

# TOGETHER

The magazine of the Anglican Chaplaincy in Norway

June — September 2026



**The theme of this issue is:  
'Rest and Re-Creation'**

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Stavanger: <https://www.achurchnearyou.com/church/8466/> and Trondheim: [www.achurchnearyou.com/church/8468](http://www.achurchnearyou.com/church/8468).  
The diocesan website is [www.europe.anglican.org](http://www.europe.anglican.org), and the Church of England's website is [www.cofe.anglican.org](http://www.cofe.anglican.org).

## From the Senior Chaplain

*"In returning and rest you shall be saved; in quietness and trust shall be your strength." (Isaiah 30.15).* So the prophet Isaiah urges the people when they are fearful of coming under attack from the encroaching Assyrian empire, warning the people to rely on God rather than rearming through military alliances with their neighbours. *Returning* suggests a turning back towards God, in the way of repentance or change of heart, while *rest* in the Scriptures refers to being in the fullness of God's presence. Isaiah is urging God's people to rely on God rather than putting their trust in their own efforts and calculations.

Much going on the world today reminds us of our need of God and our need to put our trust in God. Rest is something of which we are very much aware in human terms, how challenging things can be if we don't get the sleep we need. But rest has also an important spiritual dimension - the Sabbath day of rest, made for the good of all creation, and the promised rest in God, towards which we seek to orientate our lives. Rest is connected with re-creation and to renewal and in our lives and in the whole creation. So this *Together* issue's theme "Rest and re-creation" hopes to point us to a variety of opportunities over the summer months as well as to the Church's Season of Creation from September until the 4th October. Whether you may be into hiking, or running, or sitting and contemplating God's creation around us, we hope you will find something here to inspire you, or encourage you even to taste a retreat at one of Norway's retreat centres.

Also in this issue you will find details of the recent visit to Norway by our Diocesan Bishop Robert Innes for Confirmations of candidates from around our Chaplaincy. On the front cover you will see all those confirmed at St Edmund's in Oslo on the morning of Sunday 10th May, while on pp. 6-7 you will see the evening service in Bergen. It has been a great joy to journey with our candidates for Confirmation through the preparation since January online, and with a weekend for the young people's group at the end of March, as well as getting to know our candidates individually.



*Youth confirmand retreat in March*

As the bishop reminded us all, "God has called you by name and made you his own." We give thanks for this call to each of us and for God's desire that we may enjoy God's rest and re-creation.

*Revd Canon Joanna Udal, Senior Chaplain*

## Stavanger Notes

During the period under review, the church continued to experience meaningful growth and active participation in worship and fellowship activities. Services of Holy Communion and Services of the Word were conducted amicably and in an orderly manner under the leadership of Fr. Martin, Revd Annie, and Revd Geir. Their dedication and spiritual guidance greatly contributed to the smooth running of the services and the strengthening of the congregation's faith and unity.

A significant highlight during this period was the Good Friday Ecumenical Service, which brought together Christians from different traditions in a spirit of worship, reflection, and unity. The service was well attended and served as a reminder of the importance of Christian fellowship and cooperation within the wider community. Following the success of this gathering, preparations are now underway for the upcoming Pentecost Ecumenical Service. The congregation is looking forward to another blessed opportunity to worship together and celebrate the coming of the Holy Spirit.

Music ministry continued to play an important role in enriching worship services. Caroline and Veronica faithfully led the music ministry through piano accompaniment, enhancing the

spiritual atmosphere during worship. In their absence, Juliet and Rumi ensured continuity by providing prerecorded music, which helped maintain the quality and flow of the services. Their commitment and teamwork are greatly appreciated by the congregation.

The church is also investing in leadership development within the worship ministry. Rumi, Sarah, and Veronica are currently undergoing training to become Worship Leaders. This initiative is expected to strengthen the ministry and encourage more active participation in leading worship in the future.

In addition, plans are progressing well for upcoming infant baptism services scheduled for mid-June and early October. These occasions will provide families with the opportunity to dedicate their children to God and reaffirm the church's commitment to nurturing young believers in the Christian faith.

Overall, the period under review has been marked by unity, spiritual growth, and active ministry participation, and the church remains grateful for God's continued guidance and blessings.

*Revd Martin Chirume Assistant Chaplain,  
Stavanger*

## Bergen Notes

The Bergen Church community has continued to experience a fruitful and spiritually enriching period marked by orderly worship, active participation, and strong fellowship among members. Holy Communion services led by Fr. Martin and Revd Annie were conducted reverently and in an orderly manner, providing the congregation with meaningful opportunities for worship and spiritual nourishment. In addition, Services of the Word led by Iris were well organized and uplifting, contributing greatly to the growth of faith within the church community.

Christian education has remained an important aspect of church life. Norah continued faithfully in teaching Sunday School and guiding the confirmation candidates with dedication and commitment. Her efforts in nurturing young members of the church are greatly appreciated. Members are encouraged to refer to the Confirmation Report in this issue for more details regarding the progress and activities of the confirmation class.

The ministry of intercessors continues to play an important role in the life of the church. Through their faithful prayers and support, they have strengthened the spiritual foundation of the congregation and upheld various church ministries and members in prayer. Their contribution remains invaluable in fostering unity, encouragement, and spiritual growth within the church family.

Fellowship after church services has continued successfully and remains a cherished part of congregational life. These gatherings provide members and visitors with opportunities to interact, share experiences, and strengthen relationships in a warm and welcoming environment. The spirit of togetherness and hospitality within the congregation continues to flourish.

During the Easter season, the church participated in a successful combined Easter Service involving both Anglicans and Lutherans at Mariakirken. The joint service was a joyful and meaningful celebration of Christ's resurrection and demonstrated the importance of ecumenical cooperation and Christian unity within the wider community.

The music ministry also continued to enrich worship services. Roger, David, Lasma, and at times visiting organists faithfully served by playing the organ during services, helping to create a reverent and uplifting atmosphere for worship.

The Annual General Meeting (AGM) was successfully conducted and ushered in new committee members who took over from the outgoing committee after a successful tenure of service. The church expresses sincere gratitude to the outgoing members for their dedication and welcomes the new committee as they begin their leadership responsibilities.

*Revd Martin Chirume, Assistant Chaplain, Bergen*

## Trondheim Notes

Trondheim has several pieces of exciting news from the last few months.

On Easter day Revd Mary led our All-Age service of Holy Communion in Vår Frue with Lay Reader Susan. At this service we welcomed 5 young people to their first Communion. They had undergone a series of preparation lessons ahead of time. We also had a group of 5 musicians playing for us, for which we are grateful, and we were refreshed with Easter eggs, waffles, cakes etc after the service kindly looked after by Volunteers from the town

Mission church.

Our other piece of news is the confirmation of Liv Fikseanet by Bishop Robert in Oslo on May 10th and Leanne R. Trekkvold's son Jonas in the Norwegian church. We wish them all a full life of faith and happiness.

Our Lent book this year was *Dancing to the heartbeat of God*, written by many different authors from around the Anglican Communion. Several of us also attended the online Lent course based on Rowan Williams's *Passion of the Soul*, led by our curate in Oslo, Jacob Quick.

We are members of Trondheim Christian Committee (TKR) and took part in the Woman's day of prayer for Nigeria and the Walk with the cross on Good Friday.

At the Palm Sunday evening service we were welcomed in the Nidaros Cathedral. Sogneprest Andreas Grandy Teig led and Lay Reader Susan took part. Several from our congregation attended. We are looking forward to our All-Age Pentecost service of Holy Communion at Fjellseter. We have a bring-and-share after the service. Then on The Monday following we have our AGM online.

Through the summer months we will be holding our twice monthly services in the evening, as normal, on the 1st and 3rd Sunday at 18.00. Messy Church will be on holiday in July and August but this will be replaced by morning prayer on 12<sup>th</sup> July and 9<sup>th</sup> August.

Thank you to all who take part in our services and watch out for each other. Thank you to our PTO's, our Senior Chaplain Joanna, and the Cathedral for looking after us.

Wishing everybody a lovely summer break.

*Susan J. Boyd, Lay Reader, Trondheim*

## Oslo Notes

In January, the churches on the "holy hill" — the Hammersborg area of Oslo — joined together for an annual public act of witness for the worldwide Week of Prayer for Christian Unity. We walked to each area church, singing as we passed through the streets, and we prayed together in our varied traditions. St Edmund's choir offered beautiful Anglican choral music, and the American Lutheran Church shared in the prayers with us.

The Choral Scholars of St Martin-in-the-Field,

London visited Oslo in February, full of energy and enthusiasm in a dreary time of the year. They performed a concert at St Edmund's, sang choral evensong at the Domkirke, and joined St Edmund's choir for the Sunday Eucharist, uplifting our worship together.

Lent offered a fruitful opportunity for reflection, discussion, and community. Our evening Ash Wednesday service marked the beginning of Lent. We continued our tradition of Lent soup lunches on Sundays, enjoying great food and fellowship. On Wednesday evenings, Jacob led a study course based on Rowan Williams' *Passions of the Soul*, exploring early Christian monastic teachings on spirituality and emotions. The course took place on Zoom, and we are grateful for everyone across the chaplaincy who participated.

Holy Week in Oslo was enriched by ecumenical partnership and the ministry of a deacon. For Maundy Thursday, we included the liturgy of foot washing, an act of service and love that characterizes the ministry of deacons. Good Friday was shared ecumenically: we began in the morning with a Tenebrae service at the American Lutheran Church. In the afternoon, we joined the Korsvandring in the city centre, taking turns carrying a large cross and singing hymns on a local *via Dolorosa*.

At the Saturday Easter Vigil, we celebrated the resurrection of Jesus with song, scripture, shouts of joy, and no shortage of ringing bells! The feast continued on Easter Sunday morning with a jubilant service followed by cake. Our deep appreciation goes to all who contributed time and resources throughout Lent so we could worship God through song, service, and hospitality. Joanna and Jacob celebrated Easter Monday with the South Sudanese Maban community at Bragernes Church in Drammen, an exuberant service followed by an abundant feast.

We had a lovely opportunity to connect with the early history of St Edmund's just after Easter when the great grandson of Revd Arthur Heaton, the first Chaplain appointed to serve in the completed church building, visited with his wife while researching the family history. The

Lutgardis Van der Spiegel at St Edmund's. May they rest in peace.

*Revd Canon Joanna Udal, Oslo*

*Revd Annie Bolger, Oslo*

*Revd Dr Jacob Quick, Oslo*



*Maban Community Choir at Bragernes Church*

Chaplaincy and St Edmund's AGMs and elections soon followed, with Greg Norton being elected Chaplaincy Warden and Annet Karkada re-elected as Assistant Warden for St Edmund's. We are very grateful to all those willing to stand, with Nancy and Sabina re-elected and Erika newly elected to the Oslo Committee, in addition to those ex officio as elected as Deanery Synod representatives for our Chaplaincy, Jill Almvang and Anne-Grete Larsen and our Chaplaincy Secretary and Forstander, Andrew and Ingeborg.

The Drammen Ladies Guild has met in February, March and April in Bragernes Church, continuing our now well-established pattern of joining midday prayers for peace in Norwegian before a simple service of Holy Communion in English.



*The Drammen Ladies' Guild Gathering in April*

Our fellowship continues afterwards with a shared lunch across the road in the church hall. We said a very fond farewell to Ann Arnecke, officiating at her funeral held in Bragernes Church, and also the previous week to

## A Joyous Confirmation

In an evening service in Mariakirken on Sunday 10 May 2026, the Bergen Anglican congregation had its first local confirmation in many years. Long-time members are not sure exactly when the last confirmation was held here, but perhaps as long as two decades ago.

So it was a major celebration to bring together everyone for this special event. Astrid Løkensgaard Miles, daughter of proud parents Laura Saetveit Miles and Randolph Miles, was confirmed, almost exactly 15 years after her baptism at Christ Church Episcopal in New Haven, Connecticut, USA, where she was born. Astrid and her parents moved to Bergen in 2013 when she was two and a half years old, and her family has been part of the Anglican church for the last ten years.

So it was natural for Astrid to transition from Sunday school to confirmation class. Along with the three other young people being confirmed in Norway this spring, she participated in the online confirmation class held every Sunday evening the past several months. She enjoyed meeting the other confirmands and getting to know Joanna and Jacob as well as the guests who came to the class each week to talk about their personal experiences in the church.

The confirmation service was officiated by The Rt. Revd Dr Robert Innes, Bishop of Gibraltar in Europe, while Revd Joanna Udal from Oslo, Revd Martin Chirume from Stavanger, and lay reader Iris from Bergen also participated. Earlier on Sunday morning, the Bishop first confirmed the eight other confirmands in Oslo and then flew to Bergen to officiate the service in Mariakirken. His flight got pushed back to arrive only 30 minutes before the service was to start at 6pm, so it was a race through traffic from the airport, but the congregation was happy to be patient for such a special occasion! Although she was the only person confirmed in Bergen this year, the church was full of

supportive congregation members, friends, and family, including lots of visitors from the USA. At the fellowship reception in Mariastuen there were no fewer than 10 desserts!



*Astrid's Confirmation in Bergen*

It was an honor to receive the Bishop and bring together clergy from across Norway so the Bergen Anglicans could host their first confirmation in many years. Astrid, her family, and the whole congregation thank everyone involved who helped make this happen!

*Laura Saetveit Miles, Bergen*

## Finding Peace at Sandom

In 2017, I worked at Sandom retreat centre in Lom as a "husfolk" (houseperson). Sandom was a farm before it was redone to be a retreat centre. It is situated next to the old main road of valley which now has barely any traffic. The valley is surrounded by mountains including the Jotunheimen mountains. This peaceful location makes Sandom ideal for retreats.

During a retreat you seek God through silence and prayer. At least part of the day is in silence to facilitate this. The days follow a clear structure of service, meals and prayer times. All meals are eaten together with the other guests and the husfolk in silence (with music luckily to avoid the awkward sounds of other people eating).

During the summer, Sandom organises retreats with a hiking component. Each day has one hike in the nearby mountains. The hike starts with a psalm reading following a short walk in silence before the silence is broken with lunch. These hiking retreats are my preferred ones. It is nice to experience the

nature visible from Sandom, and I feel that nature can help me find peace and walking gives me time to reflect.

Working at Sandom or volunteering as husfolk is not as peaceful as being a guest, but I still find calm in this work. During a retreat there are many things that need to be done like making food, cleaning, planning, etc. I find there is value in work that benefits others so directly as making the meals we eat together. Between retreats my tasks included more cleaning and doing laundry, baking bread and rolls, and some admin work. The bread baking was my favourite. Seeing the walk-in freezer filled with enough bread to feed everyone through the summer gave a great feeling.

I worked at Sandom during my gap year when I was not sure what I wanted to do with my life. I had just finished school and Sandom needed someone to work for them temporarily. My time at Sandom helped me figure out that I enjoy working with people, and this has shaped the choices I have made in my life after my time at Sandom. Sometimes when things are stressful, I think to myself "Maybe I should quit this and go back to Sandom." I know that this means I need to find that special Sandom peace in my daily life to help me get through the stress.

*Helene Lane, Oslo*

## Going on Retreat

Over the years, I have been on a fair number of retreats of different kinds. Here in Norway I can recommend Lia Gård (high in the wooded hills over Koppang, in Østerdalen) and Sandom Retreat Centre (by the river valley between Otta and Lom, in Gudbrandsdalen). Most of the retreats have been silent, and here is a reflection in poetic form on the last one I went to:

Here is a kind of little Rivendell.

A place of light in darkness

A place where strangers are welcomed

In the name of Christ.

A place of protection.

The food is on the table.

The beds are made, the fire is burning.

Someone asks you how you are

		Oslo			Bergen	
<b>JU</b>						
Sun	07	Trinity 1	11:00	All Age Service Sung Eucharist	11:00	Holy Communion
Sun	14	Trinity 2	11:00	Sung Eucharist	11:00	Service of the Word
Sun	21	Trinity 3	11:00	Sung Eucharist	11:00	Service of the Word
Sun	28	Trinity 4	11:00	Sung Eucharist	11:00	Holy Communion
<b>JU</b>						
Sun	05	Trinity 5	11:00	Ordination with Holy Communion	11:00	Service of the Word
Sun	12	Trinity 6	11:00	Sung Eucharist	11:00	Service of the Word
Sun	19	Trinity 7	11:00	Sung Eucharist	11:00	Holy Communion
Sun	26	Trinity 8	11:00	Sung Eucharist	11:00	Service of the Word
<b>AUG</b>						
Sun	02	Trinity 9	11:00	All Age Service Sung Eucharist	11:00	Holy Communion
Sun	09	Trinity 10	11:00	Sung Eucharist	11:00	Service of the Word
Sun	16	Trinity 11	11:00	Sung Eucharist	11:00	Holy Communion
Sun	23	Trinity 12	11:00	Sung Eucharist	11:00	Service of the Word
Sun	30	Trinity 13	11:00	Sung Eucharist	11:00	Holy Communion
<b>SEPTE</b>						
Sun	06	Trinity 14	11:00	All Age Service Sung Eucharist	11:00	Service of the Word
Sun	13	Trinity 15	11:00	Sung Eucharist	11:00	Holy Communion
Sun	20	Trinity 16	11:00	Sung Eucharist	11:00	Service of the Word
Sun	27	Trinity 17	11:00	Sung Eucharist	11:00	Service of the Word

Readings		Stavanger		Trondheim
<b>NE</b>				
Romans 4.13-end Matthew 9.9-13,18-26	10:30	Holy Communion	18:00	HC Chapter House
Romans 5.1-8 Matthew 9.35-10.8	10:30	Holy Communion	11:00	Messy Church Waisenhuset
Romans 6.1b-11 Matthew 10.24-39	10:30	Holy Communion	18:00	HC Cathedral
Romans 6.12-end Matthew 10.40-end	10:30	Service of the Word		No Service
<b>LY</b>				
Romans 7.15-25a Matthew 11.16-19,25-end		No Service	18:00	HC Chapter House
Romans 8.1-11 Matthew 13.1-9,18-23		No Service	11:00	MP Waisenhuset
Romans 8.12-25 Matthew 13.24-30,36-43		No Service	18:00	HC Cathedral
Romans 8.26-end Matthew 13.31-33,44-52		No Service		No Service
<b>UST</b>				
Romans 9.1-5 Matthew 14.13-21	10:30	Holy Communion	18:00	HC Cathedral
Romans 10.5-15 Matthew 14.22-33	10:30	Holy Communion	11:00	MP Waisenhuset
Romans 11.1-2a,29-32 Matthew 15.[10-20]21-28	10:30	Holy Communion TBC	18:00	HC Cathedral
Romans 12. 1-8 Matthew 16.13-20	10:30	Holy Communion		No Service
Romans 12.9-end Matthew 16.21-end	10:30	Service of the Word		No Service
<b>MBER</b>				
Romans 13.8-end Matthew 18.15-20	10:30	Holy Communion	18:00	HC Chapter House
Romans 14.1-12 Matthew 18.21-35	10:30	Service of the Word	11:00	Messy Church Waisenhuset
Phillippians 1.21-end Matthew 20.1-16	10:30	Holy Communion	18:00	HC Cathedral
Phillippians 2.1-13 Matthew 21.23-32	10:30	Service of the Word		No service

And then lets you be alone.  
 And yet, you are not alone.  
 Others come this way too.  
 We share the prayers.  
 We share the meals.  
 We share the space.

We are all here  
 without names or voices.  
 But day after day  
 We become familiar to each other.  
 Little habits, ways of being and moving.  
 The raised voices singing hymns  
 And the voices allowed out in prayer.  
 Some seem to want to smile.  
 Others maintain a closed distance  
 Even in near proximity.  
 Why are we here?  
 Why am I here?  
 A breathing space.  
 A cleansing place.  
 A setting aside of inputs,  
 Distractions, entertainments.  
 What is left when we do that?  
 Can I cope with an almost empty timetable?  
 What's more, can I cope  
 With a relinquishing of all responsibility?  
 Letting others wait on me, prepare  
 My programme, tidy up after me?

Yes, it's a holiday in a way.  
 And a privilege, a gift.  
 But how strained we all look,  
 Unspeaking, as we sit in the waiting room  
 For breakfast, lunch or supper,  
 Not quite knowing where to look,  
 Or what to do with our hands.

It's easier in the chapel.  
 Then we know we're there to meet God.  
 Our thoughts and bodies seek a posture  
 Suitable to the occasion.  
 We close our eyes, or look towards  
 The altar, and the forested mountain  
 Through the window behind.  
 We can pray for each other,  
 All sitting in our allotted places,  
 But we do not need to worry.



*Rainbow Sighting at Sandom*

The tummies rumble,  
 And knees creak.  
 We are only too human.  
 But God accepts us.  
 More than that,  
 Welcomes us.  
 More than that,  
 He delights in our company.  
 How can this be so?  
 It is pretty incredible  
 When you look at us.

But looks don't matter here.  
 The mirror in the bedroom is tiny.  
 The clothes are warm and practical.  
 What if we wear the same  
 Most of the time?  
 And we are not looking at each other,  
 Only covertly, now and then.

In the silence  
 We wait for God to speak to us,  
 But we know it can't be forced.  
 Maybe we must say something first?  
 Or is it best to shut up?  
 We seek trust, hope, faith,  
 A giving up of rigid expectations  
 A seeing of what needs to be seen  
 A listening for the still, small voice.

'Speak, Lord, for your servant heareth.'

*Mary Strømme, Trondheim*

## Interview with Erika Kubíčková by Revd Annie Bolger

*Erika Kubíčková is one of the newly elected members of the Oslo Committee. In this interview, we get to know her better through her running!*

*The theme of this issue of Together is recreation... what we do for fun. You have a passion for running. What is the story behind that?*

In the first COVID lockdown, my work as a head bartender suddenly stopped, and I had to move from Saudi Arabia back home to Slovakia. I come from a small village and grew up around farm life, manual work, and constant movement. I was used to working with my hands, always doing something. Suddenly, all of that stopped. Then the feeling of uselessness came, and the free time became a burden. The uncertainty, endless COVID news headlines, anxiety, and loss of purpose created a perfect storm. My restless hands started reaching for bottles and that became unhealthy.

*How did you get from that dark place to where you are today?*

When restrictions eased, I moved to Germany for work, but another lockdown eventually brought me back home again. I was standing in front of two choices: either stay in the silence and isolation that slowly destroyed me during the first lockdown, or search for a different kind of quietness. While cities felt lonely under restrictions, nature remained open. For the first time in a while, I could breathe again. I started hiking more and more, climbing hills and mountain peaks, and slowly my perspective began to change too. One day, while going downhill, I started jogging just for fun. The next day I ran 4 kilometers. The day after that, 24. Within one year, the same legs that carried me through rock bottom carried me across the finish line of my first marathon. And somehow, it gave me freedom.

*Can you say more about the connection between your running and discovery, getting outdoors, et cetera?*

Just get up and go. Walk and run. Go places. For me, running has never really been about competition. I simply love exploring. It started with forests and mountains near my hometown, and slowly grew into exploring the world, from Vienna, Berlin, Munich, London, Paris, and New York to Lisbon, Prague, and many places across Norway. Every run is a story on its own.



*Generali München Halbmarathon 2021*

*Listening to your story, I keep thinking of the word "recreation", which is more than what we do for fun, it is what helps us re-create. To make something new again. Your story is about newness, healing, and recovery. Is there anything you'd like to say to someone hearing your story and thinking, "That's amazing, but I couldn't do that."*

If I can do this, anyone can do this. My story is proof that change is possible. There is hope.

## **Experiencing the God-given gift of nature**

As I reflect on the theme of 'rest and recreation' from the perspective of life in Bergen, it is the abundance of possibilities related to outdoor life or friluftsliv here in the city of 7-mountains that come to mind. Each year, for example, folks embark on the 7-mountains hike, or run depending on their fitness level and ambition, held in late May. At a distance of 35 km and a total rise of 2500 m, most use 8-12 hours to complete the marked route. For the lesser fit/ambitious, this day organized by DNT (Den Norske Turistforening) also offers 3 and 4 mountain trails. Personally, my ambition is smaller than even those; I really enjoy the splendid view over Bergen from the top of Blåmannen. One feels so free, and so distant from the responsibilities and deadlines of work-life, and life in general, when surrounded by so much air and the terrain falling off in front of your eyes.

What a blessing to live in Bergen during the Covid-19 pandemic (remember that?) as walking in nature on a regular basis allowed me to expand my view that otherwise was my apartment and home office. Being outdoors allowed us to connect with others at that time (I wasn't the only one winding down from a work-day in this way) but pandemic or not, it also allows us to connect with our creator God, 'maker of heaven and earth, of all that is, seen and unseen'. From the towering trees to the insect world, from the array of colours in the autumn to the breezes on our face, it's in nature we can experience and acknowledge the vastness of creation and marvel at this planet we live on.

Christina Koch, one of the four astronauts who recently successfully returned from the trip that took them the farthest from planet Earth than any humans in history, reflected that seeing 'tiny Earth' from space instilled in her the sense that Earth is a 'lifeboat hanging undisturbingly in the universe' and that all humans are crew on that lifeboat, ie. all humans are tasked to work together to care for this marvelous planet.

In remembering also Sir David Attenborough's milestone 100th birthday in early May, we can take up the baton and both collectively and individually act on his optimistic call to protect planet Earth and all its inhabitants. "Nature once determined how we survive. Now we determine how nature survives." "No one will protect what they don't care about, and no one will care about what they have never experienced".



*Beautiful Nature in Norway*

Did you know the Anglican Chaplaincy in Norway has adopted an Environment policy? A

list of 10 commitments is reviewed each year at Chaplaincy Council and gives us focus to care for God's creation, an essential element of our Christian discipleship and witness.

See [www.bergenanglicans.net/anglicans-in-norway](http://www.bergenanglicans.net/anglicans-in-norway) for a link to the policy. From buying responsibly and reusing, reducing and recycling as much as possible all that we bring into our home, to using water efficiently when showering or brushing our teeth, we can all do what may seem to be a little, but just think of how collectively a little goes a long way. Let us work together as a crew to care for God's creation and do our part to help nature survive.

*Barbara McIntosh, Church Warden in Bergen*

## Deeper Meanings

As a lover of quizzes, research, and solving puzzles, I love finding out things. I often wondered about meanings in some parables such as that of the Good Samaritan, where the man who stopped and helped another man who was wounded, was called a "Good Samaritan". The word Samaritan has taken on modern meanings, as in the Samaritans organization, to mean simply someone who helps those in need. However, on thinking further we find of course that the Samaritan was simply called that because he was a man from Samaria. But he was not just any Samaritan, he did something very special. At that time, Jews from Judea and Jews from Samaria were enemies, both claiming to be the "real Jews". So the Jew from Samaria, being an enemy of the Jew from Judea, makes this parable much more powerful, as the man from Samaria sees not a wounded enemy, but simply another human being who needs help. So he gives help, and the Samaritan became the "Good Samaritan". This illustrates the commandment that we treat our neighbours as we would wish ourselves to be treated. We are all children of God, and that comes first.

I then turned to a passage somewhat more complicated, that of Jesus, preaching words of God in Tyre and Sidon, aimed at saving the children of Israel but also helping a Canaanite woman who asked Him for his help for her daughter. As he at first hesitates, because she is a Canaanite and a gentile, his disciples urge

him to send her away as she is “not one of us”. At that time Jews referred to the Canaanites as dogs, so he says that the children’s food should not be given to the dogs, meaning of course that the words of God should not be given to the “dogs”. As she replies that even the dogs get the crumbs and asks repeatedly for even just a little help, Jesus relents and helps her, even though she is a gentile. This is similar to the occasion when Jesus maintains that “no work on the Sabbath” can at times be ignored when there is need, such as going in search of one missing sheep.

Just as the Samaritan reminds us that we are first and foremost children of God and we should treat each other as we would wish to be treated, Jesus illustrates the same reminder and although she is an “enemy”, he helps her. However, there is one problem remaining. This does not seem like the Jesus we have come to think of, as a kind, caring man, peaching God’s word, and seemingly at first ignoring a call for help, then rudely referring to the woman as a dog. Finally of course he sees her persistence and recognizes her faith, and helps her. It is perhaps not that Jesus is being deliberately cold and unhelpful and rather rude to another human being, but perhaps it is rather that he is illustrating to his disciples how he has recognized her strong faith and that she is, as we all are, also children of God and must be treated all equally when needing help, whoever we are.

So in both the Good Samaritan and the Jesus of this passage, we see someone who comes across someone else who needs help, and although both those are “enemies”, this does not matter. They are like the rest of us: human beings, children of God, and all brothers and sisters, and that comes first.

It is possible that the fact that the Samaritan is a Jew of Samaria and despised by the Jews of Judea, at that time, is so well known to the writers that there was no need to include this point. 2000+ years later we mostly do not know so need to do some digging! Just as the disciples declaring “she is not one of us” needs us to know some cultures of those times.

*Patricia Cove, Tønsberg*

## God Works in Mysterious Ways

I asked God for strength, and He gave me difficulties to make me strong.

I asked the devil for strength, and he removed all difficulties, leaving me weak.

I asked God for wisdom, and He gave me problems to solve.

I asked the devil for wisdom, and he handed me every answer, so I never learned.

I asked God for prosperity, and He gave me brain and brawn to work.

I asked the devil for prosperity, and he showered me with riches, without the dignity of work.

I asked God for courage, and He gave me dangers to overcome.

I asked the devil for courage, and he banished every danger, making me fearful.

I asked God for love, and He gave me troubled people to help.

I asked the devil for love, and he gave me fleeting pleasures, empty of true bonds.

I asked God for favors, and He gave me opportunities.

I asked the devil for favors, and he granted them instantly, robbing me of growth.

From God, I received nothing I wanted— yet everything I needed.

From the devil, I received everything I wanted— yet nothing I needed.

God works in mysterious ways.

*Aleksander, Bergen*

## Compline: A Practice of Rest

“The Lord Almighty grant us a quiet night and a perfect end. Amen.”

So begins Compline or night prayer. This ancient office of prayer derives its name from a Latin word ‘completorium,’ meaning “completion”. While thinking about our theme of “Rest and Re-creation”, Compline came to my mind: a service of reflection intended to prepare us to rest. In Compline, the past day is presented to God, and we ask for a night of

safety and sleep. If Compline is held in church, those present depart in silence; if at home, they go quietly to bed.

Studies estimate that 33% of adults do not get enough sleep. Rest may seem more elusive today because of modern connectivity, technology, and relentless news cycles. The term “sleep hygiene” is growing in familiarity. Sleep hygiene refers to routines — behavioral and environmental habits — meant to help the body recognize when it is time to wind down and rest. Surely our spiritual lives have something to offer in this regard. The ability to rest is a human concern, and like all our concerns, one that we can bring to God. (I hasten to add that sleeplessness can require medical support, and affirm that medical

attention and spiritual aid are very much compatible.)

Compline is a context for seeking spiritual rest. When praying Compline, we remember that we are not alone: Christians around the world are praying with us. We lay down the burdens and demands of life, and turn toward God for the blessing of rest. If this practice is of interest, you can find the prayers of Compline online in the phone apps “Daily Prayer” and “Time to Pray” from the Church of England or on the website. Available in print from Church House Publishing.

“In peace we will lie down and sleep;  
for you alone, Lord, make us dwell in safety.”

*Revd Annie Bolger, Oslo*

### A Safer Church

#### *What is Safeguarding?*

Safeguarding refers to the policies, measures, practices, and actions implemented to protect the vulnerable and promote the well-being of everyone in our communities. It is about caring for each other. Jesus’s second commandment is to love your neighbour as yourself. It is about creating a culture where the vulnerable (we are all vulnerable at some time in our lives) are kept safe through active care, dignity and respect. Recognizing that loving others involves ensuring their welfare, just as we would desire our own. We are all called to serve our Lord. To love him, carry out his mission. This includes the responsibility of keeping people safe from harm and abuse.

#### *Who can you contact if you are worried about something?*

Contact your local assistant Safeguarding officer for your congregation or the Chaplaincy Safeguarding officer. On your local Safeguarding policy poster, you will also find a confidential telephone number to the professional Diocesan Safeguarding team in London. Please don’t hesitate.

*Susan J. Boyd, Chaplaincy Safeguarding Officer*

### DO YOU GET A TAX BENEFIT WHEN YOU DONATE TO OUR CHURCH?

The Anglican Chaplaincy in Norway is registered for tax efficient giving. This means that donations under this scheme will be deducted from your gross income prior to the tax calculations for the year.

#### **For this purpose:**

- register your **full name and person number** (11 digits) on your bank transfer slip or contact the Chaplaincy Treasurer directly,
- donations must be sent to the **chaplaincy bank account 7029.05.14973**,
- total donations must reach a minimum NOK 500 per year,
- total tax deductions for donations to voluntary organisations or faith communities cannot currently exceed NOK 25 000 per year,
- donations received into the chaplaincy account will then be reported to the tax authorities (provided your person number (11 digits) is registered with the Chaplaincy Treasurer.

Donations will be credited to the local congregation of the donor, using your post code, unless otherwise specified. This means that your local congregation will still reap the benefits of your donation, even though your money was donated through the central Chaplaincy bank account. If you have any questions, please speak to your local treasurer or warden.



## Upcoming events



### Chaplaincy

**24th May – 20th September** Summer

Chaplaincy in Balestrand

**3rd – 6th September** Archdeaconry

Synod, Bonn

**6th-8th August** Post-Confirmation YP

Weekend

### Oslo

**28<sup>th</sup> June** Ordination of Eirik Gjerløw as  
Deacon in Brussels

**5<sup>th</sup> July** Ordination of Jacob Quick as  
Priest at St Edmund's

**26<sup>th</sup> August** Families Barbeque

**30<sup>th</sup> August** Maridalen Pilgrimage

**11<sup>th</sup> September** at 1700, Choral Evensong  
for Oslo Kulturnatt

**3<sup>rd</sup> October** Creationtide hike

### Trondheim

**28<sup>th</sup> July-3<sup>rd</sup> August** Olavsfest

Many thanks to Beth Noble and all of her excellent work in editing and producing previous issues of *Together*. If any wish to help with the editing and production of future issues of *Together*, please contact Jacob.

## From the registers

### HOLY BAPTISMS



*St Edmund's, Oslo*

Nora Khanyisile Hobøl

Viktor Austigard

Amin Ghorbani

### CONFIRMATION BY BISHOP ROBERT

*Oslo 9<sup>th</sup> May*

Mia Andrea Karima Jacobsen

*Oslo 10<sup>th</sup> May*

Goodness Chidimma N Okeke

Liv Holen Fikseaunet

Nora Khanyisile Hobøl

Tobias Haukland

John Solemdal Lowe

Noah Silas Ghorbani

Viktor Austigard

Bertha lithete

*Bergen 10<sup>th</sup> May*

Astrid Løkensgaard Miles

### DEATHS

Ann Elizabeth Arnecke, Kongsberg

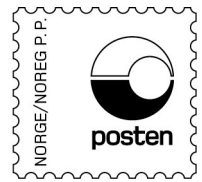
Lutgardis Anna Marie Van der Spiegel



THE ANGLICAN CHAPLAINCY IN NORWAY, SUSAN, IRIS & NORAH INVITE ALL CHILDREN TO  
**Choom, Children's Zoom**

ON THE THIRD SUNDAY OF THE MONTH 9.40 – 10.15

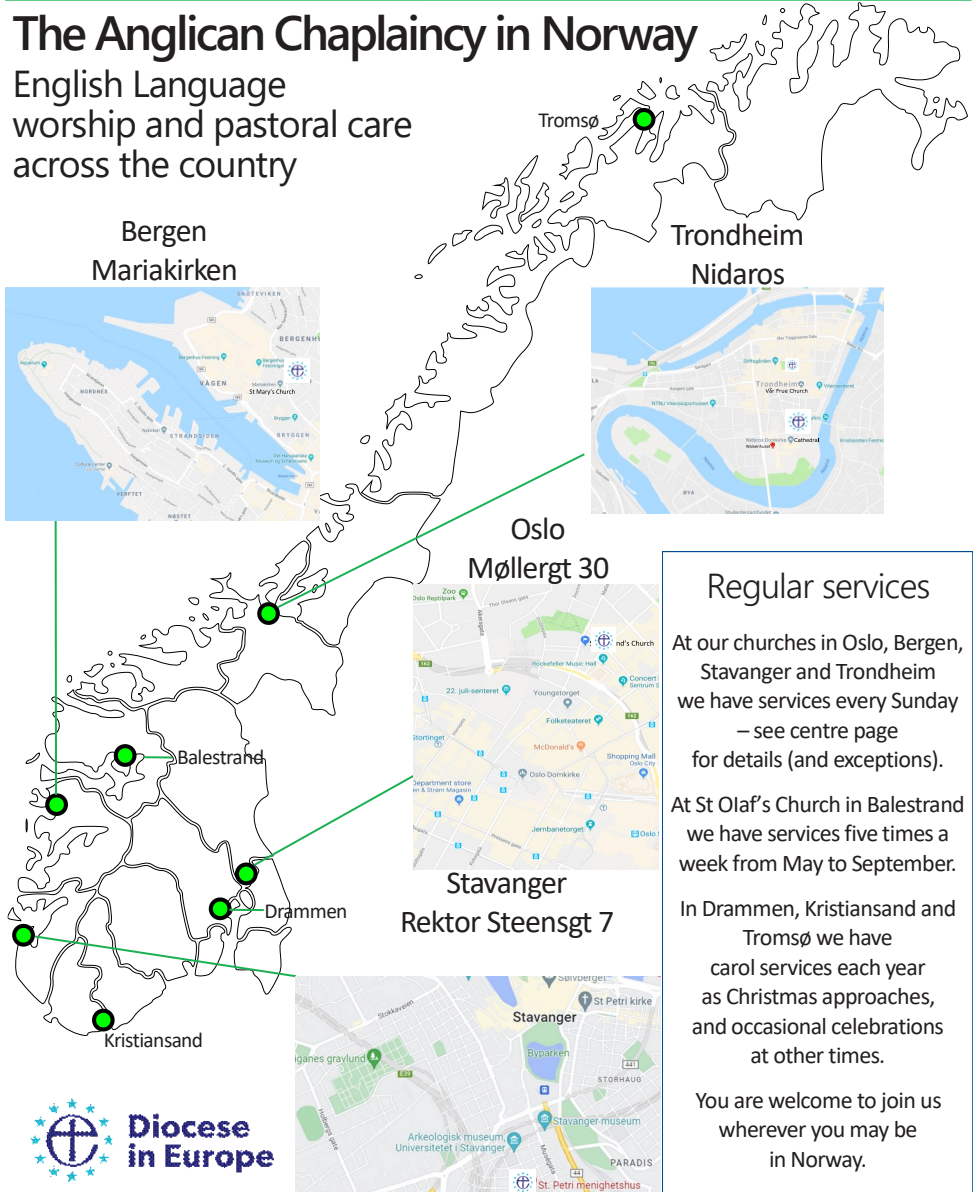




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# The Anglican Chaplaincy in Norway

English Language  
worship and pastoral care  
across the country



Bergen  
Mariakirken

Trondheim  
Nidaros

Oslo  
Møllergt 30

## Regular services

At our churches in Oslo, Bergen,  
Stavanger and Trondheim  
we have services every Sunday  
– see centre page  
for details (and exceptions).

At St Olaf's Church in Balestrand  
we have services five times a  
week from May to September.

In Drammen, Kristiansand and  
Tromsø we have  
carol services each year  
as Christmas approaches,  
and occasional celebrations  
at other times.

You are welcome to join us  
wherever you may be  
in Norway.

