

THE OLIVE PRESS

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TO D OR NOT TO D

FUNCTION OF VITAMIN D

Vitamin is an essential contributor to bone health. It helps the body to absorb and utilize calcium, which is essential for bone formation and mineralization. During pregnancy, increased vitamin D supply is most important for the baby's bone production.



SYNTHESIS OF VITAMIN D

The precursor of vitamin D is Provitamin D3 (7-dehydrocholesterol), which is produced from cholesterol. It is present in many foods, such as fish, eggs, dairy and orange juice. It is stored in the skin. After absorption of ultraviolet B (UVB) radiation from sun exposure it converts to the active form of vitamin D, Vitamin D3.

VITAMIN D3 SUPPLEMENTATION

Vitamin D3 is available in the form of pills, gummies and liquid. The dosing of Vitamin D3 is dependent on age, sun exposure, skin color and other factors like pregnancy and lactation.

CAN YOU OVERDOSE VITAMIN D?

Yes: In contrast to water-soluble vitamins B and C, all fat-soluble vitamins, which are A, D, E, and K, taken in abundance, will be stored in the liver and kidneys which might lead to organ damage.

TREATMENT OF OSTEOPOROSIS

In addition to vitamin D3, calcium will also promote bone health. Rock-based calcium can only slow bone loss and might build calcium plaques in arteries and form kidney stones. In contrast, plant-based calcium, like AlgaeCal, actually stops bone loss and builds new bone. In contrast, strontium is a heavy metal that does not have a beneficial effect on osteoporosis.

RECOMMENDED AMOUNTS OF Vitamin D					
AGE	MALE	FEMALE	PREGNANCY	LACTATION	
0-12 months*	10 mcg (400 IU)	10 mcg (400 IU)			
1-13 years	15 mcg (600 IU)	15 mcg (600 IU)			
14-18 years	15 mcg (600 IU)	15 mcg (600 IU)	15 mcg (600 IU)		15 mcg (600 IU)
19-50 years	15 mcg (600 IU)	15 mcg (600 IU)	15 mcg (600 IU)		15 mcg (600 IU)
51-70 years	15 mcg (600 IU)	15 mcg (600 IU)			
>70 years	20 mcg (800 IU)	20 mcg (800 IU)			
*Adequate Intake (AI)					



The Holly and The Ivy

Matthew 1:21 – *“She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”*

Christmas decorations have a way of preaching without words, and among the most meaningful symbols are the holly and the ivy. Early Christians saw in the holly plant a vivid picture of the reason Christ came into the world.

The sharp, pointed leaves reminded them of the crown of thorns Jesus would one day wear, and the bright red berries echoed the precious blood He would shed for our salvation.

Even in the joy of the manger, we remember that the Child born to us is also the Savior who came to rescue us from sin and death.

Ivy carries its own gentle message.

It clings tightly, grows steadily, and stays green through winter.

Ivy reminds us that the Savior who came for us also holds us fast. His love endures; His presence never fades. As ivy clings to the tree, so we cling to Christ, who gives us everlasting life.





This year The Grove (Mt. Olive's Friday night ministry for kids) celebrated at our Christmas Party with a great meal together and by planting an Ivy to take home. With this description of our Christmas craft, let the holly and the ivy point you again to the heart of the season: **Jesus was born to save us, and in Him we find life that endures forever.**

First the kids each planted a small ivy. A living plant that will grow, spread, and hold on tightly. It stays green even when other plants fade. Ivy reminds us that Jesus did not remain in the tomb—He rose again! Because of Him, we have **new life and hope that lasts forever**. Just like ivy clings to what it grows on, we cling to Jesus and trust Him every day.

Next the kids placed a holly leaf with berries into their pot. The **holly** has sharp, pointy leaves and bright red berries reminding us that Jesus was born to be our Savior. The sharp leaves remind us of the crown of thorns Jesus would one day wear, and the red berries remind us of the blood he would shed and His great love shown when He gave His life for us. Even in the joy of the manger, we remember that Jesus came to die for our sins.



The kids then place a white blossom somewhere in their arrangement. The Holly blossom is pure white and reminds us of the virgin birth, the innocence of Christ and the Holiness of our Lord Jesus.

Finally, a piece of bark was placed in the arrangement. The bark of a Holly tree is a bitter bark and represents the bitterness of the suffering Jesus would face. In the Christmas song "The Holly and the Ivy" it talks about the bark being as "bitter as the gall". "Gall" is something very bitter—it reminds us of the mixture offered to Jesus on the cross (Matthew 27:34). The song paints a contrast between the bitterness of the world Jesus came into marked with sin and sorrow, and His bitter suffering on the cross with the sweetness of the Christ child Mary bore who brings hope forgiveness and redemption. As the kids care for their little plants they will be reminded of this truth: **Jesus was born to save us, and His love helps us grow.**



What is an LCMS Lutheran

by Chief Elder Bill Dahlgren

A Lutheran is a person who believes, teaches, and confesses the truths of God's word as they are summarized and confessed in the Book of Concord. The Book of Concord contains the Lutheran confession of faith.

Lutherans, confess that the word of God is and should remain the sole rule and norm of all Doctrine. What the Bible asserts, God asserts. What the Bible commands, God commands.

The authority of the Scriptures is complete, certain and final. The Scriptures are accepted by the Lutheran Confessions as the actual word of God. The Lutheran confessions urge us to believe the Scriptures, for they will not lie to you and cannot be false and deceitful.



The Bible is God's pure, infallible, and unalterable word. The Lutheran confessions are the basis, rule, and norm indicating how all doctrines should be judged in conformity with the word of God. Because the confessions are in complete doctrine agreement.



With the written Word of God, they serve as the standard in the Lutheran Church to determine what is faithful biblical teaching, in so far that teaching is addressed in the Confessions.

The Gospel is properly a doctrine that teaches what a person should believe, so that he receives forgiveness of sins with God. In other words, it teaches that God's son, our Lord Jesus Christ, has taken upon himself and borne the law's curse and has atoned and paid for all our sins through him. Alone we again enter into favor with God, receive forgiveness of sins through faith and our delivered from death and all punishment of sins, and eternally saved.



To sum things up, we believe the bible is the inerrant word of God and follows the teachings of Martin Luther summarized as grace alone, faith alone and scriptures alone. We believe in the Holy Trinity, the death and resurrection of Jesus Christ, and that Salvation is a gift from God received through faith alone in Jesus Christ.



PRESCHOOL ACTIVITIES



Patrick enjoys playing with the outdoor ball games at his preschool



PRESCHOOL NEWSLETTER

Written by Preschool Director David Welch

Mt. Olive Preschool had a Blessed Christmas season! We had a fantastic "Parents' Night Out" with over 25 children attending our event. We also had a spectacular turnout with over 50 people at our tree trimming and ornament decorating evening. New families are enrolling, and many have signed up already.

We are looking to hire a new teacher, so please pray we find the right fit for our church and school.



Damon & Zoe are playing hide & seek with the lizard



Dylan swings on the hammock in the schoolyard

Our monthly Christian curriculum consists of the stories, *The Angel Visits Mary*, *Jesus is Born*, and *Angels Tell the Shepherds*.

Our discovery point is that worshipping begins with God, who announces the good news that he sent his Son, Jesus to be our savior.

photos by David Welch

CALENDAR



JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 New Year's Day	2	3
9am Confirmation 9am Bible Class 10am Worship4	ESL Class @ 9:30am5	6	7	9:30am Preschool Chapel8	GROVE 6:30pm-8pm9	Youth Group 7pm10
9am Confirmation 9am Bible Class 10am Worship11	ESL Class @ 9:30am12	13	14	9:30am Preschool Chapel15	9:15am Parents Chapel GROVE 6:30pm-8pm16	17
9am Confirmation 9am Bible Class 10am Worship18	Martin Luther King Day19	20	21	9:30am Preschool Chapel22	GROVE 6:30pm-8pm23	Youth Group 7pm24
9am Confirmation 9am Bible Class 10am Worship25	ESL Class @ 9:30am26	27	28	9:30am Preschool Chapel29	GROVE 6:30pm-8pm30	31

Holidays and Observances: New Year's Day (1), Martin Luther King Jr. Day (19)

Homemade
SCRIPTS MADE EASY

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

Editor's Message

thank you

Greetings, Mount Olive!

Blessings to you, MOLC congregation! Thank you for taking the time to read the 44th 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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