

THE OLIVE PRESS

September 2025
EDITION 40



CONTENTS

Cover Page.....	1
Contents.....	2
Coffee Consumption.....	3
Introducing: The Grove.....	4
New Testament Origins.....	6
Preschool Activities	8
From the Editor.....	10
Calendar.....	11
Council Contacts.....	12



Grinding the Data on Coffee Consumption

MYTH:

Coffee causes arrhythmia
{irregular heartbeat}



FACT:

Multiple large-scale studies in Europe and Australia have demonstrated that coffee is associated with a reduced risk for arrhythmia. The most consistent benefit of caffeine is apparent with a mild to moderate consumption of 200 to 400 milligrams per day, which translates to **2 to 4 cups of coffee per day**. Furthermore, coffee consumption in moderation is safe in prevalent heart conditions. Ground and instant coffee significantly lower the risk of arrhythmia, whereas decaffeinated coffee does not have protective benefits.



FACT:

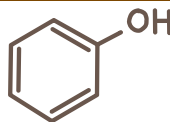
Caffeine induces a stress-like response throughout the body, activating a longevity pathway. It keeps cells in repair mode and prevents cell damage, leading to healthier tissue and supporting a longer lifespan.

MYTH:

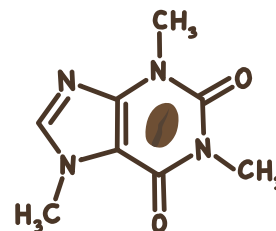
Coffee leads to premature aging.

MYTH:

Coffee is bad for your health.



Phenol



FACT

In addition to caffeine, coffee contains polyphenols which have anti-oxidant and anti-inflammatory properties and also improve metabolism. Daily coffee intake should be encouraged as part of a daily diet.

Please join us in
the Fellowship
Hall for a
freshly brewed
cup of coffee!



Mount Olive Lutheran Church
now Introducing:



**Introducing The Grove: A Place to
Grow in Faith and Love**

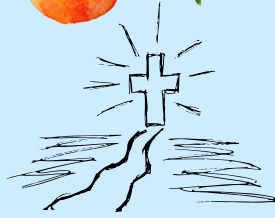
Beginning Friday, September 5th, 2025, Mt. Olive is launching a new weekly program for kids in kindergarten through 6th grade called The Grove.

Rooted in God's Word and nourished by His love, The Grove is a place where children can grow in faith, friendship, and understanding of God's great plan of salvation.

This year's theme is "*The Tree of Life: God's Promise of Salvation.*"

Over the course of 2025 school year, children will journey through the epic story of Scripture—from the creation of the world in Genesis to the promise of Jesus' return in Revelation.

The first half of the year will focus on Old Testament accounts, including creation, the fall into sin, and God's unfolding promise through people like Abraham, Moses, David, and Daniel. In the second half, we'll focus on the life,



death, and resurrection of Jesus—the fulfillment of God's promise and the true Tree of Life.

Each Friday night from 6:30 to 8:00 PM The Grove includes:

- ♥ **Engaging Bible lessons** that teach the big picture of God's plan
- ♥ **Scripture memory** to hide God's Word in young hearts
- ♥ **Worship time** with music and prayer
- ♥ **Games, crafts, and snacks** that build friendships and joy

Volunteers are needed to make this program a fantastic experience for kids. Youth grades 6 and older are welcome to be helpers. Adults are needed to help teach in small groups. Contact Julie if you would like to be a part of this ministry (310-489-1969).

The Grove meets weekly from September 5, 2025, to May 8, 2026. Join us as we grow together in God's Word and discover how Jesus' cross became the Tree of Life—bringing forgiveness, hope, and everlasting life.

We can't wait to see your kids at The Grove—a place to grow in faith and love! ♥



Origins of the New Testament

We must remember that from the Inception of the Christian church on Pentecost to 330 AD, we only had the Hebrew Old Testament and many letters and the Gospels. None of the Christian literature was put into one book. Constantine declared the Roman Empire as Christian in 320 AD. It was brought to his attention that many Christian churches had different liturgy due to the church only having parts of the New Testament. In 320 AD, Constantine ordered Eusebius to make 50 Bibles consisting of the Hebrew Old Testament and the New Testament. We have always accepted the Hebrew Old Testament.

Many people believe that the books of the New Testament were made authoritative by canon councils. Not so, by 100 AD all 27 books of the New Testament were being used by Christians as instructed by the apostle. No more authoritative books were written after the death of John about 100 AD.

Until 330 AD, none of the books had been put together in one book. Constantine declared the Roman Empire as Christian about 320 AD.

He noticed that none of the Christian churches had one book with all 27 books together as one. In 330 AD, he ordered Eusebius of Caesarea to write 50 copies of the New Testament. Eusebius had the library of Caesarea and the library of Jerusalem at his disposal. He had many scribes available to do the job. Most Christian scholars believe that only the Codex Vaticanus and the Codex Sinaiticus are what remain of these original 50 manuscripts.

Eusebius classified most of all of the 27 books as both disputed after conferring with the other major church bishops at the time. Since 100 AD, a lot of new books had been written which he classified as disputed or heretical. All of the books are in the original 50 manuscripts written by Eusebius's scribes.

A conflict began to arise among Christians. In about 140 AD, a man named Marcion arrived in Rome and began preaching only the 10 letters of Paul and portions of Luke—he was starting his own religion. This movement grew to such an extent the Christian church leaders saw the necessity to more clearly formalize the distinction between what was and was not authoritative scripture. This led to a list of writings considered authoritative by the Christian church.

Factors Used to Determine Authenticity:

1. Apostolic authorship
2. Recognition by early church congregations
3. Doctrine soundness—teachings in keeping with apostolic faiths

This simply documented and formalized the list of books which the early Christian church had already considered authoritative. (Before 100 AD).

It was necessary to canonize any new books that were proposed after 100 AD. This was mainly due to the Gnostics trying to add their books to the New Testament, Gnostics maintained that flesh and matter were evil and that man could be saved only by releasing his spirit from imprisonment in his corrupt body. Many Gnostic thinkers seized upon the gospel story as the ultimate example of the triumph of spirit over matter. They claimed that Jesus had not actually been a man but a manifestation of the spirit, which had taken on material form in order to bring his message to men. The god who sent Jesus was not the god of the Old Testament, who had created the evil material world, but the true god, the lord of spirit. Such Gnostic ideas varied radically from the teaching of Jesus and the doctrine of the church. Jesus had been a real man, and his triumph had been not over flesh but over death. His life and death represented the fulfillment of the prophecies of the Hebrew Old Testament, and his god was the same god who had created the universe. Another group of heretics were called Arianism, followers of Arius, holding that Jesus was not of the same substance of god but was only the highest of created beings. Because of these people, the council of Nicea was called.

Here, 318 of the church bishops met in Nicea in 325 AD and voted them wrong. 300 Bishops voted against Arianism saying that the Father, Son, and Holy Ghost were one. This is the basis of our Nicene creed.

Due to Gnosticism and Arianism trying to change the New Testament, a canon meeting was held in Carthage in 393 AD that would canonize the present 27 books of the New Testament. This council in Carthage simply confirmed the 27 books that the apostles had made authoritative and denied the myriad of books presented by Gnosticism and Arianists. The Hebrew Old Testament was never in contention.

Inerrancy of the Old Testament

Many people say our Bible has been revised to the point that it no longer gives us the original message. The Muslims use the argument to say that only their message is true since it has not been changed like our New Testament.

Most Bible scholars agree that the Codex Vaticanus and the Codex Sinaiticus were written by the scribes of Eusebius. We are confident there has been no changes to these Bibles thanks to the discovery of the Codex Sinaiticus at St. Catherine's monastery in the Sinai in 1844 by Constantin Tischendorf. He was a Swiss Bible scholar. The Codex Sinaiticus had been in St. Catherine's since about 400 AD. The Codex Sinaiticus was compared to the Codex Vaticanus and there were no major changes.

The Codex Sinaiticus is now on display in the British Museum and the Codex Vaticanus is in Rome in the Vatican Museum where it has been for many years.



PRESCHOOL ACTIVITIES



Henry having fun on the preschool playground!



photo by **David Welch**

PRESCHOOL NEWSLETTER



Our new school year opened with over 50 families compared to approximately the same number as last September. We had an excellent year with over 75 families by the end of July. We are excited for a new beginning, and we are praying to hire a new pastor. Our families are fantastic, and word of mouth has produced around 95% of our business growth.



Our monthly Christian curriculum consists of the following stories: God Made the World and the Plants, God Made Animals and People, God Calls Abraham, and Abraham Is Blessed. Our Discovery Point says that God gives us nighttime to enjoy and rest because God has shown us how much he loves us in Jesus. We can also be sure of His love and care for us through the night.

**Written by Preschool
Director David Welch**

Editor's Message

THANK YOU

Greetings, Mount Olive!

Blessings to you, MOLC congregation! Thank you for taking the time to read the 40th 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 Dahlgran, 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!

Julia Hokanson



CALENDAR



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 LABOR Day	2	3 5:30PM WOMO Fellowship	4 9:30am Preschool Chapel	5 9:15am Parents Chapel GROVE Begins! 6:30pm-8pm	6
7 9am Confirmation 9am Bible Class 10am Worship	8 ESL Class @ 9:30am	9	10 5:30PM WOMO Fellowship	11 9:30am Preschool Chapel	12 9:15am Parents Chapel GROVE 6:30pm-8pm	13 Youth Group
14 9am Confirmation 9am Bible Class 10am Worship	15 ESL Class @ 9:30am	16	17 5:30PM WOMO Fellowship	18 9:30am Preschool Chapel 7pm Elders Meeting 9:30am Preschool Chapel 10AM Preschool Board	19 9:15am Parents Chapel GROVE 6:30pm-8pm	20
21 9am Confirmation 9am Bible Class 10am Worship	22 ESL Class @ 9:30am	23	24 5:30PM WOMO Fellowship	25 7pm Council 9:30am Preschool Chapel	26 9:15am Parents Chapel GROVE 6:30pm-8pm	27 Youth Group
28 9am Confirmation 9am Bible Class 10am Worship	29 ESL Class @ 9:30am	30	1 5:30PM WOMO Fellowship	2 9:30am Preschool Chapel	3 9:15am Parents Chapel GROVE 6:30pm-8pm	4 <i>Homemade</i>

Holidays and Observances: 1: Labor Day

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



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