



Advent Reflection

Day #25

Wednesday, December 23

Malachi 3:1-4, 23-24; Luke 1:57-66

The readings remind us that God has been sending us messengers, such as Elijah and John the Baptist, since the beginning of time through today. We only need to be open to hearing and listening for him because, sometimes, the messengers are from unexpected sources and times.

For the past several years, I have been frustrated in my job and career but was really at a standstill over what to do next. I could look for a new job but it would be in the same industry. I felt I would become frustrated in the new job too.

I prayed regularly for a sign on what I should do. I wanted God to give me a brightly colored present that I could just open and He would clearly tell me what to do. However, He did not. Moreover, I kept praying, and grew more frustrated and stressed. I kept asking why He could not help me. This past year, however, has been a turning point in my journey. Despite of (or maybe because of) the stresses from work and from COVID, I was able to finally break through the fog of indecision after speaking with my therapist. I had an extremely frustrating day with work; she asked me what I would want to do if I could do anything I wanted. I thought about her question for 2 minutes and blurted out an answer – to be a nutritionist.

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The answer seemed crazy to me. It would require me to enter a field without the proper educational or professional background. I would have to go back to school. I would have to find time to do research and apply to the schools and careers. Lots of obstacles and practical reasons to abandon the idea.

But, as I thought about it and sat with the idea more, I felt a sense of peace and purpose come over me; this is what God has been trying to tell me, but I was now finally open to hearing.

As I reflect on the readings, I think about all messengers God sent me over the many years. I have friends who love to cook, family who regularly discuss nutrition and new recipes, a great doctor who pushed me to get healthy, to a New York nutritionist who has inspired me, and to my therapist who asked the question at the right time. God sent these people into my path. These were his messengers. I am not sure where this will take me or when I will begin, but I know it is a start. This is the light.

Reflection by Holy Name Cathedral Parishioner Pearl Gonzales