

DANISH LUTHERAN CHURCH

210 – 10th Avenue N.E.

Calgary, T2E 0W9

March 2018 - May 2018



Pastor's Corner

As you read this article, we have put "Fastelavn" (Shrovetide) and "Fasten" (Lent) behind us, but several people have wanted a description of the different traditions surrounding "Fastelavn", so here it comes.

When we talk about "Fastelavn" and "Fasten", it is important to distinguish between the secular and ecclesiastical festivals. "Fasten" is the name of



the 40 day-long church time of fasting, which is counted from Ash Wednesday to Easter Sunday excluding Sundays (when no one is supposed to fast). These 40 days were and are a physical and spiritual preparation for the Easter celebration of Jesus' resurrection, and to remind us of Jesus' 40-day time of testing in the desert after his baptism. On the Sundays of Fasten pastors preach on texts that are about the struggle between God and Satan, good and evil, or about Jesus' suffering and death.

Fastelavn is the secular celebration that initiates this "Faste". The word 'Fastelavn' comes from German: 'fastel abend', that is, 'fast evening', which is the evening before "Fasten". In English, the days just before Ash Wednesday day are called 'Shrovetide', which is past tense of the verb "shrive" meaning 'to do penance', which was what Christians were expected to do immediately before Lent. In Catholic countries, the secular festival before Lent is called Carnival. "Carne-vale" is Latin and means "Goodbye Meat".

At "Fastelavn" one dressed/dresses up and wears masks. Thus the social boundaries are removed, so for a short time, in the old days, the farmer could sit at the same table or lay in the same bed as a count. This wildness was a major part of Shrovetide, which acted as a safety valve in daily life, which was otherwise characterized by strict rules and hard work. Originally, "Fastelavn" wasn't for children, whereas today, at least in Protestant areas of Scandinavia, it is almost exclusively for children.

"Fasten" is a period where eating and drinking is strongly limited. The idea is that the body must feel that Christianity means renunciation, self-discipline, struggle and focusing on Jesus' suffering and death. Therefore, it is maybe quite understandable why partying, drinking and eating took a prominent place in the days leading up to "Fasten". And because of this feasting the names for the days leading up to Ash Wednesday, became in Danish "Flæske (Bacon) Sunday and Monday" because these were the last 2 days one was allowed to eat meat and so one would gorge oneself as much as possible on meat. "White Tuesday" (Shrove Tuesday) was the last day one was allowed to eat **white** wheat bread, and therefore buns filled with candied peel, bitter orange and raisins were baked. In addition, the buns were deep-fried before they were baked, and therefore they could last a very long - for up to a year! Today, the "Fastelavns" buns bought at the bakery in Denmark are more like cakes made of flakey dough and filled with custard and whipped cream.

In England, the Monday before Lent is called "Collopy Monday" after a traditional dish of the day, consisting of slices of leftover meat along with eggs. This was eaten for breakfast. The following Tuesday is called "Pancake Tuesday" and this comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. The fattening ingredients that most people had in their houses in olden days were eggs and milk. A very simple way to use up these ingredients was to combine them with some flour and make pancakes!



There are many festive traditions associated with the secular "Fastelavn" partying. Traditions vary from region to region. One of the common Danish traditions is 'beat the cat (out) of the barrel'. The tradition is known only in Denmark and Scania (in Southern Sweden). Until the beginning of the 1800s, one captured a living cat inside a barrel and it was then about freeing the cat. In Central Europe, there were also traditions involving cats in the time leading up to Lent, but here the cat was beaten to death and buried it in a newly sown field. The superstition was that cats were the beasts of witches and demons that sucked in all evil. By burying a cat in a newly sown field, one "put down" all evil that lurked around the peaceful village. In Denmark, by contrast, it was thought that evil disappeared when the scared cat ran away.

The one who freed the cat became "King of the Cat" and in some places in Denmark, he retained that title the rest of the year and even had the advantage of being kept free of taxes and expenses for the entire year! Today another permanent tradition around "Fastelavn" in Denmark is that dressed-up and masked children go from door to door and are "rattling" "Fastelavn". They sing that they will make trouble, if they are not treated with buns - although today it is actually money or candy that they want. Thus it is a tradition very similar to the Halloween "trick or treating" tradition over here.

Another secular tradition in Denmark since the 1700s is the "Shrovetide Birch Branch". "Fastelavns" Monday morning (today changed to Sunday, because some years ago the tradition of

having that day off school was cancelled), children "birch" their parents with branches decorated with coloured ribbons, candy and a black cardboard cat. Originally mostly women were birched with branches decorated with storks with babies in bundles in their beaks, doves, or other love and fertility symbols. Again, superstition was involved. It was believed that women were made fertile by birching. And back then many children were a necessity because the child mortality rate was high and pension plans non-existent. But even though "Fasten" was abolished as a church rite in Protestant areas after the Reformation in 1536, "Fastelavn" was retained as a very popular but secular custom, which is alive and well to this day!

In addition to that, **modern** "Faste" traditions are seeing the light of day in Protestant churches in Denmark. Some choose, for example, in the period of Lent to focus on or refrain from using cell phones or watching tv or eating chocolate, or whatever an individual finds is leading his/her everyday life in an undesirable direction!

Enjoy Spring!

C.B.



SPECIAL SERVICES:

Maundy Thursday Service March 29th at 7:00 pm.

Coffee and tea will be served afterwards.

Good Friday, March 30th at 10:00 am.

Our Good Friday service will be a liturgical service without a sermon or communion.

General Prayer Day Friday April 27th at 7:00 pm.

we will celebrate the Danish tradition of General Prayer Day, with a short evening service, Afterwards coffee and tea is served downstairs along with the traditional toasted wheat buns. This tradition dates back to 1686.

Family service, April 29th at 10:00 am

Theme: The Resurrection!

As usual at the 5th Sunday in the month we will have a child-friendly service followed by a potluck lunch. We hope to see many of the children of our congregation and, feel free to bring friends!

Joint Chinese, Canadian and Danish service

I know it is far out in the future, but as it will fall on the very start of our next newsletter, I'll mention now, that on **June 3rd** at 10:00 am the service will be a collaboration between Hosanna and our congregation. The service will be followed by a potluck lunch, where we might serve tastes of the traditional Chinese, Canadian, and Danish kitchen. Come and partake in a different service and hopefully the 2 congregations will get to know each other even better than they already do from the various church clean-up events.

Message from The President

The busy Christmas season is behind us and the days are getting longer. At the time of writing we are still covered by snow with the challenges it brings us with trying to keep the snow cleared off the sidewalks, paths and parking areas behind the church. A huge thank you to one of our neighbours for offering to help with clearing the snow when ever it "shows" up. If you see someone you have not seen before cleaning snow away give him a huge smile and thank you. He is a true "snow angel".

Our annual "Dinner and Auction" is fast approaching. We are, as in previous years, looking for items of value to add to both the Live and Silent

auction. (See note in this newsletter). Again, there will be a call out to volunteers to help with set up and running of the event.

Our Annual General Meeting is scheduled for Sunday May 6th after the mornings service. Some of our current board members will be taking a well deserved break and will be stepping down after having completed their term so we will be looking for new names to stand for election. If you are interested in adding you name to the nomination or know of someone please let me know.

Karsten Dalberg

We are on Facebook

We have reactivated our Facebook page and are working on turning it into a tool to help with communication of upcoming events. If you are using Facebook please search for Danish Lutheran Church in Calgary and join the group. It is open for viewing for all who are interested but only the administrator can post messages to the group. If you are not already using Facebook you could join and add your name to our group. Please encourage people who you know are using Facebook to join our group.



Karsten Dalberg

Guest speakers:

March 20 at 7:30 pm we welcome our 3rd guest speaker this spring.

Steen Kibsgaard, who came to Calgary in January of 2016 to de-commission YYC's old baggage handling system and replace it with a new state-of-the-art system from the Danish company Crisplant a/s.



Steen had a similar 3 year assignments in China and in the Middle East. He has a background as a blacksmith, an engineer and a doctorate in the field of mechanical engineering. He has three adult children and his wife residing in Denmark. Steen is the inventor of 5 patents in the field of baggage handling and has published 10 articles in peer-reviewed journals in the field of numerical analysis. Steen has previously designed control components for Boeing 777s and the Ariane 5 space rocket, and he has had career positions as president and vice president in successful Danish companies. In his private life Steen has been managing and coaching U18 men's handball in the top Danish youth league for many

years. Steen will give a presentation on rejuvenated YYC international airport, and he will entertain us with stories of the interesting side of travelling through ages, cultures and continents - meeting and interacting with people where they are. **Please pay attention to the date!** Due to Easter this night has been moved from the 4th to the 3rd Tuesday of March.

April 24th at 7:30 pm our last guest speaker of the Spring is Ron Jarrett. He is a personal fitness coach, medical exercise specialist, and a neurokinetic therapist with over 20 years of full time experience. He has supported the success of a wide variety of clients ranging from professional athletes, Olympic athletes, youth, seniors and post rehab clients (including after hip and knee replacement). Ron's philosophy is, "In order to create strength and legitimate progress, a solid foundation must be created first". Among the many different tools to achieve this solid foundation of alignment, mobility and stability, food is very important as it may either support or sabotage what we want in our lives. Once the foundation is established, the body is free to progress safely without fear of injury or dysfunction. At 52 years of age with a black belt in martial arts, Toughest Calgarian Alive winner, and a lifelong athlete, Ron exemplifies the importance of fitness. Ron Jarrett will be speaking about the importance of maintaining mobility, muscular strength, and ideal body composition in order to maintain health and vitality. He will be discussing how these factors contribute to fulfilling our purpose and living an abundant life!



CHURCH EVENTS

Movie Club

Though, due to the weather, we haven't seen many movies this Winter, we undauntedly continue to schedule dates where we can meet, watch and talk about a movie while we indulge in coffee, tea and plenty of popcorn! So if the



weather permits, join us in the downstairs hall of the church on **Thursday March 8th, April 12th, and May 10th at 7:00 pm.**

Kids Movie Night

On Saturday, **March 17th**, there will be a special free event for children. Family members are also welcome to attend. At 4:30 pm each child who comes will be given a canvas to cover with their own original artwork. This will be followed by supper and then a movie. The artwork will be sold to raise money for the Sunday School's ambitious project fund (see Sunday School notes). The featured movie will be, "Queen of Katwe". This tells the inspiring true story of a girl growing up in a slum in Kampala, Uganda. She is introduced to the game of chess through a Christian charity organization and by the time she is 14 years old she is a chess grandmaster. This opens the door for this girl to get an education and win prize money that she uses to help her impoverished family. Contact Karen at falken@agt.net to register or for more information.



Mission Moments

The annual Lutheran Hospital Ministries "Walk for Love" is on **Saturday, April 28th**. Registration, muffins and coffee will start at 9:00 am at Faith Lutheran Church. After the 5 km walk/run a light lunch will be served. Pledge forms can be downloaded from their website at www.lhmsa.ca. We've always had a good group show up from our Church — some years we have had the largest group from any church in Calgary! Let's get the word out and support this worthwhile ministry again.

In our “**Get to know your city**” outings, the local historian **Harry Sanders** will take us on a 90 minute tour walking down **Stephen Avenue**. He will tell us about the many historic building and the fascinating stories and people behind them. Whenever it is possible what is of Lutheran and Scandinavian interest will be highlighted. The outing will takes place **May 5th** at **10:00 am** and we'll meet in **front of City Hall**. Please wear comfortable shoes. The day will end with a lunch at a place close by. A more specific location will be posted at our website and on Facebook as the date gets closer. The cost for this outing depends on what you want to eat and how much you would like to donate to our guide.



The Church's Annual General Meeting will be held May 6th, 2018. After our morning service there will be a light lunch served in the hall downstairs and then we will start the meeting, at approximately 12:00 noon. We hope to see all of you there. If you have questions or concerns, this is a good time to bring them up. If you are interested in serving on the Board of Directors, please let us know. You are needed! The reports, minutes from last year, and new agenda will be available two Sundays before the meeting. Look for them on a table in the downstairs hall. See you there. On behalf of the Board, Karsten Dalberg



Spring Cleanup

This year our spring cleanup is set for **Saturday, May 12th**. We will start at **9:00 am** and hopefully be done by 12:00 noon. After we are done working, we will all meet in the hall and finish with a light lunch. In case of inclement weather, May 19th is the alternate date. **Many hands make light work!**



Sing-alongs!

Music and songs are proven to raise our spirit and who doesn't want to be in high spirits, now that Spring and Summer are approaching? So join us for our monthly Sing-alongs in our downstairs hall on **Thursdays: March 15th, April 19th, and May 17th** at **7:30 pm**.

Sunday School Notes

Our Sunday School continues looking at the lives of a rural Ugandan pastor and his family and tying different aspects of their lives in with Bible stories. The whole series asks the question, "How much is enough in life?" Upcoming dates for Sunday School are: **March 4th, March 18th, April 1st, April 15th, May 6th, and May 20th**. (There is a family service on **April 29th** followed by a potluck lunch.)

The children have also decided that they would like to raise **\$1500** so that they can pay for a number of things for needy people overseas. Suggestions so far are to pay for a flock of chickens, a barnyard of animals, Bibles for pastors, health care or schooling for a child, etc. To that end, the children will be doing various things in order to raise money above and beyond what they put into their Sunday School collection. They may sell cookies at coffee time, or do some artwork to auction off, etc. Donations from congregation members would also be appreciated. Right now the collection has about \$65 in it, so there is a ways to go to reach their goal.

Cecilie, Karen, Liselotte, Markus, Ron, Sonja

Going my way...?

When you make plans to attend Sunday services or other events at the church, please keep in mind those members of our congregation who live near the route you will be taking. Some are no longer able to participate without a ride to and from the event. Please offer a ride to these faithful members, so that they can continue to participate in our church services and activities.



Thank you!

DANISH LUTHERAN CHURCH ANNUAL DINNER & AUCTION

April 20th 2018

Danish Canadian Club 727-11 Avenue SW, The Valhalla Hall,

Doors open at **5:00 PM** Dinner at **7:00 PM**

Call early to order tickets at \$ 50.00/each. Jens Lehmann 403 540 0201.

Join us for an evening of fun, fellowship and entertainment.

We will carry on the tradition with many great and beautiful items for sale: It could be dinners in unusual places, a stay in a cabin, gift certificates, paintings, and more! They are all just waiting for you to come and discover them!

If you have anything to donate for the auction, please call or e-mail Jens Lehmann with a description of your donation or to plan when someone will be at the Church to receive your donation: [**jenslehma13@gmail.com**](mailto:jenslehma13@gmail.com). It would be a tremendous help if there is a note attached with a description of the donation and the name of the person donating. We accept new or in mint condition items only! So the birthday or Christmas present, or any other gift you've recently received but really can't use, is great for this auction. Please note that anything pledged after April 14th will not be in this Auction. Thank you to all who support this major fundraiser in one way or another. It is very much appreciated.



Decadent Dessert Night Fundraiser

Wednesday, May 2nd at 7:30 pm

in the lower hall of The Danish Lutheran Church
Viking girls are presenting their 6th Annual dessert Night!

This year the charity will go to the organization: **Football Hockey Link**. This charity helps immigrant children get involved in football and/or hockey in order to help them integrate into Canadian society. For \$10 at the door you may indulge yourself in all the dessert you can eat! Feel free to bring your family and friends.



CHURCH GROUPS:

The Viking Girls Ladies Group

This ladies group meets the first Wednesday of each month at 7:30 pm, usually in the Mikkelsen room. At the **March 7th** meeting we plan to assemble 100 comfort kits to give to local hospices. Twenty-five of these kits will be given in memory of Kristine Andersen who was an integral part of our group. At the **April 4th** meeting we will be either learning how to make felted items or be making unique greeting cards. And, at our **May 2nd** meeting we will host our annual Decadent Dessert Night. The proceeds from this event will be given to the local charity: Football Hockey Link Society. This group reaches out to immigrant youth and children to help them integrate into Canadian society by involving them in sports. Krista Taldorf, and perhaps other directors of the Society, will attend the evening and tell us a little bit about what they do. If you want more information about any of our meetings or events, then feel free to contact Pastor Charlotte Berg at 403-719-3832.

Crafter's Group

This small group meets the 4th Wednesday of each month at 7:30 pm in the Mikkelsen room or in someone's home. The dates are **March 28th**, **April 25th**, and **May 23rd**. We work on handcrafts for ourselves or for the Church bazaar. If you find that you never seem to get time to work on a craft project that want to do, come to our meetings. Then you will get something done at least once a month! Contact Pastor Charlotte for more information at 403-719-3832.



Ladies Auxiliary

The ladies are busy making crafts for the fall Bazaar. If you would like to join us, we meet every third Monday unless it is a Statuary Holiday, then it would be the fourth Monday at 1:30 pm. In May it will be our last meeting till the fall. We would all like to wish you a Happy Easter celebration with your family and friends.

Louise Dresen

403-242-7894

louisedresen@yahoo.ca

Literate Vikings

Our group meets the third Wednesday of the month at 7:30 pm in the Mikkelsen room. Meeting dates are **March 21st**, **April 18th**, and **May 16th**. At present we are watching a DVD series that goes with the book, "More to Your Story" by Max Lucado. A lively discussion usually follows each episode. Reading the book is helpful but not necessary in order to attend. Everyone is welcome. Contact Karen at falken@agt.net for more information.

Hello Calgary Area Lutheran Churches & Workers:

Lutheran Hospital Ministries-Southern Alberta has trained people who visit in area hospitals and care centres. If you know of someone from your congregation that we could visit on a regular basis, bringing listening, Scripture and prayer, please let us know and we will work to visit them.

Blessings! Pastor Mark Lobitz, Director of Pastoral Care, Lutheran Hospital Ministries-Southern Alberta

Scandinavian Centre Activities

The adult and youth choirs are just getting started this season so it's a good time to join. Adult choir is Wednesdays from 7-9 pm (more info email Arne at siddis@mail.com), youth choir is Mondays 6:00 - 7:00 pm (info, Grace, myyouthchoir@shaw.ca).

Nordic Folkdancers meet twice monthly on Thursday evenings – folkdancing is fun and good exercise too. Drop-ins are always welcome, \$5/evening. Specific dates are posted at www.nordicfolkdance.ca Down the road: Spring concert Friday May 4th. Fall folkdance workshop: Sept. 14th - 16th.

MARCH 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|-----------------------------|--|--|
| | | | | 1 | 2 | 3 10:00 am Beginners Danish Class |
| 4 10:00 am English Ex 32: 7-10, 30-32; Rev 2: 1-7; John 8: 42-51 Sunday School | 5 6 7:00 pm Advanced Danish Class | 7 7:30 Viking Girls | 8 7:00 pm Movie Club | 9 | 10 10:00 am Beginners Danish Class | |
| 11 10:00 am English 11:15 am Danish Ex 16:11-18 or Psalms 145: 8-16; 2 Pet 1: 3-11; John 6: 24-35 | 12 13 | 14 | 15 7:30 pm Sing-along | 16 | 17 10:00 am Beginners Danish Class | |
| 18 10:00 am English Gen 18: 1-15 or Is 7: 10-14; 1 Cor 1: 21-31; Luke 1: 46-55 Sunday School | 19 20 1:30 pm Ladies | 21 7:30 pm Guest Speaker | 22 7:30 pm Literate Vikings | 23 | 24 10:00 am Beginners Danish Class | |
| 25 Palm Sunday 10:00 am English 11:15 am Danish Zak 9: 9-10; Phil 2: 5-11; Mark 14: 3-9 or John 12: 1-16 | 26 27 7:00 pm Advanced Danish Class | 28 7:30 Crafter's Group | 29 Maundy Thursday | 30 Good Friday | 31 10:00 am English | |

APRIL 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|---|--------------------------------------|---------------------------------|--|--|
| 1 Easter Sunday 10:00 am English Psalm 118: 13-18; or Psalm 118: 19-29; 1 Pet 1: 3-9; Matt 28: 1-8 Sunday School | 2 | 3 7:00 pm Advanced Danish Class | 4 7:30 Vi- King Girls | 5 | 6 | 7 |
| 8 10:00 am English 11:15 am Danish Is 43: 10-12; Acts 2: 22-28; or 1 Pet 1: 17-25; John 21: 15-19 | 9 | 10 7:00 pm Board Meeting | 11 | 12 7:00 pm Movie Club | 13 | 14 |
| 15 10:00 am English Psalm 23; Acts 2: 36-41; or Hebrew 13: 20-21; John 10: 22-30 Sunday School | 16 | 17 1:30 pm Ladies Auxiliary | 18 7:30 pm Literate Vikings | 19 7:30 pm Sing- along | 20 5:00 pm Dinner and Auction | 21 10:00 am Beginners Danish Class |
| 22 10:00 am English 11:15 am Danish Ex 3: 1-7, 10-14; Acts 4: 7-12 or Hebrew 4: 14-16; John 14: 1-11 | 23 | 24 7:30 pm Guest Speaker | 25 7:30 Crafter's Group | 26 | 27 7:00 pm General Prayer Day | 28 10:00 am Beginners Danish Class |
| 29 Family Service 10:00 am English It's a Surprise! ☺ | 30 | | | | | |

MAY 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|--|---------------------------------|-----|---|
| | | 1 7:00 pm Advanced Danish Class | 2 7:30 pm Dessert Night Fundraiser | 3 | 4 | 5 10:00 am Get to Know Your City |
| 6 10:00 am English Is 44: 1-8; Romans 8: 24-28 or Acts 6: 1-4; John 17: 1-11 | 7 | 8 7:00 pm Board Meeting | 9 | 10 7:00 pm Movie Club | 11 | 12 10:00 am Beginners Danish Class 9:00 am Spring Cleanup |
| Sunday School 12:00 pm Annual General Meeting | 14 | 15 | 16 7:30 pm Literate Vikings | 17 7:30 pm Sing- along | 18 | 19 10:00 am Beginners Danish Class |
| 13 10:00 am English 11:15 am Danish Joel 3:1-5; Romans 8: 31-39 or Acts 1: 12-14; John 17: 20-26 | 21 | 22 7:00 pm Advanced Danish Class | 23 | 24 | 25 | 26 10:00 am Beginners Danish Class |
| 20 Day of Pentecost 10:00 am English Jer 31,31-34; Acts 2,1-11; John 14,15- 21 Sunday School | 28 | 29 1:30 pm Ladies Auxiliary | 30 | 31 | | |
| 27 Trinity Sunday 10:00 am English 11:15 am Danish Is 49: 1-6; Eph 1: 3-14; Matt 28: 16-20 | | | | | | |

Pastor: Charlotte Berg

Pastor's Office: (403) 719-3832 (Monday is the pastor's day off)

Church Office: (403) 277-5804

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Email: danishchurchcalgary@gmail.com

Ladies' Auxiliary: Louise Dresen, (403) 242-7894

The Board:

President: Karsten Dalberg, (403) 281-6827

Vice President: Karen Falkenberg-Andersen, (403) 208-2717

Secretary: Heather Jagrelius (403) 217-1646

Treasurer: Ulla Bartholdy, (587) 351-5470

Other Board Members:

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Ileana Nielsen (403) 241-5835

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The Deadline for the next Newsletter is Monday May 7th



Address change & Donation form.

Cheques, Money order, Visa or Master Card . Please do not mail Cash.

Name: _____

Address (If Changed): _____

I hereby authorize the Danish Lutheran Church to charge my: Visa Master Card

Card Number: _____ Exp: M: _____ Y: _____

I donate: \$10 \$25 \$50 \$100 \$500 or \$_____

Every: _____ Month _____ Every Year _____ One time

Signed: _____ Date: _____ Income Tax receipt is issued
after year end. Please use enclosed envelope.