

THE OLIVE PRESS

June 2026
EDITION 49



CONTENTS

Cover Page.....	1
Contents.....	2
God's Grace.....	3
John The Apostle.....	7
Cory Willweber.....	9
Joanna Hernandez.....	10
Preschool Activities.....	12
Calendar.....	14
Council Contacts.....	16

Hello
June





Watermelon, Sunshine, and God's Grace

As summer arrives, God's creation reminds us again of His generosity and care. Nature itself reminds us of God's goodness. A bowl of fresh fruit reflects the beauty and abundance of our Creator that nourishes both, body and spirit.

Fruits provide important vitamins, minerals, fiber, and natural hydration. They strengthen the immune system, support heart, intestinal and bone health, and help maintain energy during warm summer days. Unlike many heavily processed foods, fresh fruit offers nourishment in its simplest and most natural form.

Fruit often gets a bad reputation for being "too sugary," but whole fruits can actually support weight loss by curbing cravings, adding fiber, and keeping you feeling satisfied.

Lettuce give thanks and pass the fruit, God's original Fast Food!

1. **Melons**

Melons are not only low in calories but also high in water content, making them weight-loss friendly. One cup or 134 g of each contains around:

Watermelon: 40 calories and 4 g of fiber.

Honeydew: 50 calories and 4 g of fiber.

Cantaloupe: 50 calories and 4 g of fiber.

Melons also contain a great amount of potassium and vitamins A and C, supporting a healthy immune system.

2. **Stone Fruits**

Stone fruits are deliciously sweet seasonal fruits with a seed or pit inside.

Peaches: 1 medium peach has about 60 calories and 8 g of fiber.

Plums: 2 medium plums have about 70 calories and 8 g of fiber.

Nectarines: 1 medium nectarine has about 60 calories and 8 g of fiber.

Cherries: 1 cup or 140 g of cherries has about 100 calories and 4 g of fiber.

Avocados: 1 medium avocado has 80 calories, unsaturated fats, and nearly 20 minerals and vitamins



Stone fruits are also a great source of potassium, an important mineral that helps regulate muscle, nerve, gut, and heart functions. Avocado is the only fruit that contains heart-healthy (good!) mono-nonsaturated fat and is sugar- and cholesterol-free.

3. Pineapple

Along with being low calorie, pineapple also contains properties which reduce inflammation, boost the immune system, and assists with functioning of the nervous system.

- Two round slices of 3/4-inch thickness contain about 50 calories and 4 g of fiber.

4. Berries

Berries are tasty, flavor-filled snacks packed with health benefits. One cup or 134 g includes approximately:

Blueberries: 84 calories and 3.6 g of fiber.

Blackberries: 62 calories and 7.6 g of fiber.

Raspberries: 60 calories and 8 g of fiber.

Strawberries: 50 calories and 8 g of fiber.

Berries are very perishable, handle them with care, refrigerate, and enjoy them within a couple of days of purchase.

5. Tangerines

Tangerines are easy-on-the-go snacks, and their easy-to-peel skin makes them even more appealing. They are high in water content, vitamin C, and other minerals.

- One medium tangerine has about 50 calories and 8 g of fiber.

6. Grapes

Grapes are a refreshing snack to fulfill sugar cravings. They are sweet but also full of water and are low calorie, helping you stay hydrated without adding too many calories. Eating fresh grapes is not the same as eating raisins: A small box of raisins, about 1/4 cup, is around 100 calories. However, you can eat a whole cup of fresh grapes instead with the same amount of calories.

- About 3/4 cup or 126 g of grapes have about 90 calories and 4 g of fiber.



7. Apples



Apples are another easy on-the-go snack. They have a high amount of fiber which will help you feel full for longer.

- One large apple has about 130 calories and 20 g of fiber.

8. Oranges



Oranges are low in calories and high in fiber, water, and vitamins, making them a great snack substitution. However, orange juice is very low in fiber.

- One medium orange has about 80 calories and 12 g of fiber.

9. Grapefruit



Grapefruit is quite tart, but has an abundance of water, fiber, and meets your daily need of vitamin C intake.

- One medium grapefruit has about 60 calories and 8 g of fiber.

There are, however, some medications that grapefruit may interfere with, such as:

1. cholesterol medications
2. blood pressure medications
3. organ transplant antirejection (=immunosuppressive) medications
4. antianxiety medications
5. corticosteroids
6. heart rhythm medications
7. antihistamines

The packaging slip of the medication should state if grapefruit should be avoided!

10. Kiwifruit



Kiwifruits are a small but mighty fruit packed with nutrition and health benefits that are linked to digestive, immune, and metabolic health. They are very high in vitamin C, E, folate, potassium and antioxidants, helping you to stay healthy.

- Two medium kiwis have about 90 calories and 16 g of fiber.



Fruits

Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (NDV) are
based on a 2,000 calorie diet.

	Calories	Calories from Fat	Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Fruits			g	mg	mg	g	g	g	g	%DV	%DV	%DV	%DV
Serving Size (gram weight/ounce weight)			%DV	%DV	%DV	%DV	%DV						
Apple 1 large (242 g/8.6 oz)	130	0	0	0	260	34	5	25g	1g	2%	8%	2%	2%
Avocado California, 1/2 medium (130 g/4.6 oz)	50	35	4.5	0	140	3	1	0g	1g	0%	4%	0%	2%
Banana 1 medium (126 g/4.5 oz)	110	0	0	0	450	30	3	19g	1g	2%	15%	0%	2%
Cantaloupe 1/4 medium (114 g/4.0 oz)	50	0	0	20	240	12	1	11g	1g	120%	80%	2%	2%
Grapefruit 1/2 medium (154 g/5.5 oz)	60	0	0	0	160	15	2	11g	1g	35%	100%	4%	0%
Grapes 1/4 cup (72 g/2.6 oz)	90	0	0	15	240	23	1	20g	0g	0%	2%	2%	0%
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0	30	210	12	1	11g	1g	2%	45%	2%	2%
Kiwifruit 2 medium (166 g/5.9 oz)	90	10	1	0	450	20	4	13g	1g	2%	240%	4%	2%
Lemon 1 medium (138 g/4.9 oz)	15	0	0	0	75	5	2	2g	0g	0%	40%	2%	0%
Lime 1 medium (87 g/3.1 oz)	20	0	0	0	75	7	2	0g	0g	0%	35%	0%	0%
Nectarine 1 medium (146 g/5.2 oz)	60	5	0.5	0	250	15	2	11g	1g	8%	15%	0%	2%
Orange 1 medium (154 g/5.5 oz)	80	0	0	0	250	19	3	14g	1g	2%	130%	6%	0%
Peach 1 medium (147 g/5.2 oz)	60	0	0.5	0	230	15	2	13g	1g	6%	15%	0%	2%
Pear 1 medium (166 g/5.9 oz)	100	0	0	0	190	26	6	16g	1g	0%	10%	2%	0%
Pineapple 2 slices, 1" diameter, 1/4" thick (112 g/4.0 oz)	50	0	0	10	120	13	1	10g	1g	2%	50%	2%	2%
Plums 2 medium (131 g/4.7 oz)	70	0	0	0	230	19	2	16g	1g	8%	10%	0%	2%
Strawberries 1/2 cup (75 g/2.7 oz)	50	0	0	0	170	11	2	8g	1g	0%	160%	2%	2%
Sweet Cherries 21 cherries; 1 cup (148 g/5.3 oz)	100	0	0	0	350	26	1	16g	1g	2%	15%	2%	2%
Tangerine 1 medium (109 g/3.9 oz)	50	0	0	0	160	13	2	9g	1g	6%	45%	4%	0%
Watermelon 2 cups diced pieces (100 g/3.6 oz)	80	0	0	0	270	21	1	20g	1g	30%	25%	2%	4%

Most fruits provide negligible amounts of
saturated fat, trans fat, and cholesterol; avocados
provide 0.5 g of saturated fat per ounce.

U.S. Food and Drug Administration

John The Apostle and Gospel Writer

by **Chief Elder, Bill Dahlgren**



I will be writing about our gospel writers in the Olive Press. I have chose John first because I feel he was the closest to Christ. Even closer than Peter. From the cross, Christ told John to take care of his mother. John did take care of his Mary. John describes himself as the disciple whom Jesus loved.

Luther says that John wrote his Gospel because the Heretic Cerinthus (A contemporary of the Apostles) was the first man to attack the divinity of Christ. Johns' gospel proves that Christ, our lord and savior, is the true, natural , and eternal God with the Father and the Son and the Holy Spirit. John's gospels differ from the Synoptic Gospels in several ways. The Gospel of John covers a different time span than Matthew, Mark and Luke. The Gospel of John portrays Jesus discoursing at length on the logical matters.

New Testament Accounts

John was the son of Zebedee and Salome, and the brother of James the Greater, in the Gospels the two brothers are often called their father "the sons of Zebedee" and received from Christ the honorable title of Boanerges i.e. "sons of thunder" (Mark3:17). Originally they were fishermen and fished with their father in the Lake of Genesareth. According to the usual and entirely probable explanation they became, however, for a time disciples of John the Baptist, and were called by Christ from the circle of John's followers, together with Peter and Andrew, to become His disciples (John 1:35-42). The first disciples returned with their new Master from the Jordan to Gailee and apparently both John and the others remained for some time with Jesus. Yet after the second return from Judea, John and his companions went back again to their trade of fishing until he and they were called by Christ to definitive discipleship (Matthew 4:18-22; Mark 1:16-20).

In the lists of the Apostles John has the second place (Acts1:13), the third (Mark3:17), and the fourth (Matthew 10:3; Luke6:14), yet always after James with the exception of a few passages (Luke8:51;9:28 in the Greek text; Acts 1:13)

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From James being thus placed first, the conclusion is drawn that John was the younger of the two brothers. In any case John had a prominent position in the apostolic body. Peter, James, and he were the only witnesses of the raising of Jairus's daughter (Mark5:37), of the Transfiguration (Matthew17:1), and of the Agony in Gethsemani (Matthew 26:37).



Only he and Peter were sent into the city to make the preparation for the Last Supper (Luke22:8). At the Supper itself his place was next to Christ on whose breast he leaned (John 13:23,25). According to the general interpretation John was also that “other disciple” who with Peter followed Christ after the arrest into the palace of high-priest (John18:15).

John alone remained near his beloved Master at the foot of the Cross on Calvary with the Mother of Jesus and the pious women, and took the desolate Mother into his care as the last legacy of Christ (John19:25-27).

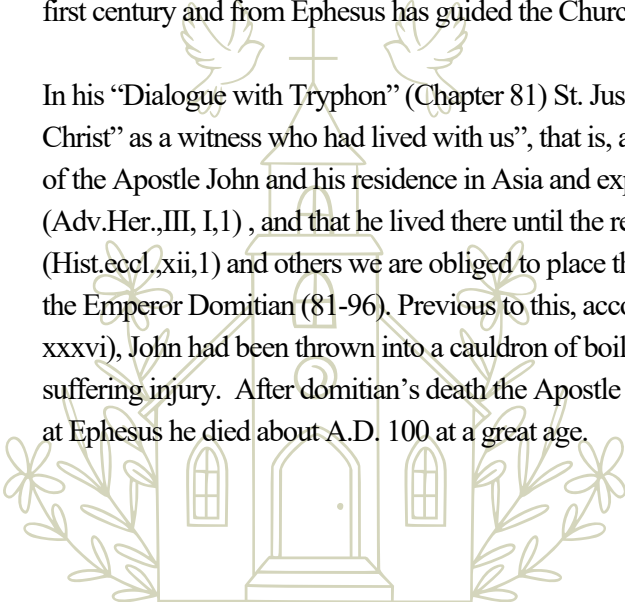
After the Resurrection John with Peter was the first of the disciples to hasten to the grave and he was the first to believe that Christ had truly risen (John21:7). The Fourth Evangelist has shown us most clearly how close the relationship was in which he always stood to his Lord and Master by the title with which he is accustomed to indicate himself without giving his name: “the disciple whom Jesus loved.”

After Christ’s Ascension and the Descent of the Holy Spirit, John took, together with Peter, a prominent part in the founding and guidance of the Church. We see him in the company of Peter at the healing of the lame man in the Temple (Acts3:1). With Peter he is also thrown into prison (Acts 4:3).

The Later Accounts of John

The Christian writer of the second and third centuries testify to us as tradition universally recognized and doubted by no one that the Apostle and Evangelist John lived in Asia Minor in the last decades of the first century and from Ephesus has guided the Churches of that province.

In his “Dialogue with Tryphon” (Chapter 81) St. Justin Martyr refers to “John”, one of the Apostles of Christ” as a witness who had lived with us”, that is, at Ephesus. St. Irenaeus speaks in very many places of the Apostle John and his residence in Asia and expressly declares that he wrote his Gospel at Ephesus (Adv.Her.,III, I,1) , and that he lived there until the reign of Trajan (loc,Cit.,II,xxii,5). With Eusebius (Hist.eccl.,xii,1) and others we are obliged to place the Apostle’s banishment to Patmos in the reign of the Emperor Domitian (81-96). Previous to this, according to Tertullian’s testimony (De praescript., xxxvi), John had been thrown into a cauldron of boiling oil before the Porta Latina at Rome without suffering injury. After Domitian’s death the Apostle returned to Ephesus during the reign of Trajan, and at Ephesus he died about A.D. 100 at a great age.



Acceptance Letter by Pastor Cory Willweber

Dear Saints of Mount Olive,

With great joy and thanksgiving to God, I am accepting the divine call to be your pastor. I plan to be ordained into the office of the holy ministry and installed as your pastor on Sunday, August 9, at Mount Olive. I pray that the Lord will bless our work together to His glory and for the furthering of His heavenly kingdom. I am excited to be with you all this August. May the Lord continue to bless you and keep you steadfast in His Word.

In Christ,
Cory Willweber
Pastor-Elect





Mt. Olive Preschool Teacher Spotlight: Joana Hernandez

This month I am delighted to introduce you to Joanna Hernandez, our sweet and caring two-year-old teacher in Room 5. Joanna has been part of our preschool family for nearly five years, and in that time she has lovingly helped many of our littlest learners take some very big first steps.

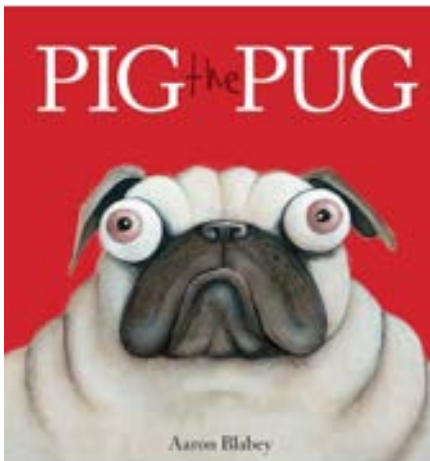
Joanna makes her home in Long Beach with her two dogs and enjoys simple pleasures like going for walks, crafting, and curling up with a good book. She also shared a fun little talent—she can wiggle her nose really fast! But anyone who knows Joanna will tell you that her greatest gift is the kindness and calm she brings into her classroom every day.



Joanna says she was drawn to preschool ministry when she discovered that she had both the patience and the love for working with young children. She especially loves teaching two-year-olds, an age full of discovery, growth, and wonder. Helping children become more independent is one of her greatest joys. She recently smiled as she watched one little student, who once could not climb the playground structure, suddenly make it up all by himself. Those small victories are the moments teachers treasure.



What makes teaching here especially meaningful to Joanna is being able to share God's love with children at such a young age and in ways they can understand. She hopes every child experiences Jesus through the love and kindness they receive in Room 5. In fact, Joanna shared that working with children has shaped her own faith in beautiful ways as well. One song that often encourages her is the simple childhood reminder, "He's Got the Whole World in His Hands."



From circle time to art time, from comforting hugs to giving children space when they need it, Joanna thoughtfully helps each child feel safe, known, and loved. Her hope is that every child leaves her classroom remembering they had a loving and kind teacher.

As Joanna continues to pour into our preschoolers this year, she is excited to watch them grow. We invite you also to keep her in your prayers as for getting into graduate school and continuing to following God's call toward becoming a preschool director.

PRESCHOOL ACTIVITIES



Dylan and James like playing with the xylophone instruments
on the school playground



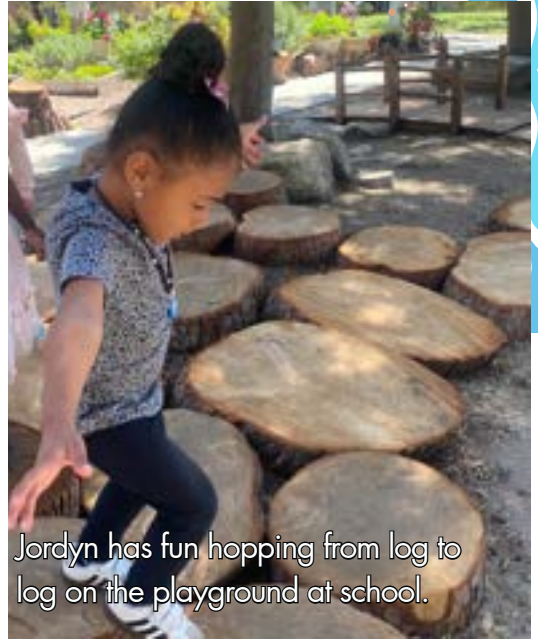
photos by David Welch

PRESCHOOL NEWSLETTER

Written by Preschool Director David Welch

April showers brought an abundance of May flowers because our preschool continues to grow, and our staff is magnificent. We raised over \$ 6,500 at our fundraiser on May 1st, and the children had a blast running, jumping, and crawling through the obstacle-course fun run.

Our mothers and female figures enjoyed our "Muffins with Mom." Finally, our fabulous families showered us with magnificent gifts during Teacher Appreciation Week, including cash, gift cards, lunches, and treats!



Jordyn has fun hopping from log to log on the playground at school.



Mira brings a joyful spirit to her preschool each day.

Mark your calendars for our preschool graduation ceremony on Friday, June 5th, at 10 a.m.

Our monthly Christian curriculum consists of the stories Timothy, Jesus Knows My Name, and Jesus Promises to be with Me.

Our Discovery Point says that you may believe that Jesus is the Messiah, the Son of God, and that by believing, you may have life in His name.

CALENDAR



JUNE 2026

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

Holidays and Observances: Flag Day (14), Juneteenth (19), Father's Day (21)

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 49th 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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