

THE OLIVE PRESS

Aug 2026
EDITION 51



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💡 Health & Wellness Corner: Simple Steps to Reduce "Nanoplastics"



You may have recently seen news stories about nanoplastics—microscopic plastic particles that measure less than 1 micrometer (or 1,000 nanometers), invisible to the eye, that can find their way into our water, food, and homes. Unlike larger microplastics, which can get stuck in our digestive tracts, nanoplastics are small enough to pass through biological barriers.

They can cross the lining of the intestines and lungs, entering the bloodstream. From there, they can travel to major organs, including the heart, liver, kidneys, and even cross the blood-brain barrier. While it is impossible to avoid them completely, reducing your exposure is easy with a few simple habit shifts:



Skip the Microwave Plastic: Even if a plastic container says "microwave safe," it's best to avoid heating food in it. The heat causes the plastic to shed billions of microscopic particles into your meal. Switch to glass or ceramic bowls for heating.



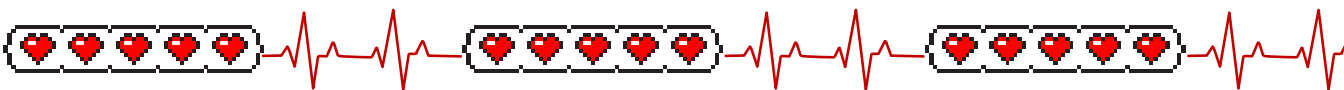
Rethink Your Water Bottle: A landmark study found that a single liter of bottled water can contain an average of 240,000 plastic particles, roughly 90% of which are nanoplastics sheared off from the bottle and the filtration process. Try replacing single-use plastic water bottles with a reusable stainless steel or glass bottle. It's better for your health and cleaner for God's creation! If you want to filter your tap water, look for high-quality multi-stage filters, carbon block filters, or reverse osmosis (RO) systems, which are highly effective at capturing sub-micron particles.



Be Mindful of Hot Beverages: Avoid using plastic electric kettles or drinking hot coffee and tea out of plastic-lined paper cups (like standard takeaway coffee cups) as much as possible.



Keep Dust at Bay: Many modern clothes, carpets, and blankets are made of synthetic fibers (like polyester). Regular dusting or vacuuming helps clear out the invisible plastic dust that settles around the house. Using a vacuum with a HEPA filter helps capture the synthetic plastic dust that settles from clothing and furniture.



Taking care of our physical health is a wonderful way to honor the bodies we've been blessed with.

Have a healthy and beautiful month of August!



Written by **Ulrike Ziegner, MD, PhD**
Allergist/Immunologist & Pediatrician

Kids' Corner: What Is a Pastor?

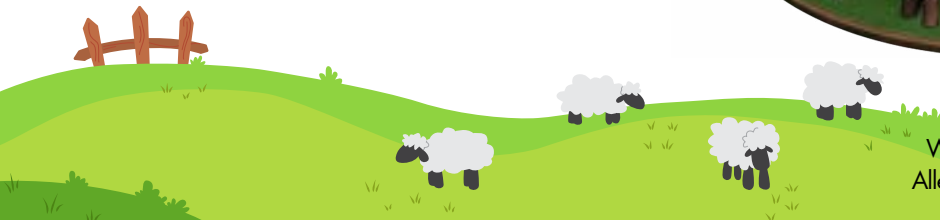
Have you ever seen a shepherd? A shepherd is a helper whose whole job is to take care of a fluffy flock of sheep!

- He makes sure the sheep have yummy green grass to eat and fresh water to drink.
- He keeps them safe from big, scary animals.
- If a little lamb gets lost, the shepherd looks everywhere until he finds it and carries it back home.

A long, long time ago, people spoke a language called Latin. In Latin, the word for a shepherd is "Pastor." So, when we call the leader of our church a "Pastor," we are saying they are just like a loving shepherd!



Instead of taking care of sheep, a pastor takes care of people. They help us learn about God's love, pray with us when we are happy or sad, and remind us that Jesus—our Great Shepherd—is always watching over us.





The Bible calls Jesus the Good Shepherd. Jesus knows each one of us by name, loves us, and gave His life to save us. A pastor helps point us to Jesus, our Good Shepherd.



And here's something else to remember: You can always come to Pastor Cory Willweber. If you have questions about God, or if you're happy, sad, scared, or need someone to pray with, your pastor is there to listen, encourage you, pray with you, and remind you of Jesus' love and forgiveness.

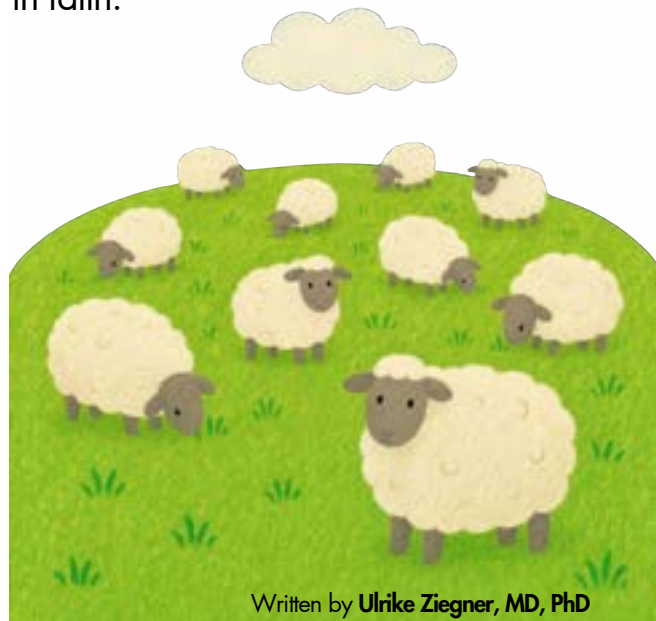
Remember:

Jesus is our Good Shepherd.

Your pastor helps you know and follow Jesus.



Here is some wonderful news! Our church will soon have a new pastor, Pastor CORY WILLWEBER. We thank God for sending us him to be our shepherd to care for our church family. Let's pray for our new pastor, that God will bless him as he teaches us about Jesus and helps us grow in faith.



Written by **Ulrike Ziegner, MD, PhD**
Allergist/Immunologist & Pediatrician

The Road to The Book of Concord

by Chief Elder, Bill Dahlgren

About 1510 Luther is allowed to go to Rome. He feels he will see wonderful things in Rome. He walks from Wittenberg to Rome. He becomes very disillusioned with the Roman Catholic Church when he sees priests visiting houses of prostitution, priests selling indulgences.

In 1515 Luther becomes enraged when John Tetzel is selling indulgences in Wittenberg telling potential buyers that an indulgence freed souls from punishment for confessed sins and could even release them from purgatory.

In 1517 Luther posts his 95 theses on the door of the Wittenberg castle church. His actions get back to the pope.

In 1521, the pope declares Martin Luther an outlaw and is commanded to come to the city of Worms Germany to recant his position. He does not recant.

The emperor Charles V wants the Lutherans and Catholics to meet in Augsburg and work out their differences. Meeting was to take place on May 2nd 1530. Luther and Melancthon write the Augsburg Confession. The first 21 articles of the Augsburg Confession set forth Lutheran doctrine in order to demonstrate that they dissent in no article of faith from the Catholic Church. The remaining 7 articles discuss abuses that had crept into the Catholic Church in the centuries immediately preceding the reformation. The Augsburg confession is the backbone of the Lutheran Church.

Most of the 21 articles were accepted but none of 7 abuses were accepted.

The emperor wants another meeting to try and iron differences. Melancthon writes the Apology of the Augsburg Confession which is the defense of The Augsburg confession. It is never presented as the Catholic Church keeps putting off the meeting in hopes that Luther would be dead before the meeting. Another meeting never takes place due to the ridiculous demands of the Catholic Church Lutherans would not be allowed to vote, only Catholics could vote.

The Council of Trent is finalized in 1563 and from this date the Catholic Church and the Protestants are completely separated.

The Smalcald articles were written by Martin Luther as there was little hope that the emperor would grant Lutherans religious freedom to practice a religion separate from Catholicism. The Smalcald league was formed by the German princes to defend against the emperor and the soldiers of the pope. The emperor defeated all of Germany except for Saxony. Germans given religious freedom because of Muslims.

In 1536 Pope John Paul III for another council again to work out differences so the German Princes asked Martin Luther to clearly state the Lutheran Doctrine. Luther wrote The Smalcald Articles. The Lutheran doctrine has been stated in the Augsburg Confession, The Apology and the Large Catechism. There were things missing like views on purgatory, adoration of saints and most important the Papacy. The council never took place but the Lutherans felt the articles were so good that they were adopted in The Book of Concord.

The Ecumenical Creeds were never in contention. They were accepted by the ancient church, the Catholic Church and The Lutherans.

- 1) The Apostles Creed
- 2) The Nicene Creed
- 3) The Athanasian Creed



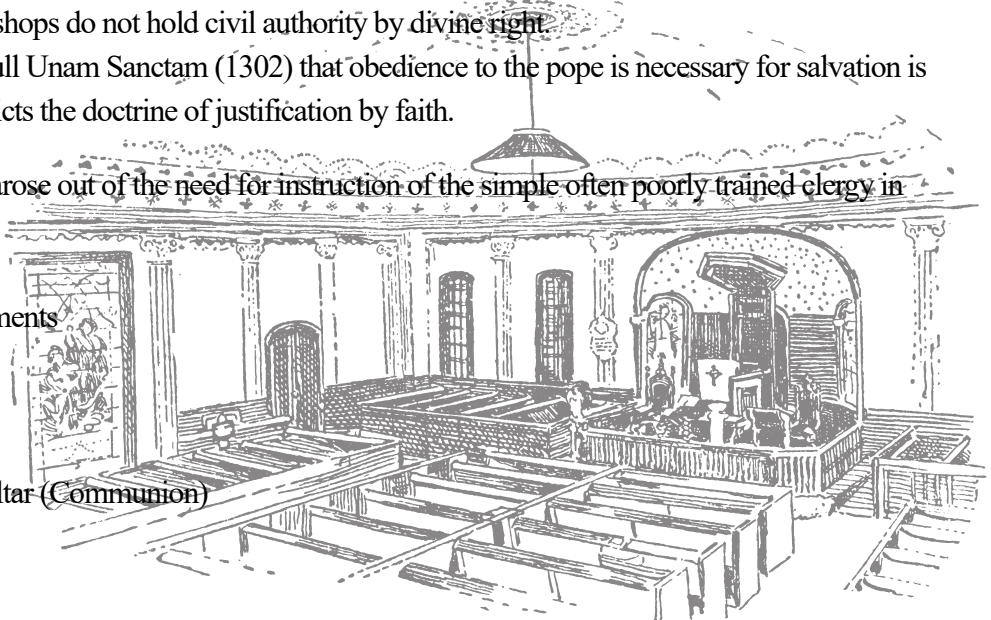
Treatise on the power and primacy of the pope written by Melancthon.

- 1) The pope is not the head of the Christian church and superior to all other bishops.
- 2) The pope and the bishops do not hold civil authority by divine right.
- 3) The claim of The Bull Unam Sanctam (1302) that obedience to the pope is necessary for salvation is invalid since it contradicts the doctrine of justification by faith.

The Large Catechism arose out of the need for instruction of the simple often poorly trained clergy in The Basics of Faith.

The Basics are

- a) The Ten Commandments
- b) Apostles Creed
- c) Lord's Prayer
- d) Baptism
- e) Sacraments of the Altar (Communion)
- f) Confession



These basics were all covered in sermons by Martin Luther at St. Mary's Church in Wittenberg. He put all these sermons together in one book in 1529 call The Large Catechism.

Formula of Concord

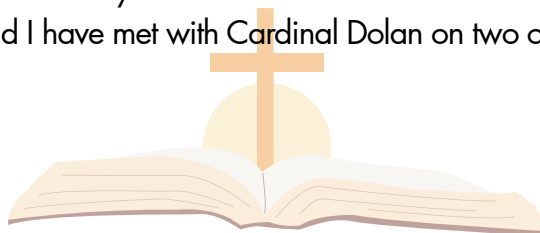
This is the last article of The Book of Concord. After Luther's death in 1546, there was some divisions among Lutherans over 12 articles that have been resolved by Lutheran Theological advisers. The two main advisers were Jacob Andrae and Martin Chemnitz. They drafted a compromise plan that would preserve Luther's teaching while giving the apperance of compliance with Imperial Religious policy. There were 12 articles of The Formula of Concord that everyone finally agreed on.

12 Articles:

- 1) The Original Sin
- 2) Free Will
- 3) The Righteousness of Faith Before God
- 4) Good Works
- 5) Law & Gospel
- 6) The Third Use of The Land
- 7) The Holy Supper
- 8) Ther Person of Christ
- 9) Christ Descent into hell
- 10) Church ceremonies
- 11) The Eternal Foreknowledge and Election of God
- 12) Other Heresies and Sects



Martin Luther was right. In 2017 we celebrated the 500th anniversary of the Reformation. The foremost Cardinal of the Roman Catholic Church sent us a video saying Luther was correct asking for his reforms. Cardinal Dolan said the Pope should have granted Luther's reforms and we would be one church today. Dolan said they have made most of the reforms requested by Luther. I personally saw the video and I have met with Cardinal Dolan on two occasions and he verified the video.



Meet Melanie “Mel” Hakim: Nurturing Young Hearts in Room 1

This month I am excited to highlight Melanie Hakim, known to many as Mel, who teaches our 2- and 3-year-olds in Room 1. Mel has been part of our preschool and church community for a total of eight years. She first served here for six years, then stepped away to have her three boys, and has now returned for the past two years.

Mel brings a gentle, steady, and joyful presence to the classroom. As a mom of three boys, ages 6, 4, and 3, she understands the energy, curiosity, and big feelings that come with young children. She loves spending time with her family, especially trips to Disneyland, and she is happiest with a good cup of coffee at a cozy coffee shop. She also has a fun love for collecting stationery.

One surprising thing about Mel is that she is currently working on her master's degree in History, with the hope of one day becoming a history professor. Her love of learning is something she brings into the classroom each day.





Working with preschoolers has taught Mel patience and reminded her that every child learns and sees the world in a different way. She describes her teaching style as “flexible and responsive,” which is a perfect fit for a classroom full of little ones who are growing, learning, and discovering every day.



As a Christian, Mel appreciates being part of a preschool where she can share the same faith and values with the school community.

Jeremiah 29:11 is a verse that encourages her, reminding her that God has a plan and a future for each child. Through songs, Bible stories, prayers, and the open, loving environment of her classroom, Mel hopes children begin to understand that Jesus is real and present in their lives.

One of Mel’s favorite parts of the day is morning drop-off, when children arrive excited and ready to begin. She says that when they are able to let go of Mom and feel safe at Mt. Olive, it means so much to her. She hopes parents know their children are safe with her, loved by her, and being guided as they learn and grow



This year, Mel is excited to welcome new students and watch them grow. We are thankful for the care, faith, and warmth she brings to our preschool family. Please pray for Mel as she continues her master’s program and as her own children begin TK and Kindergarten.



PRESCHOOL ACTIVITIES



Air Plant Arrangements for Sale!

Support Mount Olive Lutheran
Preschool by purchasing a
beautiful air plant
arrangement! 



Your purchase helps support
our preschool and its
programs. Thank you for
supporting our fundraiser
and helping our students
grow! 

Available while supplies last
(310) 377 8541



PRESCHOOL NEWSLETTER

Written by Preschool Director David Welch

July was a fantastic month. We have several newly enrolled students, and many of our amazing families are staying with us for another year or two. We will start in September with over 50 families in our program.

Mount Olive is a well-known and popular preschool, and most of our new families come here because someone has told them how amazing we are. We are looking forward to the new pastor starting, and our school is blessed!

Mira enjoys playing in the sandbox.



James enjoys painting the American flag.

Our monthly Christian curriculum consists of the stories The Wise & Foolish Builders, The Parable of the Talents, and The Story of the Good Samaritan.

Our Discovery Point says that Jesus replied, "Love the Lord your God with all your heart, soul, and mind." This is the first and greatest commandment. And the second is like it. 'Love your neighbor as yourself.' – Mathew 22:37-39.

CALENDAR



AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
9am Confirmation 9am Bible Class 10am Worship	2 ESL Class @ 9:30am	3	4	5	6	7 Youth Group 7pm
9am Confirmation 9am Bible Class 10am Worship	8 ESL Class @ 9:30am	9	10	11	12	13 9:15am Preschool Chapel
9am Confirmation 9am Bible Class 10am Worship	14 ESL Class @ 9:30am	15	16	17	18	19 9:15am Preschool Chapel
9am Confirmation 9am Bible Class 10am Worship	20 ESL Class @ 9:30am	21	22	23	24	25 9:15am Preschool Chapel
9am Confirmation 9am Bible Class 10am Worship	26 ESL Class @ 9:30am	27	28	29	30	31 9:15am Preschool Chapel
30	31	1	2	3	4	5

Homemade
CONFIRMATION

written by **Lauralee Lapid** picture by **Anonymous** 14

*For further calendar updates, please visit
www.mtoliverpv.com



Editor's Message

Greetings, Mount Olive!

Blessings to you, MOLC congregation! Thank you for taking the time to read the 51st Edition of the Mount Olive Press.

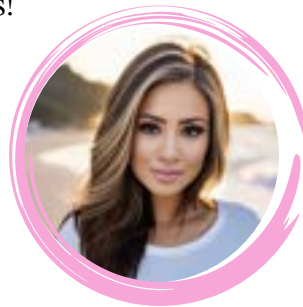
I hope you enjoyed reading this newsletter. For anyone who would like to contribute to next month's newsletter, don't hesitate to send an email to **office@mtoliverpv.com**

Additionally, if you are perhaps new to the congregation, or have not had the chance to introduce yourself, don't be shy! We would love to hear from you.

Thank you for all of those who contributed to this newsletter: Chief Elder Bill Dahlgren, Preschool Director David Welch, President Ulrike Ziegner Hokanson, and Youth Director Julie Kurtz.

It is always nice to get a newsletter and learn something new each time.

God Bless!



Lauralee Lapid





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