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December 2011

Volume 38, Issue 12

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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MEETING TIME:

Monthly business meetings held the second Wednesday of every month (except July)
7:00 PM
 Viking Hall,
 1045 Ford Street,
 Colorado Springs, CO 80915

SEND ARTICLES TO YOUR EDITOR:

Knut Lyby
 5520 Sample Way
 Colo. Spgs. CO 80919
kmlyby@q.com
 Phone: 719-536-0647

Deadline for the January 2012 issue is Monday, December 19

SCANDINAVIAN CHRISTMAS TEA

This special Lodge holiday event is Saturday, December 3, 2:00 PM. It is a great beginning to the Christmas season and we are looking forward to our members and guests attending.

Homemade Scandinavian holiday treats will be served along with holiday tea. There will be a program and door prizes will be awarded. The cost is \$15.00.

Please call June Peterson, 719-599-3235, for reservations. Call early because seating is limited.



FJELLHEIM LODGE CHRISTMAS PARTY

Sunday, December 18, 2011

Social Time: 2:30 - 3 PM, Julæbord: 3 PM

Caroling around the Christmas tree



Julæbord

(Christmas Buffet)

- ★ **Flam**
- Turkey**
- Cold meat tray**
- Assorted salads**
- Christmas breads, lefse**
- Herring, shrimp, cheese tray**
- Escalloped potatoes, surkål**
- Vegetable medley, pickled beets**
- Baked Norwegian salmon, roast pork loin**

Norse Desserts

- Rice cream with raspberry sauce**
- Krumkake, fyrstekake, rosettes, flan**
- Kringle, sirupsnipper, spritz, sandbakkels**

Coffee

Visit from Santa



Adults: \$15; Children 6-12, \$6; Children under 6, no charge
 Reservations: Please call Cleo Allgood prior to December 14, 2011, 719-598-1982

Please be sure to give the ages of the children attending.

Make your reservations early to attend this Christmas feast that consists of many of the food items served at a traditional Norwegian Julæbord. This event is also a great time to wear your Norwegian sweaters

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Christmas Tea - see front page
4	5	6 Game and Card Social - 12:30 PM, Viking Hall	7 Board Meeting - 9:00 AM, Viking Hall Norwegian Language Class - 7:00 PM	8	9	10
11	12	13	14 Potluck - 6:00 PM, Viking Hall Lodge Meeting - 7:00 PM, Viking Hall	15	16	17
18 Julebord - see front page	19	20	21 Norwegian Language Class - 7:00 PM	22	23	24 God Jul 
25 Merry Christmas 	26	27	28	29	30	31 Godt Nytt År Happy New Year

A MESSAGE FROM YOUR PRESIDENT

We have just completed a very busy period in our yearly calendar. Busy but financially rewarding. And I believe fraternally very rewarding. All of the functions you as members take part in give you a chance to rub shoulders with your fellow members. It's a great way to become part of the "active" membership of the Lodge. Please volunteer.

To all the members who helped with and spearheaded the lutefisk dinner, the breakfast and the craft fair: My sincere gratitude for your dedication and hard work. These functions are not just money making events. They have many positive effects on Fjellheim Lodge. These functions bring people into our lodge who would not otherwise get a chance to see our facilities. This in turn produces rentals.

We had election of officers at the November meeting. This can be a very difficult procedure. But thanks to the nominating committee and the incumbent officers, it went very well. It is extremely gratifying to have so many of the dedicated and talented officers from 2011 continue on in 2012. To those who have served the Lodge so well in the past: You have set the bar high with your excellent performance of your duties. You can be proud of your accomplishments and we are a better Lodge because of them. Mange Tusen Takk for alt!

December promises to be a fun month with the "Tea" and the Christmas party. Don't forget to help with the Lodge decorating. All the info you need is in this Flammen.

Remember, the Flammen will be going monthly in 2012. We will be selling advertising space and sending the newsletter electronically as well as mailing an issue to those who want it.

Glødelig Jul og Godt Nytt År!

Paul Wiig



DECEMBER BIRTHDAYS



- 2 Einar J Wulfsberg
- 3 Evelyn Thrugstad Campbell
- 4 Jemma M Fadum
- 4 Elaine M Olson
- 5 Douglas P Haug
- 6 Brenda F Dahl
- 6 Spencer L Holland
- 7 Ellen Hardy
- 9 Anne M Berger
- 9 Shirley Jean Stilley
- 11 Donald C Ankley
- 13 Jerry W Maines
- 17 John H Peterson
- 20 Tina Berge
- 21 Tania Dawn Oldervik
- 25 Bjorg Mapstone
- 26 Kathlyn J Steinke
- 29 Melissa Jo Lyby
- 29 Patricia Hauke Staubo

HERITAGE AND YOUTH

- 1 Jacob Botten
- 9 Margaret Suntken
- 13 JD Elvrum

GRATULERER MED DAGEN!

DIRECTORY CHANGES

New Members:

Alan Flolo
4680 Bohart Place
Colorado Springs, CO 80922
alan.flolo@peterson.af.mil

Evelyn Campbell
8310 Scarborough Dr
Colorado Springs, CO 80920
mstrmarcy@yahoo.com

Tania Oldervik
3220 N. Arcadia
Colorado Springs, CO 80907
toldervik@aol.com

Brian Nordlie
6368 Millbridge Ave
Castle Rock, CO 80104
benordlie@gmail.com

Tillie and Jerry Elvrum
14687 Allegiance Dr
Colorado Springs, CO 80921

Phone number changes/corrections:
Robin Witte - 484-9164.

GAME AND CARD SOCIAL

December 6, 12:30 PM at Viking Lodge.

Join us for a potluck followed by cards and games. Everyone welcome for an afternoon of good food, fellowship and fun.



Contact Ginny Johnson 495-0253 if you have questions.

DINE OUT

We are taking a holiday break in December. See you in 2012.



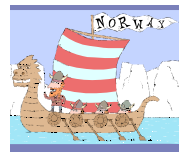
DECEMBER LODGE MEETING - POTLUCK

Our December 14th Lodge Meeting will begin at 6:00 p.m. with our traditional potluck supper. Please bring a main dish, salad, vegetable or dessert to share and enjoy a time of visiting and good food before our business meeting starts at 7:00 p.m.

If you have any questions, contact Dorothy Hanson at 599-8546.

NORWEGIAN CLASSES

If anyone is interested in a beginner Norwegian class to start after January 1, 2012, call Pat Staubo at 719 359-2570.



VOLUNTEER HOURS

Please get your volunteer hours organized for 2011----small events to big events----anything and everything in between!

I NEED all volunteer hours by 16 January.

*Thank you
Cleo Allgood*



FROM YOUR FINANCIAL BENEFITS COUNSELOR

A GREAT GIFT FOR THE YOUNG ONES YOU CARE ABOUT

Sons of Norway has a great plan for children 17 years of age or younger.

VIKING VOYAGER is a simple, economical way to introduce children to the benefits offered by Sons of Norway. It is a way for parents, grandparents and other relatives to help the next generation learn about the importance of owning life insurance. Viking Voyager provides level term life insurance that is convertible at age 26 for up to 3 times the original death benefit. There is no pre-qualification to obtain this convertible plan at age 26. The original policy comes in three benefit amounts of \$10,000, \$15,000, or \$25,000. An example of the cost for a 5 year old for a \$10,000 policy would be a one- time payment of \$341. This is a gift that never breaks or gets out-dated and costs less than most electronic devices. Give me a call for more information on this great gift idea.

LaRue Hanson, FBC
2523 Shalimar Dr.
Colorado Springs, Colo. 80915-1030
Office # 719-599-8546
Cell # 719-237-7314
E-mail - Lhanson1@q.com



VIKING FAIR AND BAZAAR WRAP-UP

Dear Valued Vendors, Fellow Planners and Contributors,

I appreciate your participation in our Viking Fair. People attending commented on the fine workmanship, friendliness of our vendors and members, tastiness of breakfast and other foods being sold or sampled, variety of beautiful arts, crafts and items being offered. Thanks, also, for your help in advertising, ranging from inviting a friend to attend, or putting up signs, to asking a family member to post an announcement on Craig's List. I also appreciate the newsletters, newspapers, radio and TV stations and churches which helped advertise. And I noticed that the photographer from the Gazette took several pictures as he walked around looking at the lovely displays---maybe some of these pictures will appear somewhere? I realize that all of our vendors and artists have put hours and hours into their handiwork, businesses, collections and hobbies. It is a privilege to see all these things being shared. Well, I could go on and on.

Other requirements were also met. Caring for our building, tending to business matters, baking and cooking before and during our event, kitchen work, serving, greeting, making music, caring for tables of donated articles, table work (putting up, arranging, setting, taking down and storing) are just some of the many things that members and friends have contributed to this event. Thank you.

I am writing also on behalf of Ruth Wiig, Co-Director of our Foundation (for support of humanitarian and educational initiatives), for Paul Wiig, President of Fjellheim Lodge of Sons of Norway and for all our members.

Thanks and appreciation go out to everyone for your contributions and for your support of the Viking Fair.

Eunice

LUTEFISK WRAP-UP

Our Lutefisk Dinner was successful with many helping hands. I especially want to thank three people who were with me though the entire process, Elaine Hellem, BJ Mapstone, and Ken Halvorson.

We had 10 Lefse baking days with the last one on Friday November 18th to cover the orders we took at the dinner. We've had fun making the Lefse however the demand mushroomed more than we had ever thought. We have made 1344 rounds with the faithful helpers coming back each week, Mike Johaneson coming from Castle Rock for every baking. He is a true Lefse making Norwegian.

Larry will have the dollar amounts from the dinner at our December meeting, December 14th which is a pot luck dinner at 6:00 PM.

Lois

FMC REPORT

The bar cooler has been repaired. Thanks, Chuck for doing some maintenance.

With the help of Jerry, Rodger, Chuck and Swede the foyer wall was painted. The valance reinstalled in the office. The foyer and office lights cleaned and re-lamped. The ceiling grid in the foyer and office painted and new ceiling tile installed. It is good to have that done before the new carpet is installed.

We could sure use some younger muscle on some of the work projects that come up. Please give me your name and telephone number if you can help.

Swede

SIXTH DISTRICT "CENTURY CLUB" SONS OF NORWAY An auxiliary of the 6th District Recreation Center Board

To "ALL LODGES and MEMBERS" of District Six:

The Century Club invites individuals and Lodges to become members of our group and help support the maintenance of Camp Norge. The Club has been in existence since October 1996. In 1999, there were 86 members and as of this date, there are 53 members. It is amazing how faithful so many people are. Some of our members have never been to Camp Norge, yet they know how worthwhile it is for our future generations to have a place they can call their own.

Half of the dues collected go directly to Camp Norge, and the other half goes into savings with the Sons of Norway. The goal is to grow this savings into a large enough fund to take care of the maintenance of the Camp, without any other help. If you have any questions, please feel free to call me at (805)642-0880.

Sincerely,

Ordale Johnson, President



New Years, 2005 at Camp Norge

HAPPY 100TH!

Sons of Norway (San Diego) Valhall Lodge 6-25 is celebrating their 100th Anniversary with a fun filled fancy Gala at the Kona Kai Resort on Saturday, March 17th, 2012.

Be sure to save the date! There will be music, dancing, delicious dinner, historical displays and guest dignitaries. Contact Tam Stautland at: (619-299-9237) or (tamstautland@gmail.com) for a registration form.

Join us!

IN MEMORIAM



Kathy Oldervik
October, 1939-October, 2011

Kathryn Elizabeth was born to Kenneth and Effie Leiberg in Fordville, North Dakota. Married to Erdman (Ole) Oldervik, she was a long time resident of Colorado Springs and a charter member of the Lodge. She was preceded in death by her parents, husband Ole, and brother Maurice. She is survived by her sister Jean (Jack) Middleton, children Kim (Tom) Moldenhauer, Keith, Jaime (Kenny) Allen, and James (Emma). Most of her grandchildren are known to the Lodge and include, Sherry (Nate), Eric, Aaron, Avery, Meagan, Brock, Amanda and Trevor.

Kathy was passionate about the Lodge and served in many formal and informal posts including Cultural Director, Vice President, President, Counselor and Membership Secretary. She organized and led many fund- raising efforts including serving as caller in our bingo operations.

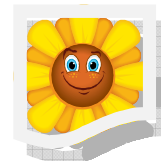
She cooked many outstanding meals for Lodge members and guests. Her baked goods were superb. She may not have invented comfort food, but she took it to the highest level. Her interest in children was reflected in Lodge events like the Syttende Mai and Christmas celebrations.

Kathy's children and grandchildren served the Lodge in numerous ways over the years. When the need was great and the work heavy, the Oldervik family was there.

We extend our appreciation and sympathy to the family.

THE SUNNY CORNER

December is here; where has the year gone? I must admit that I don't remember some of it – just slipped by, but the important stuff is still in the old memory banks. Getting old is not for the faint of heart!



Happy Birthday and Happy Anniversary to those who celebrate in December. We wish you the best of the day and the New Year.

We want to take this time to wish several members a “get well” and “thinking of you” message:

- Millie Sullivan has finally gotten some relief from the pain of the sciatic nerve and lower spine. She says the “shot” was wonderful and that it is so good to be standing upright. Keep getting better, Millie.
- Fernon (Gus) Gustafson is dealing with heart issues and it tires him out very fast. He has been having procedures at the hospital. Gus, we hope that you are feeling better and look forward to seeing you soon.
- While riding her bike, Kerry Hefta had an encounter with a car. She was banged up and is quite sore, but nothing is broken and she is on the mend. We wish you a speedy recovery, Kerry.
- Former members and good friends, Rich and Doris Tygerson have moved into an assisted living home in Altus, OK. Both have had some health problems and we hope that once they get past the trauma of the move, this environment will be safer for them.

It is with profound sorrow that we say farewell to our dear friend and a charter member of the lodge, Kathy Oldervik. Kathy was taken away from us quickly by a brain aneurysm. We miss her deeply and expect her to come walking through the door at each event, but we all know it is a wish that just will not happen. Her laugh and smile along with her rosettes, monkey bread, and everything else she made for us will be greatly missed. Mentoring was a large part of who Kathy was, always willing to share with us her recipes, her methods of baking, and anything else she knew we wanted to learn and she had the ability to teach. As of late, Kathy took up rosemailing. We were in awe of her talent, her steady hand, and fine lines that make a painting exquisite. Our sincere condolences go out to her family and friends and know that you are in our thoughts and prayers. Rest in Peace, Kathy. We miss you more than words can say.

Words to live by: “Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't. Believe **everything** happens for a reason. If you get a second chance, grab it with both hands. If it changes, let it. Nobody said life would be easy; they just promised it would be worth it.”

God jul og godt nytt år!

Regards,

Karen Ravnaas,

Sunshine Director, 390-0621

EXCITING NEWS ABOUT YOUR NEWSLETTER

Beginning in January 2012, we will start doing a monthly newsletter again, with a break in July.

The not-for-profit permit will be discontinued and we are hoping to email the newsletter to as many of our members as possible to cut back on the cost. If you have an email address and are currently not getting an email copy, please let Knut Lyby know by sending him an email at kmlby@q.com and you will help our Lodge save money on both printing and postage.

Knut

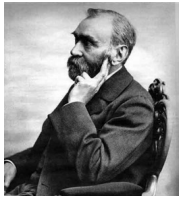
NORWAY'S PRIME MINISTER TO VISIT SOUTH POLE



In late August the Norwegian Polar Institute announced a very special polar visit to commemorate the 100th anniversary of Roald Amundsen's successful South Pole expedition on December 14, 1911.

For only the second time in history, a head of government will be visiting the South Pole. Preceded only by Helen Clark, a former prime minister of New Zealand, Norway's Prime Minister, Jens Stoltenberg, will be flying to the South Pole to greet a group of four Norwegian thrill-seekers who will be retracing Amundsen's century-year-old route. Comprising the team will be the head of the Norwegian Polar Institute Jan- Gunnar Winther, Olympic champion Vegard Ulvang, a historian and an adventurer.

ALFRED NOBEL: THE MAN BEHIND THE PRIZE



Every December 10th, five exceptional men and women are honored with one of the most prestigious awards ever created, the Nobel Prize. Held in Stockholm and Oslo, the annual Prize Award Ceremonies commemorate the anniversary of the death of the prize's founder, Alfred Nobel. While much is known about recipients of the prizes, how much is known about the creator behind them?

Alfred Nobel was born in Stockholm, Sweden in 1833. The son of an inventor and architect, Alfred was tutored at home until the age of 16. A trained chemist, Alfred began experimenting with the explosive, nitroglycerine. Several years later Alfred created his most famous invention, dynamite. While many saw Alfred's invention as dangerous and destructive, Alfred believed it would create peace rather than decimate it, saying, "My factories may make an end of war sooner than your congresses. The day when two army corps can annihilate each other in one second, all civilized nations, it is to hoped, will recoil from war and discharge their troops."

In 1888 after the death of Alfred's brother, Ludvig, a French newspaper mistakenly ran an obituary for Alfred, labeling him the "merchant of death". A pacifist at heart, Alfred was disturbed by the epitaph and he sought to leave behind a different legacy than the phrase coined by the newspaper.

When Alfred died on December 10th, 1896, he left 94% of his wealth to the establishment of five prizes (physics, chemistry, physiology or medicine, literature and peace) to "those who, during the preceding year, shall have conferred the greatest benefit to mankind." Although the will was met with many obstacles, the Nobel Foundation was established and the first prizes awarded on the five year anniversary of his death on December 10, 1901.

To learn more about Alfred Nobel and the Nobel Prize, visit nobelprize.org.

NOBEL PRIZE FACTS

- To date, the youngest Nobel Laureate is Lawrence Bragg, who was just 25 years old when he received the Nobel Prize in Physics with his father in 1915.
- The oldest Laureate to date is Leonid Hurwicz, who was 90 years old when he was awarded the 2007 Prize in Economic Sciences.
- Between 1901 and 2010, the Nobel Prizes and the Prize in Economic Sciences were awarded 543 times.
- The names of nominees for the prizes is kept secret until 50 years later.
- Often considered the "missing Nobel Laureate," Mahatma Gandhi was never awarded the Nobel Prize despite several nominations (12 nominations between 1937 and 1948.)
- The Curie family has won 5 Nobel Prizes: Pierre and Marie for Physics in 1901;
- Marie for Chemistry in 1911; daughter Irene and her husband Frédéric Joliot-Curie for Chemistry in 1935; and Henry Labouisse, who was married to Pierre and Marie's daughter Eve, accepted on behalf of UNICEF in 1965.

VISIT OSLO'S TEN SUGGESTIONS FOR A WINTER'S DAY



Looking for a great way to spend a winter's day in Oslo? Look no further than Visit Oslo's nifty "10 suggestions" section of their website, complete with cultural suggestions for all seasons and people of all ages. Let's take a peek at 5 wintery suggestions.

- **Toboggan run: Korketrekkeren**
Rent a sled and take part in Oslo's most popular toboggan run, racing from Frognersteteren to the Midtstuen metro station.
- **Spikersuppa Skating Rink**
Centrally located in Oslo city center, this public skating rink is sure to delight people of all ages.
- **Oslo Winter Park Tryvann**
Alpine skiing, snowboarding, telemark skiing and much more await visitors to Oslo's main ski resort. With slopes for children and adults alike, everyone is sure to enjoy a visit to the resort.
- **Winter Walks**
Enjoy guided walking tours of Oslo in both Norwegian and English from Oslo Guidebureau. Walkers can choose from different tour routes and themes each day of the week.
- **Oslo Museums**
With 50 different museums in the city, Oslo has something to offer every history buff. Museum highlights include everything from modern art, magic, architecture and football.

For details on these wonderful attractions or to check out Visit Oslo's remaining 5 winter's day suggestions, visit www.visitoslo.com.

PORK RIBS

The Norwegian Kitchen
by Astrid Karlsen Scott



Serves 4

- 1kg (2 ¼ lbs.) fresh pork belly with bones and rind
- salt
- pepper
- 2 tbsp. dry mustard
- butter
- flour

Have your butcher crack the bones at 2-3" intervals. Score the rind and rub with a mixture of salt, pepper and mustard, preferably 2 days before preparing. Pre-heat the oven to 400° F.

Place the ribs, rind up, on a rack over an oven tray. Add water to a depth of ½" in the tray, to prevent the juices from burning. Cover with aluminum foil and bake 15 minutes. Lower the heat to 350° F, remove the foil and bake until an instant thermometer indicates an internal temperature of 160° F, about 60-75 minutes. Remove the rind as it becomes crisp. Remove the meat from the oven. Increase the temperature to 550° F. Cut the meat into serving pieces. Return to the oven for 3-4 minutes just before serving. Thicken pan juices with flour stirred into a small amount of cold water, if desired. Count on 3 ½ tablespoons flour per 2 cups pan juices.

Serve the meat with crispy rind, pork sausages, boiled potatoes, pickled red cabbage and baked apples with currant jelly.

Velkommen til bords!

2011 OFFICERS

Board of Directors

President	Paul Wiig 596-6159 (prwiig@msn.com)
Vice-President	Michael Johaneson 303-663-3251 (mjohaneson@gmail.com)
Counselor	Bjorg Mapstone 264-0955
Secretary	Marilyn Keck 465-2444
Asst. Secretary	Virginia Nelson 591-7083
Treasurer	Laurance Moe 260-9490
Asst. Treasurer	(position open)
Membership Secretary	(position open)

Program Directors

Social Coordinators	Lois Halvorson 632-6003 Elaine Hellem 471-8552
Cultural Coordinator	(position open)
Host & Hostess	Dorothy Hanson 599-8546 Ginny Johnson 495-0253 Karen Ravnaas 390-0621
Sunshine	(position open)
Youth	(position open)
Sports	Kerry Hefta 266-9429
Foundation	(position open)
Language Teacher	Pat Staubo 635-7085

Support Officers

Greeters	Ken Halvorson 632-6003 Owen Bergland 576-1396
Marshalls	Ole and Joan Bakken 632-3892
Editor	Knut Lyby 536-0647
Musician	Sonja Gund 473-9588
Publicity	Eunice Bluhm 495-2029
Historian	Virginia Nelson 640-9340
Photographer	LaRue Hanson 599-8546
Librarian	Sonja Gund 473-9588

Viking Sisters

President	Virginia Nelson 591-7083
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Fjellheim Management Corporation (FMC)

Directors	Karen Ravnaas (2011) 390-0621 Agnes Barilovich (2012) 574-5653 Chuck Sullivan (2012) 597-0381 Doug Haug (2012) 632-4284 Swede Knutson (2012) 473-3297 Owen Bergland (2013) 576-1396
Trustees	Jerry Johnson (2011) 495-0253 Terry Mapstone (2011) 264-0955 Rodger Erickson (2013) 597-2196

Committees/Special Activities

Auditors	Dean Tollefson 473-1110 June Peterson 599-3235 Millie Sullivan 597-0381
Finance Chairman	Michael Johaneson 303-663-3251
Adopt-a-School	(position open)
Tubfrim	Sara Berge 495-2134
Volunteer Hours	Cleo Allgood 598-1982
Field Representative	LaRue Hanson 599-8546

Colorado Zone 8 Director

Crystal Sundet 720-283-8592 (crystobel@hotmail.com)

District 6 President

Lyle Berge 720-470-4961 (bergenorsk@comcast.net)

ALL PHONE NUMBERS HAVE 719 PREFIX UNLESS OTHERWISE IS NOTED.

Sons of Norway
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Knut Lyby, Editor
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**A LITTLE IN ENGLISH...
SILENT NIGHT**

Silent night, Holy night,
All is calm, all is bright
Round yon Virgin Mother and child.
Holy Infant so tender and mild,
Sleep in heavenly peace,
Sleep in heavenly peace!
Silent night, Holy night,
Shepherds quake at the sight,
Glories stream from heaven afar,
Heavenly hosts sing Alleluia,
Christ, the Savior is born,
Christ, the Savior is born!
Silent night, Holy night,
Son of God, love's pure light
Radiant beams from Thy holy face,
with the dawn of redeeming grace,
Jesus, Lord, at Thy birth
Jesus, Lord, at Thy birth.

**LITT PÅ NORSK...
GLADE JUL**

Glade jul, hellige jul,
Engler daler ned i skjul
Hit de flyver med paradis grønt
Hvor de ser hva for Gud er skjønt.
Lønnlig iblant oss de går,
Lønnlig iblant oss de går.
Julefryd, evige fryd
Hellig sang med himmelsk lyd.
Det er engler som hyrdene så
dengang Herren i krybben lå.
Evig er englenes sang,
Evig er englenes sang,
Fred på jord, fryd på jord,
Jesusbarnet blant oss bor.
Engler synger om barnet så smukt,
Han har himmeriks dør opplukt.
Salig er englenes sang,
Salig er englenes sang.