



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

Feb 26, 2026



Perhaps I should give up social media for Lent. What Buddhist friends call my “Monkey Brain” has been very active these days, emotionally caught up in the issues of the day and arguing positions and composing responses to online posts that I will never actually write or send. Thank goodness for snow days that calm it all

down.

When my kids were little, they believed that snow days would happen if they wore their pajamas inside out – or if their dad used his power as Chair of the School Board to declare a day off. They knew there was something magical about staying home, eating comfort food, having a fire in the fireplace, reading a book, and playing outside. The other day I heard the sound of children laughing as they sledged down a hill just across from the church. It brought it all back.

St. Luke's policy is that when the public schools are closed, we're closed. Of course, having said that, I still went in. Maybe, just maybe, that was a mistake, a missed opportunity for a moment of quiet, a moment of joy.