



Sunflower Seeds

Celebrating Everyday Spirituality



[HOME](#) [ABOUT](#) [BOOK STORE](#) [EVENTS](#) [CONTACT](#)



“And the Word Became Flesh”

by MELANNIE SVOBODA SND on DECEMBER 16, 2019

This is a meditation on the Incarnation that I wrote last Christmas for *Give Us this Day*, published by Liturgical Press. It is my Christmas card to all of you, the dear readers of this blog.

And the word became flesh.

What does that mean?

It means God *in carnis*, conceived in a woman,
implanted in a womb.

It means composed of the basic elements of the cosmos.

It means embedded within earth's community of beings.

It means a unique DNA... and muscles, lipids, neurons, blood, bone.

It means a brain, lungs, a digestive tract, a beating heart.

It means being born of a woman, a mother, Mary.

And the Word became flesh.

It means the Divine became human,

The Eternal entered time,

About Sister Melannie Svoboda, SND

Sister of Notre Dame,
teacher, student, author,
speaker, listener, friend, poet,
farm girl.



[Learn more](#)

About Sunflower Seeds

Each Monday I'll post a short reflection, a simple musing on some aspect of spirituality—the everyday kind of spirituality that includes things like walking in the park, slicing an onion for the casserole, caring for a child, studying for an exam, reading a line from scripture, laughing at a joke, or mourning a significant loss.



Along the way I welcome your questions, comments and insights too. After all, we're all in this life—this spiritual life—together!

[Learn more](#)

Subscribe to Sunflower Seeds

Subscribe to Sunflower Seeds today to receive notification of new blog posts.

 [Subscribe to Sunflower Seeds via RSS](#)

The Omnipresent submitted to the confines of specific places.

The Beyond-the-Beyond, was now here, now now.

The Almighty became weak, vulnerable, helpless.

Sovereignty was transformed into lowliness.

The Thundering Voice on Sinai, now an infant's whimper, now a piercing Waah!

The Self-Existent One, now a suckling at a mother's breast.

The Always Was, now part of the ever-changing-is.

The Ancient of Days, a newborn.

The Invisible, now clear as day.

The Totally Other, now one of us.

The Transcendent One, Now Emmanuel,

God-with-us, God-for-us, God-among-us, Jesus.

Then and now. There and here. Yesterday. Today. Tomorrow.

And what is our response to this event ungraspable?

A breathless, Wow!" Then, "O Come let us adore him!"

[✉ Subscribe to Sunflower Seeds by Email](#)

Recent Posts

[Retreat Jottings](#)

[Five Talents for Daily Living](#)

[Fun with the English Language](#)

[The Certainties and Upheavals of Life](#)

[Three Christmas Songs for You](#)

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 Faith Corner](#)

[Catholic Web Solutions](#)

[Grace to Paint](#)

[In the Hands of the Potter](#)

[Living Justly](#)

[Prayer Poems](#)

[SND Express Blog](#)

[What's Happening](#)

Search

To search, type and hit enter



Merry Christmas!

PS: I will not post a reflection next Monday, December 23. But I will post three Christmas songs for you. My next regular reflection will be posted December 30.

Our song is "Noel" by Chris Tomlin, featuring Lauren Daigle as the vocalist. This simple yet powerful song captures some of the amazement and wonder of the real meaning of Christmas.



If you care to respond to this reflection and/or song, please do so below. We all love hearing from you!

Share this:



Tagged as: [Christmas reflection](#), [Reflection on the Incarnation](#)

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

Thomas DeFreitas December 16, 2019 at 4:22 am



Sr. Melannie and everyone, hello —

Thank you, Sister, for your beautiful reflection, and for the song “Noel” whose verses are deeply affecting.

peace and light

TD

REPLY

John E Hopkins December 16, 2019 at 4:37 am



Good morning, all!

Sr. Melannie, your meditation on the five words — “and the word became flesh” — is beyond belief good! A meditation — a poem! — that we could read for a year, then another....and another.

A precious gift! Merry Christmas! Merry Christmas to all!

PS: Hope the writing went well!

REPLY

Melannie Svoboda SND December 16, 2019 at 6:03 am



Dear John and all, The writing week went well! Thank you for your prayers! Melannie

REPLY

George Marsh December 16, 2019 at 4:51 am



God blesses me even (especially) with a sleepless night. Thank you , dear Melannie. Last year's words are today's. May you use any words that God sends you, ever. Blessings.

REPLY

Suzanne December 16, 2019 at 8:20 am



I used the words of Hildegard of Bingen on my card which seem to sum up your beautiful reflection, Melannie.

“What overwhelming joy that caused God to become a human being!”

Let us delight in God becoming one of us!

REPLY

Ed Johnson December 16, 2019 at 5:30 am



Good Morning to All,
“And the Word Became Flesh”...five simple, yet so deeply profound, words. Words to ponder and pray, especially as we enter these final days of Advent leading to Christmas morn. Thank you, Sister, for such a beautiful meditation; and for the accompanying music. Wishing you and all a holy Christmas. Peace and Blessings,
Ed J

REPLY

Mary M Nausadis December 16, 2019 at 8:06 am



“And the Word Became Flesh”, indeed. Such powerful images you have given us, Sr. Melannie. As I continue reflecting on your whole piece, it has come to me that we are called to follow Jesus and if that is the case then we are called to make our words become flesh. Hmmmm, our words to become flesh! That puts me in mind of the song from last week, “We become what we pray”.....do we? For the remainder of this Advent, I am going to try to make this come to be.

I pray you all are able to take in the joy, wonder, and love of this season!

And the word became flesh and is living among us!

Mary

REPLY

Pete December 16, 2019 at 8:54 am



Another powerful song! Merry Christmas to all in the "Fraternity of Sister Melannie"!

REPLY

Martin J Louis December 16, 2019 at 8:59 am



Just want to sing ALLELUIA even in our world that has turned this LOVEmoment into a shopping frenzi because Jesus came just to enter our lives where we are and so again ALLELUIA Merry CHRISTMAS.

REPLY

Char December 16, 2019 at 9:02 am



Blessings Sr Melanie

Every morning 'Give us this Day is my start to my prayers, along w/ my Rosary followed by Living Faith booklet where you occasionally also write, You are a start to every day I'm Blessed to be here! Every Monday look forward to You as well. Blessings to You and everyone for A Beautiful Advent, and A 2020 filled with Good Health!
Char

REPLY

Shirley December 16, 2019 at 9:04 am



Merry Christmas Sister Melanie! Thank you for your wonderful blog. I so look forward to each Monday. Beautiful choice of song!

Have a beautiful Christmas Season!

Shirley

REPLY

Mary E Nolan December 16, 2019 at 9:38 am



John Hopkins said it perfectly...just what I was feeling.
Thank you! A sublime treasure.
Mary

REPLY

Jean Canatsey December 16, 2019 at 9:58 am



Thank you so much for the song. Simple....beautiful....

REPLY

Patty December 16, 2019 at 11:26 am



Thank you, Sister. Lovely. Merry, Blessed Christmas.

REPLY

Sr.Miriam December 16, 2019 at 5:30 pm



I love the picture of the angel wrapped around St. . Joseph, our Blessed Mother and Baby Jesus. A Blessed Christmas to ALL!

REPLY

Pat Wieczynski,SFCC December 16, 2019 at 11:41 am



Thanks, in Jesus, for your sharings & reflections. These are a tremendous blessing. I am so grateful.

REPLY

Barbara Erdmann December 16, 2019 at 11:46 am



What more can be said. For God so loved the world ,he gave his only son.
To save us ,To love us.

REPLY

nita compagnone December 16, 2019 at 5:19 pm



Wow sister! So powerful and well said/written. Keep 'em coming! And yes,
come let us adore him. Thanks so much for sharing your amazing writing skills, true
sentiments and knowledge on so many topics I know little about. You're the best
and Merry Christmas!

REPLY

Leave a Comment

Name *

E-mail *

Website

Submit

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 | Created by [Groupmind Media](#)