

Prayer Poems

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



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Salt Shakers and Lighthouses

by SR. JULIEMARIE MCDONALD, SND on [02/06/2014](#)
in [ORDINARY TIME](#)

Fifth Sunday in Ordinary Time–Cycle A
February 9, 2014

Salt Shakers and Lighthouses

Why would the Lord ask us to be salt?
Salt flavors, preserves and gives zest—a pizzazz to our food.

Imagine what a salt shaker could do in the hands of Christians!
Used even sparingly, we can put zest into someone's life.
Flavor their day with love.
Preserve their hope.

Not only does the Lord ask to be salt, but he wants us to be light.
Light warms, guides and illumines darkness.
During dark times, we can illumine the darkness of a mind,
guide someone who has gone astray and
warm cold hearts with the fire of God's love.
What a privilege it is to be salt shakers and lighthouses for the Lord.

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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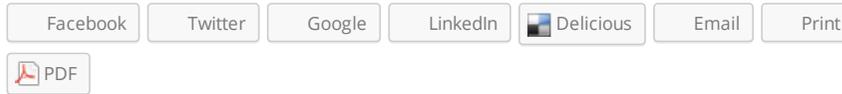
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For Reflection and Sharing:

1. Why would the Lord ask us to be salt?
2. How can one renew zest and hope in self and others?
3. What does joy of the good news have to do with salt and light?
4. Why is it important to live, preach and teach with joy?
5. Who in your life has been a saltshaker or lighthouse to you?



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Sister Kathleen Tobin February 6, 2014 at 7:46 pm 

Ah, yes, we can bring out the flavor of someone's unnoticed goodness or be the one who lights it up. I think that you are saying we can provide the encouragement that someone else needs by our attitude and words.

REPLY

Sr. Juliemarie McDonald, SND February 8, 2014 at 7:34 pm 

Yes, you got the message. Continue being a lighthouse and a salt shaker!
Sr. Juliemarie

REPLY

Tricia February 8, 2014 at 3:02 am 

I just love receiving news, views, poems, poetry etc. that comes from Sunflower Seeds. It lifts my spirit and gives me cause to pause in my busy day. I always look forward to something new, its always refreshing, reflective and uplifting. Such imagination, creativity, love and joy flow from your website. They

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are wonderful things to include in my own ministry with others. One day I hope to have the time to take one of the ecourses. They look so inviting and interesting. It will happen I know when the time is right. Blessings on your outreach ministry.....

REPLY

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