



## St. Luke's East Hampton Reflections from Fr. Ben

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As you have probably noticed, I enjoy language and exploring different meanings of words. This week my family and I are traveling to visit my wife's relatives in Sweden, which brings to mind some wonderful Scandinavian phrases.

In Norwegian, *Friluftsliv* translates to "open-air life" and embodies a cultural philosophy centered around spending time in nature, regardless of the weather, for both physical and mental well-being. Think of the spirituality of creation found in hiking or being on the beach.

In Danish, *Hygge* is a concept that embodies a feeling of coziness, contentment, and well-being, often associated with simple pleasures and spending time with loved ones. Think of a small cabin in winter with a roaring fire in the fireplace and stew on the stove.

In Finnish, *Minua väsyttää, haluaisin unelmoida* means "I am sleepy, I would like to dream." The suggestion is that we sleep in order to dream (a truth confirmed by neuroscience) and that rather than a hindrance, being tired is a sign that it is time to let our dreams begin. On a bigger level, this phrase reminds us of the importance of giving ourselves enough quiet to let our minds wander and renew themselves and us.

Sometimes other languages and customs help us see our own language and customs in a new way. *Friluftsliv*, *hygge*, *Minua väsyttää*, *haluaisin unelmoida*: Each resonates deeply with me. Each reflects my spirituality. Each reflects my hope, not just for vacation, but for my life all year long. Are there phrases in other languages that do the same for you?