

Catholic Faith Corner

Understanding, Teaching, and Living the Faith

Sea of Galilee at Sunrise



[HOME](#) [ABOUT](#) [ARTICLES](#) [BOOK LIST](#) [BOOK REVIEWS](#) [SPEAKING/EVENTS SCHEDULE](#) [TALKS](#) [CONTACT](#)



Positive Words: In Praise of Praise, Part 1

by KATHLEEN GLAVICH, SND on APRIL 22, 2015

in [BLOGS](#)



Mary Kathleen Glavich, SND



Last week I wrote a poem for children about good words to say like “Please” and “Thank you.” This prompted me to think about good words for adults to say. Of course, words like “Excuse me” and “Thank you” are ingrained habits by now, but we might not always state what needs saying. I recall once introducing my niece to someone and remarking what a great job she

does at her workplace. My niece responded, “Aunt Kathy, that’s the first time you ever said you liked what I do.” Hmm. I realized that perhaps I’ve been stingy with words of praise. We might mentally acknowledge someone’s success or good qualities and yet fail to let the person know our thoughts. We might take someone’s achievements for granted. I recall times when people have commented on something I did and what a boost it gave me. It’s an act of charity to say things like “Congratulations,” “I like how you always do kind things for people,” or “I wish I could grow a garden as beautiful as yours.”

Mollie was the sunshine on our faculty. If there was more laughter in the faculty lounge that in the student cafeteria, you could be sure Mollie was there. She accepted as assignment to oversee the production of the yearbook, a job that required sacrifice and dedication. One evening I dropped in on Mollie when she was proofreading the final pages. Picking up a few of the layouts, I exclaimed, “These really look good.” To my dismay, Mollie began crying. She said, “You’re the first one in years who has told me I was doing a good job.”

True, Mollie’s emotions could be ascribed to fatigue. But we can’t so easily dismiss her words. Although she was happy, successful, and well-liked, she needed to hear

I’m a Sister of Notre Dame, of Chardon, Ohio, the author of seventy-plus books on religious education and spirituality, including a novel, *The Fisherman’s Wife: The Gospel According to St. Peter’s Spouse*. I enjoy giving talks and am a pastoral associate at St. Dominic Church.

[View Full Profile →](#)



About Sister Kathleen Glavich, SND

Jesus ordered us to make disciples of all nations and teach them. Mary Kathleen, a Sister of Notre Dame from Chardon, Ohio, responds to this call through writing, speaking, giving retreats, and teaching. Her motto, adopted from Eddie Doherty’s gravesite, is “All my words for the Word.”

[Learn more](#)

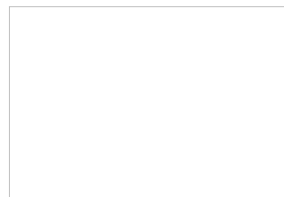
About Catholic Faith Corner

someone tell her she was doing a good job. The world is hungry after more than food. People crave a sense of self-worth. A morsel of praise can satisfy some of that spiritual hunger. When I was editor of a textbook series, as I looked over pages, I would write comments like “Lovely” and “Wow.” A woman from the publishing company told me that the graphic designer cut out every one of my comments and pinned them to his bulletin board!

Our self-concept is a reflection, magnified by our imagination, of what others think of us. If someone suggests that we’re putting on weight, we feel as wide as a hippo. If someone tells us we have a good voice, we see ourselves on a Broadway stage. If no one ever gives us feedback, we can imagine ourselves to be nobodies. Like the scarecrow, tin man and lion in “The Wizard of Oz, we can walk through life thinking we lack some essential element, until we meet a person who reveals our true nature to us.

Even the most attractive, athletic, and intelligent people on occasion feel like a first class klutz. Negative self-images have a foothold in the best of us. We are afraid to walk up to a group of people; we anticipate making a drastic mistake; we fear that we won’t be good enough. we worry that a strand of hair might be out of place. One day when I was ten, my friend’s mother couldn’t locate something. She enlisted me to ransack the house looking for it and remarked, “You’re so good at finding things.” I thought, “I wonder how she knew I had that talent.” I hadn’t noticed it myself. I was determined to find her lost article. I don’t remember if I was successful, but I remember the warm feeling her praise evoked. And she transformed me into a good hunter.

A husband who praises his wife for a tasty meal can expect an even tastier meal next time. A mother who compliments her kindergartner for coloring neatly may be nurturing a future Picasso. Praise imparts power.



A warm welcome to Catholic Faith Corner!
May its reflections help you know and live the Catholic faith, inspire you, and give you hope.

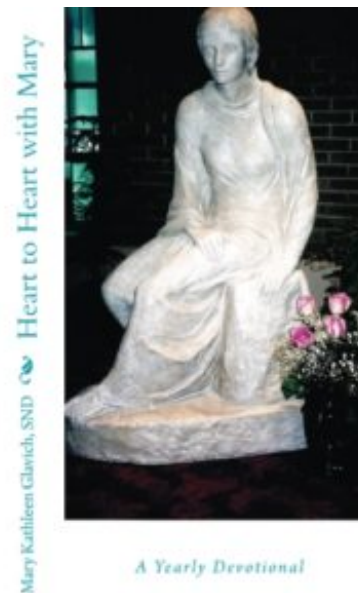
Subscribe to Catholic Faith Corner

Subscribe to Catholic Faith Corner today to receive notification of new blog posts.

 [Subscribe to Catholic Faith Corner via RSS](#)

 [Subscribe to Catholic Faith Corner by Email](#)

[Click image to purchase](#)

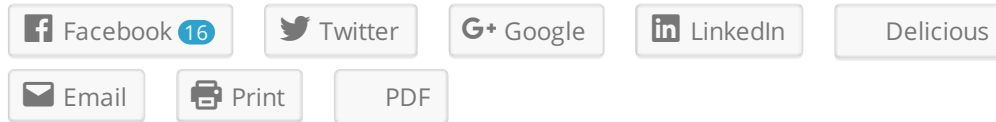


Newest Book

In "Heart to Heart with Mary: A Yearly Devotional"
Our Blessed Mother speaks to us every day of the

When has someone's praise cheered you or impelled you to perform even more successfully?

Share this:



Tagged as: [achievement](#), [good words](#), [positive](#), [praise](#), [talent](#)

{ **4** comments... read them below or [add one](#) }

Allison April 22, 2015 at 12:47 pm



Where can I find your children's poem?

Allison

REPLY

year and a suggestion is provided for a response. It is similar to the popular book "Jesus Calling" and can be found on Amazon or purchased from me.

Featured Book

Totally Catholic! A Catechism for Kids and Their Parents and Teachers

Do you wish you had a simple, child-friendly summary of what Catholics believe? This book took first place in the Association of Catholic Publishers awards 2014 in the category of Children's Books. It can be purchased from Pauline Books and Media or from me. (\$14.95)

A Heavenly Book

Do you believe in angels? Most people do. The Catholic Companion to Angels offers heavenly facts about these majestic creatures, confirming that you can turn to them for help. Uniquely, The Angels comes with three covers (statue, stained-glass, or painting). Choose the one you like best. Available from ACTA Publications and me. (\$10.00)

My First Novel!

The Fisherman's Wife is the story of St. Peter's spouse, the long-suffering but delightful woman who puts up with Peter and his obsession with the itinerant preacher named Jesus. Through her

Kathleen Glavich, SND April 22, 2015 at 1:07 pm



My poem isn't published yet. It's at the publishers. Say a prayer that they like it!

REPLY

Gabrielle Renoir April 26, 2015 at 3:44 am



Love your "Miss Piggy" humor! And I, myself, adore Miss Piggy!

The closest anyone has come to praising me is when my Academic Advisor told me she was surprised I was able to keep my grades up after being hit by a truck and in physical therapy. What else did I have to do? LOL And almost a year later, I'm STILL in physical therapy! And still in pain! Darn! My mother never praised me even once. Said she was afraid I would get a "swelled head." I didn't, but I sure did feel lonely and bad when I did a good job and no one ever said a word. It turned me into a real perfectionist, and no one should have to bear that burden. Words can do a world of good, and withholding earned praise can do a world of harm. It's the unearned praise some people get that causes a "swelled head."

REPLY

Kathleen Glavich, SND April 28, 2015 at 3:02 pm



Your experience that lack of praise made you a perfectionist makes sense. In other words, you always feel that nothing you do is ever good enough. A good insight, and another reason to be people who are not afraid to praise.

REPLY

we meet Peter, Jesus, and other biblical characters. In Capernaum she witnesses Jesus' healings and hears his words. The book is based on the Gospels, legends, and what is known about first-century Jewish women. The rest is sheer imagination. Order directly from me FOR AN AUTOGRAPHED COPY at kglavich@ndec.org.

A Bit of Humor

School Rules Rule A child from the Montessori school insisted on wearing her coat to school even though it was a very warm autumn day. Her mother just could not understand why, until the little one explained, "I have to hang up my coat as soon as I get to school."

Of Interest

[The Fisherman's Wife](#)

[100 Catholic Blogs by Catholic Sisters and Nuns](#)

Recent Posts

[Strange Origins of Expressions and Customs](#)

[Kindness Is Contagious](#)

[Lessons from Trees](#)

[We Propose, God Disposes](#)

[Announcement](#)

Leave a Comment

Name *

E-mail *

Website

Notify me of follow-up comments by email.

Notify me of new posts by email.

About the Sisters of Notre Dame, Chardon, Ohio

The Sisters of Notre Dame of Chardon, Ohio, belong to an international congregation of more than two thousand apostolic women religious. We are one in mind and one in heart for the transformation of the world in Christ.



[Learn More](#)

SND Blogs

Catholic Web Solutions

Grace to Paint

In the Hands of the Potter

Living Justly

Prayer Poems

SND Express Blog

Sunflower Seeds

The Fisherman's Wife

What's Happening

Search

SISTERS OF NOTRE DAME WITNESS DAILY TO
GOD'S GOODNESS AND PROVIDENT CARE.

Join us!

Contact our Vocation
Director today.



Copyright © 2012 The Sisters of Notre Dame, Chardon, Ohio | Design & Development by [Groupmind Media](#)
