



# Prayer Poems

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



[HOME](#) [ABOUT](#) [CONTACT](#)



## Burden or Blessing

by SR. JULIEMARIE MCDONALD, SND on [07/03/2014](#)  
in [ORDINARY TIME](#)

### Fourteenth Sunday in Ordinary Time–Cycle A July 6, 2014

*“My yoke is easy and my burden light.”  
(Matthew 11:30b)*

#### Burden or Blessing

Not many would consider burdens as blessings, at least not at first.  
All carry burdens like beasts of burdens carry them.  
No one is exempt. We are all a “yoked humanity.”  
Oxen can teach us a lesson. We can’t go it alone.

We hardly ever realize another’s burdens.  
I guess we are filled enough of our own.  
This yoke we sometimes put on ourselves blinds us.  
We are weary and we seek rest, perhaps in the wrong places.

Powers that be also place unjust burdens upon underlings.  
Religions, politicians, economists, consumers, yes, even TVs yoke us.

## 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.



## Recent Posts

[Fourth Sunday of Advent](#)

[Third Sunday of Advent – Cycle C](#)

[Second Sunday of Advent – Cycle C](#)

[First Sunday of Advent – Cycle C](#)

[Teachability](#)

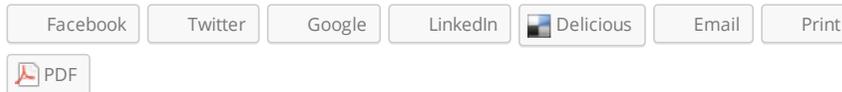
TV ads lure us to luxury, daily new slant truths; politicians break promises.  
Religions place the law above love, causing untold grief and guilt.

Jesus calls to us, "Take my yoke." Why? His yoke is love.  
Love makes burdens bearable. Love makes burdens light and easy.  
If you are weary, seek rest from Jesus, who takes you to green pastures of love.  
With love all things are possible.  
That is where you'll realize that burdens are real blessings.  
Like oxen, true love teaches us one lesson.  
No one can go it alone.

### For Reflection and Sharing:

1. What burdens are you carrying?
2. Try to categorize your burdens. What or who strikes you about your burdens?
3. Does anyone seem to have the same burden as you?
4. Is it possible that you and the person can "yoke up?"
5. What can companionship do for burden-laden people?
6. When will you decide to take Jesus' yoke upon you?

Share this:



Tagged as: [Blessings](#), [Burdens](#), [Companionship](#), [Light and Easy](#), [Love](#), [Weariness](#), [Yokes](#)

{ 0 comments... [add one now](#) }

### Leave a Comment

---

Name \*

E-mail \*

Website

## 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](#)
- [Sunflower Seeds](#)
- [What's Happening](#)

**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 | Design & Development by [Groupmind Media](#)