



Prayer Poems

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



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Humility – a Die Hard Virtue

by SR. JULIEMARIE MCDONALD, SND. on [08/25/2016](#).
in [ORDINARY TIME](#)

Twenty-second Sunday of Ordinary Time — Cycle C

“For everyone who exults himself will be humbled, but the one who humbles himself shall be exulted.” (Lk 14:11)

In the Bible the word humility appears thirty-four times. When I entered the convent the first virtue we were to examine and to live was humility. At that time I didn't question the choice. I remember our Novice Mistress saying, “Your ego will die fifteen minutes after you die.” Odd I thought. However, at this point in my life, I know why we began our religious life trying to live the life of humility. I am beginning to think my Novice Mistress certainly knew about egoism.

Humility – a Die Hard Virtue

Simplicity seems to have lost the game in our complex society today. We might describe our lives like willows swaying back and forth as temptations pull us away from God's way.

We get lost in the fray instead of following God's simple way. This fray causes a toll on our lives—body, mind and Spirit.

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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Our emotions run wild and become a lost child in the midst of our crazy world
And we begin to fear it.

“Relief, relief,” we cry. “Grant me some semblance of peace.”

The thieves of our time are very happy to oblige.

- Go on a diet, become sexy and cheat on your spouse.
- Start a riot; burn down houses, get revenge.
- Take drugs that carry you to la la land.
- Cheat on your taxes. You deserve your fair share

Have any of these tips granted you peace? Ho hum, you’ve been there and done that!
God has a few tips, also.

- Clear your vision, transform your seeing, do what is right.
- Know who you really are. Be truthful. Be free.
- Turn from complexity and be simple as He.
- Ground yourself in reality. Be truthful.
- Be content with YOUR personality.
- Know you are one of a kind.
- Love and serve your God, your neighbor and yourself.
- Be humble.

Don’t kid yourself. This kind of transformation is not an easy task, so it is time to take
off your mask.

Design a plan, begin today and don’t let those thieves get in the way.

Be realistic and patient and know that it is true, and that this radical way of turning
back to God takes days, months, yes...years and believe me you will in the process
shed some tears.

Remember God has promised us that we need not fear. “I will be at your side and be
your guide.” “Come, I will be your God and you will be my beloved people.”

For Reflection and Sharing:

1. How does your Church help you to transform your lives?
2. How do you personally feel about egoists?
3. What is it that attracts you to those who are humble?
4. What are some steps you can take to become more humble?
5. How do you explain to a bully that you are not a wimp, a fraidy-cat, or a weak
nerd?
6. When will you begin this awesome task of becoming meek and humble like Jesus?

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