



# Prayer Poems

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



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## Two Thirsts

by SR. JULIEMARIE MCDONALD, SND on [03/20/2014](#)  
in [LENT](#)

### Third Sunday of Lent-Lent March 23, 2014

*“Give me a drink.”*  
(John 4:9)

#### Two Thirsts

We have two thirsts—natural and supernatural.

Naturally we thirst for:

Water, as the Samaritan woman thirsted,  
Clean instead of polluted water,  
Peace not War,  
Knowledge and truth,  
Jobs and better wages.

Supernaturally, what are our desires?

Healthy spirituality,  
A full, meaningful life,

## 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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Waters of ever-lasting life,  
Deepening of faith, hope and charity,  
Union with God.

The Samaritan woman left behind her water jar.  
What does your water jar now hold?

If we thirst too much and too long for our natural thirsts,  
there is not room for the wellspring of the Spirit,  
who dwells within us.

We will have a distorted, unbalanced heart.

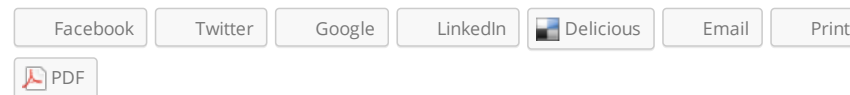
If our thirst resides only in the fount of the Spirit,  
we just might think we have a corner on holiness.  
We could also become a hypocritical, righteous individual.  
Like too much longing for natural desires,  
could find us with an unbalanced heart.

As a balanced motto, perhaps the adage,  
“Moderation in all things,” could become both  
the natural and spiritual desire of our hearts.

### For Reflection and Sharing:

1. What makes me think my well has run dry?
2. When and how did you discover a change in your supernatural desires?
3. Is there some natural desire that keeps you away from God?
4. What prevents you from changing a natural or supernatural desire?
5. What was the Samaritan woman really thirsting for in her life?
6. What are you really thirsting for in your life?

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**Gia M. Turella** March 20, 2014 at 10:29 am



This is simply beautiful! I can see myself as the Samaritan woman....being refreshed and renewed by His Words and the water that is promised to us! This Lent, I am soaked in His life and love to gain a broader perspective of WHO God is in my life and what I can do to give back to Him.

REPLY

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**Sr. Juliemarie McDonald, SND** April 30, 2014 at 11:28 am



Thanks, Gia, hope you carry the image of the Samaritan woman in these 50 days of Easter time. Leave your jar, as she did, and hurry to spread the good news to others thirsting. Love, Jm

REPLY

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