



# Prayer Poems

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

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## Third Sunday of Advent – Cycle C

by SR. JULIEMARIE MCDONALD, SND on [12/14/2018](#)  
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### The Third Sunday of Advent

**December 16, 2018**

**Read:** Zep 3:14-18a Isaiah 12:2-6 Phil 4:4-7 Lk 3:10-18

#### Reflection:

Today's readings repeat the words: joy and rejoice. The disciples of John are filled with joy and expectation as John answers their question, "What should we do?" John's followers have a second question. "Might John be the Christ?" (Lk 3: 15) John's response to this question is, "I am not worthy to loosen the thongs of his sandals." (Lk 3: 16) John portrays a gentleness and humility that endears him to the people. They repented because of his preaching.

In the Constitutions of the Sisters of Notre Dame there are a number of references to the virtue of humility. Article 22 tells us to "accept humbly and patiently our own

### 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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limitations and those of others.” In the section of the Constitutions, that speaks of shared responsibility Article 3 7 reads: “in the common seeking of the will of God, we listen to one another with respect and humility.” Mary is given to us as the model of simplicity and humility in Article 21. There is a final reminder in Article 42. Though the word humility is absent, we know its presence in the powerful words, “without God we can do nothing.”

Like John, we are “not worthy to loosen the thongs of his sandals.” (Lk 3:16) As we approach Christmas, perhaps we can take an inventory of the virtue of humility in our own lives. May our joyful preparations be filled with the gentleness and the humility of John so as to bring about repentance in our own lives and in the lives of those to whom we minister.

**Proverb:**

**“No one can see their reflection in running water. It is only in still water that we can see.” Taoist**

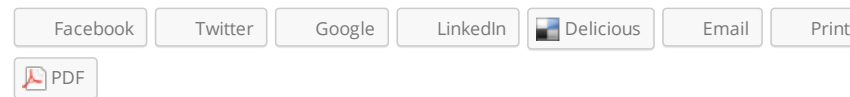
**Prayer:**

Listening, pondering Virgin, grant us the graces we need to imitate your gentle lowliness. May we always magnify the Lord, not ourselves. Amen.

**Listen:**

Are you taking time to imitate Mary. Sit quietly and hear what God is saying to you.

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