

Prayer Poems

Poetic Reflections for Sundays and Feastsdays
by Sister Juliemarie McDonald, SND



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Trash Cans and Truth

by SR. JULIEMARIE MCDONALD, SND on [08/30/2012](#)
in [ORDINARY TIME](#)

Twenty-Second Sunday in Ordinary Time—Cycle B
September 2, 2012

“Nothing that enters one from the outside can defile that person; But the things that come out from within are what defile.”
(Mark 7:18b, 20)

Trash Cans and Truth

What youth has not heard these commanding words from their mother?
“Young man, take out the garbage!”

Householders own many trash cans.

You will find wastebaskets in the:

- kitchen,
- den,
- bedrooms,
- bathrooms, and of course, the trash bins of our computers!

There is a certain day in many communities,

About Sr. Juliemarie McDonald, SND

Sister Juliemarie McDonald joined the Sisters of Notre Dame of Chardon, Ohio in 1951. She holds an MA in English Studies from John Carroll University MA in Scripture from St. Charles Seminary. After 32 years of teaching classes ranging from first grade to college level, she then became a researcher, campus minister, director of religious education and a pastoral minister in Mease Hospital in Dunedin, Florida. In her semi-retirement, Sister Juliemarie writes reflections and faith sharing sessions for the young sisters in formation in Africa, Philippines, Korea, India and the USA. Her spare time is spent as a crafter.



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where citizens know, "It's trash day!"
Roll out the can to the curb;
Take it outside the city,
out of sight,
out of smell.
This is one reality of trash cans.

What about the reality and truth found in the Gospel?
Jesus tells us we might be collecting garbage in our "heart bins."

*"From their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile."
(Mark 7:21-23)*

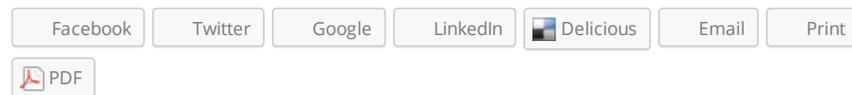
Pretty smelly!
Looks like we might need to do:
some soul-searching,
some reality checking,
some de-cluttering and
some deleting of evils in our "heart bins."

Perhaps in the search we will discover a truth that sets us free.

For Reflection and Sharing:

1. At bedtime do a bit of soul-searching. How can I realistically delete an evil?
2. Why do I allow others to make a trash can out of me? What can I do about it?
3. When do I honor God with my lips, but keep my heart far from him?
4. Why do we cling to tradition?

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Tagged as: "Heart Bins", De-cluttering, Deleting, Evil, Gospel, Reality, Soul-searching, Trash, Truth

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