



SÆL OG BLESSUÐ / HAPPY AND BLESSED

“SÆL OG BLESSUÐ” or “HAPPY AND BLESSED” is the motto of Háteigskirkja (Háteigs Church) as of 2023, and it applies both to the church itself and to those it serves.

This beautiful, ancient Icelandic greeting carries a profound meaning; the word “sæl” (unisex in plural or feminine in singular) / (or “sæll” (masculine)) originally means "happy" or "good." It appears in older greetings, such as “heil og sæl” meaning “whole and happy”, that have been used for centuries (including in ancient poetry) and serves as both a wish and a prayer for well-being, prosperity, and happiness. The term “blessuð” (unisex in plural or feminine in singular) / or “blessaður” (masculine) means "blessed" and is rooted in the Christian tradition as, well as in older expressions like "God be with you" or "God bless you," through which people invoked blessings and protection upon others. **This is the sincere wish that Háteigskirkja extends to all her constituencies.**