



Advent Daily Reflections **December 18, 2024**

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Today's reading is from Julian of Norwich:

"And in this he showed me a little thing, the quantity of a hazel nut, lying in the palm of my hand, as it seemed. And it was as round as any ball. I looked upon it with the eye of my understanding, and thought, 'What may this be?' And it was answered generally thus, 'It is all that is made.' I marveled how it might last, for I thought it might suddenly have fallen to nothing for littleness. And I was answered in my understanding: It lasts and ever shall, for God loves it. And so have all things their beginning by the love of God.

In this little thing I saw three properties. The first is that God made it. The second that God loves it. And the third, that God keeps it."

Today's Reflection is by Sarah Schul:

I am struck by Julian of Norwich pausing to appreciate this minuscule thing that has crossed her path - a hazelnut. As I read this passage, I hold in my palm a small handful of nuts - peanuts, walnuts, macadamia nuts, and yes, even a few hazelnuts. I had been about to pop the bunch into my mouth, now I opt for one: a delicious, salty peanut. Crunch. Mmmmm. How rarely do I stop and appreciate the "little things" in my life? This November has felt like a blur: constant movement. Worry. Fear?

My daughter has to nap, my daughter has to eat, don't be late for music class. The house is a mess. When will we be settled? When will I have a proper place to store my canned goods?? Thanksgiving is coming. Family is coming. Go, go, go!
Hazelnut: small. Round. Crunch. Mmmm.

I wonder if all those worries and preoccupations could feel so small as that hazelnut did just a few minutes ago. I wonder if I can find the enormity of God's love in this tiny macadamia (crunch. Mmmm.) How blessed are we to be made by God, to be loved by our creator, and to be kept by

him. I feel myself a hazelnut: easy to overlook, just a small thing in a sea of bigger problems. And yet, I will not fall to nothing for littleness, just as Julian of Norwich's hazelnut will not, for I am kept by God. The promise that, to my creator, I am worthy of savoring. God does not get swept up in the fears and worries that seem so big to me. He does not overlook the joy of a delicious salty peanut (crunch. Mmmm.)

This advent season I will try to reverse what seems small and what seems big in my own life. I do not pretend to be able to set aside all the stresses and worries of life (I am a toddler mom, after all, big feelings are kind of what we do!) but I will try my best to remember not to let the "small" or simple pleasures fall to nothing. There is time to enjoy that little crunch (walnut. Mmmmm.)

And now, feeling ever so slightly more connected to the one who will always care for me, we're off to playgroup.

In one more moment. Mmmmmm.



As the mother of a toddler, Sarah is always looking to find a balance of peace and adventure in her busy life! Sarah grew up in southern Maryland and has lived a life of travel: living in Istanbul, Dubai, and Denver before recently moving to Brooklyn with her family.