busch, Artistic Director

Friday, April 24th at 7:30pm
St. Monica Catholic Church
5681 N Santa Monica Blvd
Whitefish Bay, WI 53217

Sunday, April 26th at 3:00pm
Mt. Carmel Lutheran Church
8424 W Center St.
Milwaukee, WI 53222

Tickets are \$20 General Admission
and Students FREE with student ID

More information available at: www.lutheranacappella.org

Tickets available in advance or at the door.

Steve's Science Tidbits

Cardiovascular Disease and Late-Night Habits

Cardiovascular disease is the leading cause of death in the United States. In 2023, a new syndrome was coined by the medical establishment--cardiovascular-kidney-metabolic (CKM) syndrome--because evidence has shown that cardiovascular disease is inextricably linked to diseases of the kidney and metabolism (eg, diabetes). The number of risk factors is increasing at an alarming rate and include seemingly innocuous lifestyle behaviors.

I chanced upon an article by cardiologist Dr. Sanjay Bhoraj, who has treated heart disease patients for over 20 years. In it, he lists late-night activities that appeared time and time again in his patients which he feels are drivers of poor cardiovascular health. The following seven behaviors he avoids after 7:00 pm.

1. Eating. Metabolism is altered in the evening, with poor glucose and fat processing. This leads to higher blood sugar levels, elevated blood pressure and increased fat storage, as well as augmented inflammatory signaling. It also competes with the body's nighttime repair processes.



2. Bright lighting, After sunset, exposure to blue-heavy light blocks melatonin release which negatively affects sleep regulation, blood pressure and antioxidant activity. It is best to mimic the lighting conditions of sunset.



3. Stressful or emotionally charged television. Your nervous system doesn't know it isn't real. The resulting physiological stress activates the sympathetic nervous system, bringing increased blood pressure and heart rate. Dr. Bhoraj says, "Revvng your stress hormones right before sleep is like flooring the gas pedal as you pull into the garage."



4. Intense exercise. Exercise is one of the best things you can do for your heart, but timing is all important. Heavy exercise shortly before bed increases your cortisol (stress hormone) levels and, thus, delays your body's rest and repair mode, risking inadequate recovery from the previous day. Your heart needs a slow down period well before bedtime to ensure a healthy night's sleep.



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Steve's Science Tidbits

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5. Alcohol consumption. Although alcohol can be relaxing, physiologically it does just the opposite. Even modest alcohol consumption can suppress melatonin production and REM sleep. In addition, it raises the heart rate and restricts the normal overnight drop in blood pressure. It also increases inflammation and interferes with metabolic control, increasing long-term heart risk. Imagine if you have a late-night drink every evening.



6. Emotionally charged conversations. Cortisol levels rise sharply with this kind of stress, with all the attendant fallout, potentially triggering arrhythmias or cardiac events. Your body wants to wind down, but you're flooding it with all kinds of stress hormones.



7. Unfiltered screen exposure. Phones, tablets, and televisions emit blue light that delays melatonin release and shifts circadian timing. You fall asleep later, with reduced sleep quality. This always negatively impacts cardiovascular health. I'll add an 8th habit—late bedtimes. My mother used to say, "It's the sleep before midnight that counts." From experience I can attest to this adage. Indeed, turning night into day causes a phase delay where your body clock shifts to a later schedule.

Steve Downs

Life Line Screening

Life Line Screening

At Mt Zion Lutheran Church

Friday, May 15

Get screened for stroke and heart disease risk with Life Line Screening. Preventative screenings include an ultrasound of the carotid artery; ultrasound for abdominal aortic aneurysm; EKG for atrial fibrillation; and ABI test for peripheral arterial disease.

www.lifelinescreening.com

Courage House Renovations

Buying a house has a funny way of teaching you things after the paperwork is signed. You sit at the kitchen table with a spreadsheet, a calculator, and a hopeful sense that you've planned for everything.

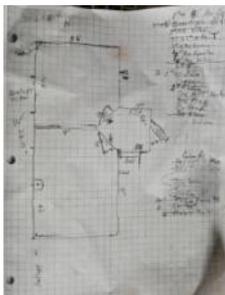
Then reality starts knocking. The electrical panel needs attention. A wall needs to move. Something you thought would cost a few hundred dollars quietly becomes a few thousand. Anyone who has owned a home knows the feeling: the plan looked perfect on paper, and then the house politely revealed all the things it forgot to mention.



That is exactly where we are right now with the new Courage House. As we moved from planning into the real work, we discovered several things that needed to change to meet state licensing requirements and to make the home truly safe and functional for the young people who will live there.



Bedrooms had to be made slightly larger to meet licensing standards. Some infrastructure needed updating. And like any renovation project, a handful of unexpected surprises appeared once the walls were opened up. None of these changes are optional, and all of them move us closer to opening a safe, stable home for LGBTQ+ youth who have nowhere else to go.



So in the spirit of every homeowner who has ever muttered “well... we didn't plan for that,” we are launching a \$20,000 March Community Build Fund to help close the gap. Every gift helps us handle these last unexpected costs and keep the project moving forward.

If you've ever owned a home, you already understand the moment we're in.

Plans meet reality, sleeves get rolled up, and the community comes together to make it work.

Please give today to help us finish a home that will change lives.

March Mission - Tosa Cares



When asked of our Tosa Cares neighbors, “What do you like the most about being here at Tosa Cares?” some responses include: the welcoming environment, a wide variety of essential things, the organization, friendly people, supportive- not judgmental, accommodating, wonderful services, people who care, love coming, generous and warm, helpful, friendly, a Reflection of Church.

Isn't that who we are, Mt. Zion? Yes, taking God's word and acting on feeding and clothing our neighbor. Mt Zion provides this place for all of this to happen, a reflection of Who we are called to Be. Thank you, Mt. Zion! Thank the Lord!

Did you know that during a cycle of distributions, where Tosa Cares families come at least one time), about 13,000 nonperishable items are distributed over 9 distribution times, plus carrots, apples, meat, and bread for each family, in addition to personal care items, cleaning supplies, school supplies and an opportunity to select clothing and some household items, books, and toys. Low sodium and sugar items are also packed for families with dietary restrictions.

We are thankful for the product and monetary donations and the volunteers to make this possible. Thank you, Mt. Zion and partners! Thank the Lord!

Sharing a prayer from Reformation....

God of warmth and welcome. Just as the sun shines on earth, let your love shine through us. Bless the ministries that serve quietly and faithfully – those who provide food, care and dignity to neighbors in need. Strengthen all who volunteer, give, and serve, and guide us to be people who share your light wherever we go. May hope grow in every place where love is lived out. Through Christ our Lord. Amen

A financial donation may be made through on-line giving or by a check written to Mt. Zion (please identify Tosa Cares in the memo) or a check to Tosa Cares.

Thank you.
Mt. Zion Outreach

Supporting Our Youth

Support Gabby, Isabella, Francesca, and their Cheerleading Squad



With this blizzard weather, we need something to look forward to. Time to think about getting your spring hanging baskets!! History repeats itself so Spring has to come at some point this year!

We have 3 options:

Sun-\$39

Shade-\$39

Petunia-\$39

All colors and combinations are random

Pictures attached are of baskets from last year!

Sale runs through **Thursday March 26th.**

Flowers can be picked or delivered Saturday April 25th & Sunday April 26th.

Thanks again for supporting our cheerleaders!!!!

Contact Angela Riccaboni to order.

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:

Grace B. will be in a performance of The Emperor's New Clothes Wednesday, March 25 at 7:00pm!

This performance was originally scheduled for March 16, but with the snow storm it got rescheduled so the troupe could still perform! Hooray!

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

Commemorations



Jonathan Edwards,
teacher, missionary to
American Indians, died 1758
Sunday, March 22, 2026

A Puritan minister in Connecticut, Edwards is remembered as being a great preacher. Though his most famous sermon talks at length about hell, he was more concerned with God's love. He served both as missionary to the Housatonic people in Massachusetts, and as president of the future Princeton University.

Learn more about Johnathan Edwards at [Britannica.com](https://www.britannica.com)

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

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Kevin Burke, Vice President
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Joe Di Giacinto, Treasurer
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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

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Wauwatosa, WI 53226
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