

# Prayer Poems

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



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



## Rocking Chair Worriers

by SR. JULIEMARIE MCDONALD, SND on [02/27/2014](#)  
in [ORDINARY TIME](#)

**Eighth Sunday in Ordinary Time–Cycle A**  
**March 2, 2014**

*“Don’t worry about tomorrow, tomorrow will take care of itself.”*  
(Matthew 6:34a)

### Rocking Chair Worriers

Sometimes we sit in a rocking chair  
    rocking back and forth, back and forth.  
Maybe minds are rocking chairs,  
    back and forth worrying,  
    past and future,  
    ancient ages or futuristic fantasies,  
    worrying, worrying.

Where does it get them? Nowhere!  
What are they missing? The present!

## 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](#)

Missing miracles, beautiful sunsets,  
birds of the air and flowers of the field.

Worrying only doubles troubles.

Is worrying a disease of the mind,  
one of the heart, too?

Does the heart need a surgery  
to cure the lack of trust or hope?

Perhaps the disease is caused by control gone astray,  
or fear of failure or risk.

Get off your duff; try making the rocking chair a rocket!  
Let it hurl you into the present day filled with real life-  
Real joys and sorrows, life and death, beauty and decay.  
Surrender to trust and hope.

Believe in the words of Jesus, who takes care of the birds of the air  
and the flowers of the field.

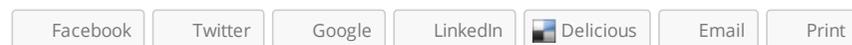
Trust that the God of heaven and earth will always be good to you  
and those you love.

He is a caring and provident God. Don't worry!

### For Reflection and Sharing:

1. What makes you worry?
2. When has God been caring and provident to you?
3. Who comes into your life when you have a "heart attack of worrying"?
4. What kind of reactions show when you lack hope and trust?
5. Why do relationships suffer and break when we worry?
6. How real is your view of life?

Share this:



Tagged as: [Caring](#), [Control](#), [Death](#), [hope](#), [Joy](#), [Life](#), [Provident](#), [Reality](#), [Sorrow](#), [Trust](#), [Worry](#)

{ 1 comment... read it below or [add one](#) }

## 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](#)

**Kathleen Tobin** February 27, 2014 at 8:44 pm



Dear Sister Juliemarie,

You said a lot in this one little poem. Looking at all the categories where we can find this poem, I find them quite inclusive in human experience and one's relationship with God and others. Yes, I am in need of less worry and planning and more trust and awareness of the present. Thank you for another reflective poem.

Sister Kathleen

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