

THE ROMAN CATHOLIC COMMUNITY OF  
**VOR FRUE KIRKE AND**  
**SAKRAMENTSKIRKEN**



*What shall  
 we offer you,  
 O Christ,  
 who have  
 appeared  
 to us  
 on earth, -  
 taking on  
 our flesh?  
 Every one  
 of your creatures  
 -your  
 handiwork-  
 offers you  
 its thanks:  
 The angels  
 sing their hymns;  
 the heavens  
 offer a star;  
 the magi  
 bring their gifts;  
 the shepherds,  
 their wonder;  
 the earth,  
 its cave;  
 the wilderness,  
 a manger:*

*and we,  
 we offer you  
 a Virgin Mother!  
 O God  
 from everlasting,  
 have mercy on  
 us.*

ORTHODOX CHANT



**DECEMBER 2009 & JANUARY – FEBRUARY 2010**

**ENGLISH LANGUAGE MINISTRY CENTER  
 OFFICE AND RESIDENCE**

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 Nørrebrogade 27C, 2200 København N  
 Pastor: Fr. Reinhold Sahner  
 Tel: 3535 6825; Fax: 3536 6430  
 Email: sakramentskirken@mail-telia.dk  
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 English Pastor: Fr. Carroll Parker, OMI

**VFK: VOR FRUE-SKT. ANTONI SOGN**  
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 Herlevgårdsvej 14, 2730 Herlev  
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 Den Danske Bank: 4420 089864.  
 English Pastor: Fr. Carroll Parker, omi

**MASS TIMES**

<b>SUNDAY</b>	<b>VFK – 11:30 AM – Mass</b> <b>SAK – 5:35 PM – Recitation of the Holy Rosary</b> 5:30–5:50 PM – Confessions 6:00 PM – Mass
<b>TUESDAY</b>	<b>SAK – 5:00–1 hour adoration and prayer before the Blessed Sacrament.</b>
<b>WEDNESDAY</b>	<b>SAK – 5:00 PM – Mass together with a Novena to Our Lady.</b> <b>VFK – Adoration after Mass at 7:00 PM.</b>
<b>THURSDAY</b>	<b>VFK – 9:30 AM – Mass</b>
<b>FRIDAY</b>	<b>VFK – 7:30 PM First Friday of the month – Mass</b>

**RECONCILIATION:** VFK – One half hour before Mass or by appointment with the priest.  
 SAK – Before Mass 5:30–5:50 PM every Sunday in the confessional or by appointment with the priest.

**BAPTISM:** By appointment with the priest. Parents are required to meet with the priest to receive instructions with regard to this sacrament. No date or place for the baptism can be set in advance before talking with your priest.

**MARRIAGE:** The Diocese requires that the couple meet with the priest in order to receive the necessary instructions and preparations for the forthcoming marriage. Please, do not set a date, time and place for the marriage until after your meeting with the priest. The first meeting should be no later than six months before the date you desire.

**PASTORAL VISIT:** By law hospitals do not disclose patient information. Your priest may not know that you or a member of your family has been admitted to the hospital. It is important that you, or a member of your family, notify your priest, if you would like him to visit, bring the sacraments, etc.

**WELCOME:** If you are new to Copenhagen and would like to become a member of our parish community at Vor Frue Kirke or Sakramentskirken, pick up one of our registration forms on the bulletin board, fill it out, and complete it. Give it to your priest for registration in the parish.

**CHURCH COFFEE:** VFK – First Sunday of the month.

**ROSARY PRAYER GROUP:** Last Saturday of the month, 6:00 PM. Contact Rosemary Magno, Tel: 3250 2412.

*Refer to our church's home page for the latest updates.*

## SPECIAL CELEBRATIONS

December 24: **Christmas Eve: Sakramentskirken only 6:00 pm**

December 25: **Christmas Day: Vor Frue Kirke 11:30 am**  
**Sakramentskirke 6:00 pm**

December 27: **Holy Family: regular Sunday schedule.**

January 1, 2010: **New Year's Day: Mary Mother of God,**  
**Sakramentskirken only 6:00 pm**

January 3: **Epiphany: regular Sunday schedule.**

February 17: **Ash Wednesday: Sakramentskirken 5:00 pm**  
**Vor Frue Kirke 7:00 pm**

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## OUR CATHOLIC FAMILY

### Baptism

**Vincent Stig McAllister**, born 14 April 2009, son of Sara Katarina Stigson McAllister (SV) and Laurence McAllister (Scotland), Charlottenlund, was baptized on 24 October 2009 at Skt. Therese Kirke, Hellerup.

**Michelle Buchardus Bech**, born 13 August 2009, daughter of Hellen Buchardus (Kanangi) Bech (Tanzania) and Henrik Bech (DK), Søborg, was baptized on 25 October 2009 at Vor Frue Kirke.

**Chukwemeka Marvin Obi**, born 1 July 2009, son of Ujunwa Lovelyn (Okpalafulaku) Obi (Nigeria) and Prince Isaac Chukus Obi (Nigeria), Frederiksberg, was baptized on 1 November 2009 at Vor Frue Kirke.

**Chiagozie Samuel Nwambo**, born 30 November 2008, son of Jovita Tochi Nwagbalaosor (Nigeria) and Samuel Ngozi Nwambo (Nigeria), København Ø, was baptized on 28 November 2009 at Vor Frue Kirke.

**Camilla Maria Drews**, born 8 August 2009, daughter of Joanna Maria (Baran) Drews (Poland) and Martin Drews (DK), København NV, will be baptized on 5 December 2009 at Vor Frue Kirke.

**We extend to these families our congratulations.**

## Marriage

**Nkeiruka Ifeoma Okoye** and **Chinonye Ezeah** (both Nigeria), Herlev, will receive the blessing of the Church on their marriage on 5 December 2009 at Vor Frue Kirke.

**Juliana Caviglia Widakowich** (Argentina) and **Patrico Alejandro Luppi Castro** (Mexico), København K, will be married on 18 December 2009 at Abadia San Benito, Capital Federal, Argentina.

**Miranda Esi Exonan (Dzisan) Okpara** (Ghana) and **Ugochukwa Jr. Okpara** (Nigeria), Herlev, will receive the blessing of the Church on their marriage on 19 December 2009 at Vor Frue Kirke.

**Victoria Blanes Vidal** (Spain) and **Esmaeil Shahrak Nadimi** (Iran), Frederiksberg C, will receive the blessing of the Church on their marriage on 27 March at the Cathedral of Valencia, Holy Chalice Chapel, Valencia, Spain.

**We extend to them our congratulations and best wishes.**

## Deaths in Our Family

**Fr. Georg Uttenthal Nibler**, 05/09/09, 70 yrs, retired pastor of Skt. Knud Lavard Kirke, Lyngby.

**Areseno (Luz) Jäde**, formerly Jensen, 11/10/09, 65 yrs, wife of Karl Jäde, Ballerup, and mother of Jacqueline.

**In our prayers, let us remember them, their families, and our own family members: *Eternal rest grant unto them, O Lord, and let Your perpetual light shine upon them. May their souls and the souls of all our faithful departed rest in peace.***

## CALENDAR OF EVENTS AND ANNOUNCEMENTS

**A Mass for the sick and elderly** – and all who would like to participate - will be celebrated at Vor Frue Kirke on Wednesday, 20 January, 7:00 p.m., by Fr. Paul Marx, OMI. The Sacrament of the Anointing of the Sick will be distributed to all who present themselves to receive this sacrament. Everyone is welcome.

**An auction for the benefit of Fr. Peter Tandtholdt Hansen, SJ**, a missionary in Peru, will be held on Friday, 29 January, 7:00 p.m. You are asked to bring a beautifully packaged gift, which in turn will be

auctioned off to the highest bidder. The results of the auction will be sent to Fr. Tandtholdt Hansen for his missionary work. This is a fun evening. Come and join us.

A new *Parish Council Election at Vor Frue-Skt. Antoni Kirke and Sakramentskirke* will take place in March 2010. An orientation on this important event in our parish life will take place on Sunday, 31 January, after Mass. A similar orientation will be made to the Danish parish on other dates. Begin to think about whom you would like to have to represent you on our parish councils.

*The Blessing of Throats on the Feast of St. Blaise* will take place at our weekday Wednesday Mass, 3 February, *Sakraments* at 5 p.m. and *Vor Frue* at 7 p.m. As miracles were attributed to St. Blaise in his care of the poor of his diocese, a pious and holy tradition has arisen; the priest blesses our throats, holding two candles in the form of a cross, and prays that the person before him be released from all illnesses of the throat and from other sicknesses...in the name of Christ our Lord. Every one is welcome.

*Fastelavnstfest*, the traditional children's party of beating a barrel and freeing the cat inside (today this is fruit and candy) will take place on Sunday, 14 January, after the Danish Masses, VFK at 10 a.m. and Skt. Antoni at 11 a.m. All the children of the parish are welcome to attend and in costume, if they would like to dress up ...and of course, their parents are welcome as well. English speaking parents, you will need to attend the Danish Mass if you wish your children to participate.

**ASH Wednesday.** This day is the official beginning of lent in preparation for Easter. The distribution of ashes with the placing of ashes from last year's palm in the form of a cross on our foreheads will take place on 17 February, SAK at 5 p.m. and VFK at 7 p.m. This signing of our forehead with ashes is our sign of commitment through prayer, fasting, and alms-giving in order to prepare ourselves for the central feast of our faith, **the Resurrection of Jesus Christ from the dead and who now lives among us in a new way.**

*Discussion group:* This group has been formed so that together we can discuss how the Scriptures read on Sunday can apply to everyday situations in our lives through mutual exchange and sharing. This group will meet on the 2<sup>nd</sup> Sunday of the month after Mass in our conference room off of the foyer at VFK. Contact person: Benjamin Williamson-Westerman: [benjaminw\\_w@hotmail.com](mailto:benjaminw_w@hotmail.com). Everyone is

welcome to attend.

*Christmas decorations:* once again we ask you to come to the aid of your parish by providing a red poinsettia (julestjerne) in order to help decorate our Christmas crib and Church by Sunday, 20 December. One poinsettia per family can really make a difference. Will you help?

*Katolsk Lommebog 2010:* this Catholic pocket book is now available in our parishes and costs Kr. 100. It is divided into three important sections: 1) a monthly calendar, 2) a liturgical calendar for the Church year, and 3) an overview of our Catholic diocese, i.e. information on the diocese and its offices, a list of parishes and their addresses, catholic schools, religious organizations, and a list of priests and their addresses, and much more. This is a very good pocket book to have in your possession. Speak to your pastor for a copy.

*Special collections:* I am happy to report that our collection for Caritas Danmark in August was Kr. 11.046; that the collection for Mission Sunday in October was Kr. 4.377. These were the combined collections from Vor Frue-Skt. Antoni churches. In addition, the Summer Market fest at Skt. Antoni Kirke gave Kr. 15.191 for the benefit of Fr. Tandtholdt Hansen in Peru. Thank you.

## FROM THE PASTOR'S PEN

Dear Parishioners,

We are standing at a threshold, closing a door to a year that has been and opening a door to a new year yet to be.

The English ministry is growing and expanding all the time, as English has truly come to dominate as *the language* of the world in which we live. English ministry has expanded to meet the needs of modern times.

**Vor Frue** was established as the center for English language ministry over 45 years ago at the request of Bishop Hans Martensen, and the American and other embassies so that their people, not knowing Danish, could have their spiritual needs met. Very quickly thereafter the employees of business companies from the US, Germany, France, England and Ireland, etc., followed suit. Today Vor Frue is a very international community, the latest additions being brothers and sisters from the many African countries. Nearly all today are permanent

residents of Denmark and are moving toward integration into the Danish Catholic community, especially through the education of their children. Vor Frue is a vibrant family community.

**Sakramentskirken** as a ministry center was established about 35 years ago in order to meet the needs of the many Philippino immigrants who were primarily living and working in the Nørrebro area. Today it has also become an international community with people from some 67 countries of the world. The parish is a gathering and meeting place for our brothers and sisters living in greater Copenhagen. Sakraments has a stable community of former immigrants, but it also has a swinging door for the many who are constantly coming and going: students, both beginners and advanced, technical IT people, visitors, tourists, business people, au pair women, and many others. Sakraments is an attractive parish as it lies in the heart of Copenhagen with good access by public transportation.

Over the past year a new English community has come into being at **Skt. Knud Lavard's parish in Lyngby**. At the request of many foreign students at DTU (Danish Technical University) Fr. Alren OMI, associate pastor, has responded and organized a weekly Sunday afternoon service for these students, au pair women, and others. This has grown from 30 to 40 to a number now approaching 100 each Sunday. As it is a young community, it is very vibrant with new life and energy, as nations and cultures meet in a shared surrounding and common interest.

At **Skt. Therese Church, Hellerup**, what was a monthly Saturday Mass for students and their parents at **Rygaards International School** has become a twice a month Sunday Mass. 1/3 of the enrollment of the international department are Catholic. The specific needs of these students and their parents have brought this about with the help of the Assumption Sisters, who run the school. This English service is now an official part of the parish of Skt. Therese.

And last but not least, **Skt. Annæ Kirke, Amager**, has a very large Philippino ministry, going back over some 31 years of service; today many other immigrants who live on Amager are also an active part of this English ministry. This ministry was begun by Fr. Patrick Shiels, C.Ss.R., now retired; he was replaced by a young priest from India by the name of Fr. Joemon Toms Josey, C.Ss.R., commonly known as Fr. Joe.

Truly a seed has been planted, and it has grown into a mighty tree, now with sons and daughters in other settings. The good Lord has blessed this ministry with its humble beginnings and made it flourish. You and I do the labor of ministry, but it is He who gives it the growth.

In this letter I wanted to give you a taste of our historical beginnings, though not complete in every detail. I have in my memory the names of many co-workers who assisted us priests in bringing this wonderful work to where it is today, both past and present. Let your talents and gifts continue to shine in your service to your family and community.

On the more practical side, I would like to share this with you. In 2009, we have had at VFK and SAK 22 baptisms, of whom 17 have been at VFK, 2 at SAK, and 3 in the family's home parish. Together I have had 7 marriage preparations, of whom only one took place in Denmark. Each of the above involve personal instructions because of culture and national backgrounds. The number of home visits, hospital visits, convert instructions, counseling sessions, etc. – these cannot be counted. Besides other parish activities, this gives you an idea of how the hours of the day are spent by your priest in your service. But you know what? We would not have it any other way. You are our family and we love you. Pray for us and support us, your priests, wherever you can. And pray for and support vocations to the priesthood and religious life. Your sons and daughters are the life-blood of our family.

Christmas is quickly approaching. I saw that one store on Nørrebro here in the midst of November already had a big announcement: "Merry Christmas" in many different languages. Expectations are beginning to rise; plan carefully and begin to carry out your necessary preparations. Give yourself the gift of relaxing and enjoying the coming Christmas season. Give thanks to Him, whose feast we celebrate. **A VERY BLESSED AND JOYFUL CHRISTMAS TO EACH OF YOU.**

God bless you one and all.

*Fr. Carroll Parker, OMI*

### A MODERN MORNING PRAYER

This model morning prayer appeared in a Parish Bulletin in a church in my home state of Missouri. It is as follows:

"Dear God. So far today I've done all right. I haven't gossiped. I

haven't lost my temper. I haven't been greedy or grumpy or nasty or selfish. In fact, I haven't done anything wrong at all. And I'm really pleased about that. But, Dear God, in just a few minutes I'll be getting out of bed – and from then on I'll be needing a lot of help! Amen!"

### Family Portrait

There is a play called "Family Portrait" in which Leban of Damascus asks Mary of Nazareth about Jesus:

Leban: What did He teach?

Mary: Why, to love your enemies, never to judge or condemn anyone, to be forgiving. And to make life as easy as you could for other people....and to remember always that human life is beautiful, and noble, because it houses God. I mean, when you degrade or dishonor human life, you degrade and dishonor God.

Leban: Has anyone tried it...to live the way He taught?

Mary: I don't think so.

Leban: Might be interesting to see what would happen if they did.

### Is Jesus a King or a Servant?

Padre: what does the New Testament have to say about Jesus being a "king"? This "kingly" concept seems contrary to the whole style of Jesus in the Scriptures.

A Scripture Buff

Dear Scripture Buff: it is true that in the gospel narratives Jesus is declared king (Lk. 19:38), presented as king (Jn.19:19), and even refers to himself as king (Lk. 22:29). But he sure doesn't act like one!

Most have misunderstood Jesus' kingship. We have translated Jesus' kingship into the idea that the Church must be a powerful force in our world – for good, of course, but still a force. Many bewail that the Church seems so powerless in our world today. They want a Church that can effectively (perhaps powerfully) influence the law of the land and prevail over the corrupting forces of evil in our land.

Luke's Gospel records a conversation at the Last Supper that the other gospels do not have (Lk. 22:24-30). In many ways, these are Jesus' last words and testament. These are his last few moments with his chosen disciples. We should expect the conversation to contain the most important teachings Jesus wants his disciples to remember. He talks about the way it should be in his Kingdom: "The greatest among you must become like the youngest, and the leader like the one who

serves." Of all the things that Jesus could have told his disciples just before he died, he chose to talk to them about the way of power and "kingship). The events following that supper proclaim even more forcefully what kind of king he is.

Jesus never sought to dominate people. The world was full of such kings. Rather, Jesus invited people to become more – more generous, more patient, more forgiving. People could take it or leave it; the choice was theirs. For Jesus, the real power is in the choices we make when we respond to his invitations in our lives. If we accept the invitations that come to us from Christ, our king, we will begin to find our lives changing. That's the heart of living in Jesus' Kingdom. (Rev. William Parker, C.Ss.R.)

### Some great ways of dealing with the burdens of life:

We could all learn a lot from crayons...some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be "recalled" by their maker.

It may be that your sole purpose in life is simply to be kind to others.

Nobody cares if you can't dance well. Just get up and dance.

You may be only one person in the world, but you may also be the world to one person.

A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today...I did.

*Have a Blessed Christmas  
And a Happy New Year!*

## SAKRAMENTSKIRKEN

	READER	OFFERTORY COLLECTION	EUCCHARISTIC MINISTERS
13/12	Ven Velasquez Lydia Perez	A. & G. Victorino L. & B. Alcaraz	Lydia Perez Ven Velasquez
20/12	Anna Alcaraz Bernie Ladoc	L. & V. Velasquez L. Vergara & Fe Christensen	Leonie & Ben Alcaraz
24/12	Ronan Verdejo Perlita Vasquez	L. & Ben Alcaraz L. & V. Velasquez	Greg Victorino Lydia Perez
25/12	Ruth Ebert Lydia Perez	L. & B. Alcaraz A. & G. Victorino	Alice & Greg Victorino
27/12	Ven Velasquez Anna Alcaraz	L. & B. Alcaraz L. Vergara & Andrew Schinas	Leonie & Ben Alcaraz
01/01/ 2010	Bernie Ladoc Perlita Vazquez	A. & G. Victorino L. Vergara & P. Vasquez	Lydia Perez Alice Victorino
03/01	Ronan Verdejo Ruth Ebert	A. & G. Victorino A. Schinas & Fe Christensen	Leonie & Ben Alcaraz
10/01	Lydia Perez VenVelasquez	L. & B. Alcaraz L. & V. Velazquez	Alice & Greg Victorino
17/01	Anna Alcaraz Bernie Ladoc	L. & B. Alcaraz A. & G. Victorino	Leonie & Ben Alcaraz
24/01	Ruth Ebert Ronan Verdejo	L. & V. Velasquez L. Vergara & A. Schinas	Lydia Perez Ben Alcaraz
31/01	Lydia Perez Ven Velasquez	L. & V. Velasquez L. Vergara & Fe Christensen	Alice & Greg Victorino
07/02	Anna Alcaraz Bernie Ladoc	A. & G. Victorino L. & B. Alcaraz	Liza & Ven Velasquez
14/02	Ronan Verdejo Perlita Vazquez	A. Schinas & P. Vazquez L. & V. Velasquez	Leonie & Ben Alcaraz
21/02	Ruth Ebert Lydia Perez	A. & G. Victorino L. & B. Alcaraz	Leonie & Ben Alcaraz
28/02	Ven Velasquez Anna Alcaraz	L. Vergara & P. Vasquez L. & B. Alcaraz	Alice & Greg Victorino
07/03	Bernie Ledoc Perlita Vazquez	L. V. Velasquez A. Schinas & Fe Christensen	Lydia Perez Greg Victorino
14/03	Ronan Verdeja Ruth Ebert	A. & G. Victorino L. & B. Alcaraz	Liza & Ven Velasquez

## VOR FRUE KIRKE

DATE	READER	EUCCHARISTIC MINISTER
06/12-K	Nancy Gravesen Mary Fries	Birgit Sørensen Katherine Jensen
13/12	Lorena Navarro Siobhan Boll	Jimmy Mackey Victor Feh
20/12	Jennifer Strøh Miranda Okpara	Julie Nielsen Siobhan Boll
24/12	<b>Sakramentskirken only</b>	<b>6:00 p.m.</b>
25/12	Birgit Sørensen Julie Nielsen	Katherine Jensen Victor Feh
27/12	Tony Gonzales Idlyn St. Hilaire	Birgit Sørensen Jimmy Mackey
01/01	<b>Sakramentskirken only</b>	<b>6:00 p.m.</b>
03/01-K	Roshanie Andersen Phaedria St. Hilaire	Julie Nielsen Siobhan Boll
10/01	Ruth Mach-Zagal Robert Olinski	Katherine Jensen Victor Feh
17/01	Mary Fries Roshanie Andersen	Jimmy Mackey Birgit Sørensen
24/01	Lorena Navarro Siobhan Boll	Julie Nielsen Siobhan Boll
31/01	Jennifer Strøh Miranda Okpara	Katherine Jensen Birgit Sørensen
07/02-K	Julie Nielsen Birgit Sørensen	Victor Feh Jimmy Mackey
14/02	Idlyn St. Hilaire Tony Gonzales	Birgit Sørensen Katherine Jensen
21/02	Phaedria St. Hilaire Roshanie Andersen	Julie Nielsen Siobhan Boll
28/02	Robert Olinski Ruth Mach-Zaga	Victor Feh Jimmy Mackey
07/03-K	Miranda Okpara Mary Fries	Julie Nielsen Siobhan Boll
14/03	Siobhan Boll Lorena Navarro	Katherine Jensen Birgit Sørensen
<b>Church Coffee (K):</b>		
06/12/09	Siobhan Boll	01/10 Tom Russell/Rita Rabek
07/02/10	Mary Fries & Sisters	07/03/10 Julie Nielsen