



# Prayer Poems

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



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## Swords into Sheaths

by SR. JULIEMARIE MCDONALD, SND on [04/10/2014](#)  
in [LENT](#)

**Palm Sunday of the Lord's Passion-Lent**  
**April 13, 2014**

*“Put your sword back into its sheath, for all who take the sword will perish by the sword.”  
(Matthew 26:52)*

### Swords into Sheaths

Violence begets violence.  
Non-violence begets non-violence.  
Even in his last moments of freedom  
Jesus commands, “Put your sword back into its sheath.”

“I am not a violent person,” you respond?  
Jesus asks, “Who or what births the bully?”  
Why are there so many calls to 911 for domestic violence?

America, “What has so enflamed your anger?”  
Russia, “Where do your eyes rove now that you have taken over Crimea?”

## 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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Korea, "Will there ever be a whole nation? Will you be forever broken in half?  
Iran, "Is there any sheath that will hold the sword of nuclear war?  
O Nations, do you have Departments of Peace? We know you have Departments of War?

All creation groans for the peace, not for power, greed, prestige or possessions.  
All creation groans for the peace the world cannot give.

Listen to Jesus' last plea from parched lips as he hung on the cross for our salvation.

*"I pray for not only them, but also for those who believe in me through their word, so that they may be one, as you, Father, are in me and I in you, that they also may be in us..."*  
(John 16:20-21)

War No More, Swords Into Plowshares, mottos of the New World.  
Unity, justice, peace reign in a compassionate world.  
O my people, return to the Garden of Eden.

#### For Reflection and Sharing:

1. What are ways that families can foster non-violence in their homes?
2. In what ways can schools teach the art of non-violence?
3. What helps are there in your area that teach anger management?
4. When will gun laws be revised and enforced?
5. What births the bully?
6. How can you personally become an advocate for peace, unity and justice?

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**Sr. Helen Chasar** April 10, 2014 at 1:54 pm

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Dear Sister Juliemarie

Thank you for your beautiful Prayer Poem. We know very well that PEACE begins with me. Let's pray for each other to be PEACEMAKERS.

Grateful love,

Sr. Helen



REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 10:43 am

I like your suggestion to pray for each other. Peacemakers who model peace will speak louder than any of our words. Love, Jm



REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 11:24 am

Yes, let's be peacemakers in action more than in words! Love, Jm



REPLY

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**christina** April 11, 2014 at 9:51 am

Sister,

thank you! i love your poems! they always inspire me to be a better mom. one way we teach non-violence is in how we apologize. first, we say we're sorry, then we say what we did wrong, WHY it was wrong and then we finally say what we will do the next time. that small change has made a large difference in the normal sibling scuffles!



REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 10:41 am

Christina, what a find method you are teaching your adorable children. I hope others who have read the comments learn these tricks of the trade of a good mom and dad. Love, Jm



REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 11:23 am

What a great method to share with other families. I hope readers of comments use this technique. It just may appear in one of my writing with your



name as author! Love, Jm

REPLY

**Sr. Gail** April 13, 2014 at 2:15 pm



Julie, your words are inspiring. I have shared them with friends who have growing families. We have many sheaths which are ready to be opened to put in harmful words, bitterness, and other negatives that prevent us from being who Jesus calls us to be. We need to be mindful... to be focused, to let go of judgments! Our sheaths will open more easily if we take the time. This is what comes to me after pondering your words. Thank you! Blessings, Gail

REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 10:34 am



Gail, thanks and keep those sheaths from filling with fiery judgmental arrows. We all need this mindfulness. Jm

REPLY

**Sr. Juliemarie McDonald, SND** April 30, 2014 at 11:19 am



I am glad the poem was meaningful to you. Letting go of our judgments is not the easiest of practices. How free we will be when this truth sinks in very deeply! Love, Jm

REPLY

**Sister Kathleen Tobin** April 14, 2014 at 7:53 pm



Your cry for peace and non-violence is heartfelt and true! I pray that people of the nations mentioned long for it, work for it and pray for it too.

REPLY

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