

AT S9 E6 God's Mercy Pt 1 Transcript

Sister Miriam James Heidland: Hello and welcome to the Abiding Together Podcast. Abiding Together is a place where you can find connection, rest and encouragement on your journey with Jesus Christ. My name is Sister Miriam James Heidland and every week I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger. This podcast is born out of our friendship and all that the Lord is doing in our lives. You hear us laugh. You hear us cry. You hear us share very vulnerably, and you hear us talk about the things that we're still learning along the way. And you're most welcome to join us. You can find out all of our information on our podcast episodes on abidingtogether,podcast.com, but for now, grab a cup of coffee, settle in and welcome home.

Hello, and welcome to this week's episode of the abiding together podcast. And we have yet another wonderful guest for y'all, which you're going to love. Cause he's been with us before and you can't wait to have him back, but we're going to wait and we're going to make you wait. Cause that's what we do. We're trying to make you Holy. So we're going to do a two-part episode, actually with our guest. It is going to prepare us for Lent, prepare our hearts in a very deep way for Lent so we can enter in the deepest ways possible. But before we start Heather and Michelle, my dear friends, Heather, you've been in quarantine, my dear for awhile. And the look on your face is radiance. You're like Moses. You're like Moses without the veil right now. I think we should all go into quarantine. Girl, you're looking good!

Heather Khym: Oh yeah. It's actually been really wonderful. What a blessing that I'm in a beautiful space and. Yeah, just that it's a privilege to be here right now and have a family that can take care of things because I was traveling internationally. So I have a mandatory 14 days of quarantine and yeah, it's been really sweet actually to just have the quiet and the stillness and time to write and think and pray. So. Yeah. It's been like one long retreat, which I'm really grateful for.

Michelle Benzinger: Mama needed time by herself. That's why...

Heather Khym: I know don't tell anybody, but it's been glorious.

Michelle Benzinger: She's like, I haven't been by myself in a whole year.

Heather Khym: I know. Yeah. So it's great, Michelle, how are you?

Michelle Benzinger: I am good. I am good. I'm in a good season taking a lot of time just to pause and pray and take care of myself and my family and the Lord has been very abundant in this time and yeah, I'm in a good place. So I am good sister. How are you? You look tired my friend.

Heather Khym: You were the sacrificial lamb this morning.

Michelle Benzinger: You were the sacrificial lamb this morning Yes.

Sister Miriam James Heidland: Well done. Not cause it's early, it's just because it's been quite, it's been quite a few weeks, so yes, I'm hanging in there. And um, can we just say, Michelle, you got the bird sanctuary outside your window right now. So if you hear birds people, it's not your imagination.

Heather Khym: I know. I was like, can you close your window? She's like, yeah. It is closed.

Michelle Benzinger: They are closed.

Sister Miriam James Heidland: I'm telling you, she's like Cinderella and snow white. They're actually feeding off her hands.

Michelle Benzinger: I'm living the movie Enchanted that I watched that the other day is such a cute movie. Yeah. I'm just going to be a Disney character in the real world. So there you go.

Sister Miriam James Heidland: Yeah. Oh, that's wonderful. Well, you know what? We don't want to make our people wait anymore. And we are delighted to just begin this series with you, this two-part series with one of our dear friends who you have met before, who's back by popular demand: our dear friend, Fr. Josh Johnson. Hi, how are you friend?

Fr. Josh Johnson: I am good ladies. I'm good. It's so good to be with y'all as always.

Michelle Benzinger: Yeah, he is rocking the beard this time. Like he's got a full mountain man beard, which you really aren't a mountain man in Louisiana. So you got the full swamp beard I guess.

Fr. Josh Johnson: No. Um, um, yeah, well I'm also a city boy, so yeah. Uh, it's quarantine beard. I got lazy. And then, uh, and then that was great.

Michelle Benzinger: It looks good on you. My friend, that looks good on you.

Heather Khym: You look a bit wild. It's very John, the Baptist

Fr. Josh Johnson: Wild at heart.

Sister Miriam James Heidland: Yeah. There you go. You got some locust and wild honey over there? Well, father, we're going to talk about the sacrament confession and your new book and mercy and the healing of the heart and hearts coming alive in beauty and kindness and tenderness. And so we can't wait to dive into that, but we have to ask you, we're not taking anything for granted anymore because you know, sometimes our guests change and we just always want to be open to any way that you want to be transformed, but do you still drink coffee? And if so, like how do you take your coffee? I don't even want to assume that.

Fr. Josh Johnson: Well, I do drink coffee sister, uh, and I'm still the same. I like my coffee, half black, half white just like me. And so, yeah. So that's how and no sugar, because sugar is not good for you, but I love my cream and I love my coffee. So, yeah.

Sister Miriam James Heidland: Yeah. Well, we can't wait to hear, just to hear about your heart and where this idea for the book came from with Ascension and all these beautiful things. But we wanna start with a scripture passage that we're going to use to lead our conversation today, these next couple of parts with you father. So we're going to actually take the scripture from the first letter of John chapter one, verse nine. Where John says, if we confess our sins he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. And we're just gonna also offer a quote from Saint Faustina, which is absolutely lovely. And Saint Faustina says this, uh, she says, " Today, the Lord said to me, daughter, when you go to confession - to this fountain of my mercy, the blood and water, which came forth from my heart, always flows down upon your soul and ennoble it. Every

time you go to confession, immerse yourself entirely in my mercy with great trust so that I may pour the bounty of my grace upon your soul. When you approach the confessional, know this: that I myself am waiting there for you. I'm only hidden by the priest, but I myself act in your soul. Here the misery of the soul meets the God of mercy. Tell souls that from this fount of mercy, souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to my generosity. The torrents of grace inundate humble souls. The proud remain always in poverty and misery because my grace turns away from them to humble souls." And that speaks in such a deep place, just about the way Jesus desires to encounter us, and to come and cleanse us, to heal us in a way that nothing else can. So maybe we could just kind of talk a bit about just your heart and just maybe the Genesis of this book. And then we're kind of going to go from there. So you want to share that with us father?

Fr. Josh Johnson: Yeah. Yeah. So, I love the sacraments. As a priest that is my favorite thing that I get to participate in, and I remember years ago, whenever I was a teenager, after my conversion at Steubenville, I came back home and I was praying a lot more, uh, but I still was in a very unhealthy relationships and I was doing a lot of things that just weren't good for me and my relationship with God and other people. And around that time, my mom got sick. And so as she was sick, nothing helped. Like no medicine helped her. Every doctor revisited, like nothing was working. And so we heard about this, this nun in Baton Rouge who had a charism of healing. And I just said, mom, do you want to give it a shot? Like, do you want to go over to her place or convent and see if she can be used by God to help you out? And so I drove my mom to see the sister and she prayed with my mom and my mom had a profound healing experience with Jesus. She still suffers, my mom's still a suffering soul to this day, but she did have a very special encounter with Christ that was transformative for her.

And so from that moment, I was like, I want to meet this nun. I want to be friends with her. I want to pray with her. And so I scheduled an appointment to go sit with her and to go pray with her. And when we prayed together, she calls God the father 'Papa' because he's our father. And so we held hands and she said, Papa just wants us to pray together right now. And I said, great, let's pray. And as we prayed together, she said, Oh, she said, Papa said that you haven't been going to mass and that you skipped mass these past two weeks in a row. Which was true, even though I was going to adoration after my conversion, even though I was praying to him, praise and worship, I was doing Bible studies, I still was hit or miss when it came to mass. I didn't think it was a big deal. And she said, and Papa cries, whenever you don't go to mass, he cries. And it just pierced my heart because I really didn't understand that mass was that important. And so then she said, and Papa also says that you're dating this girl right now who's not good for you. And this past weekend y'all were at a party and she went into details.

Sister Miriam James Heidland: Oh she read your mail.

Fr. Josh Johnson: Yeah, man Papa was spilling the tea. I was like, God the father, calm down, man. Like, this is accurate. This is a nun. But then she ended it by saying the Papa wants you to know that he loves you very much. Like here I was in sin, I was sin, I was in serious sin and she said and Papa wants you to know that he loves you very much and that he wants you to go back to the confessional. And my heart was just pierced. Like it was this sacrament that, just like the Mass, that I began to prioritize after that encounter, but it was a sacrament that I had not really taken advantage of and in understood. And so as a priest, I noticed that so many of my people, whenever they begin to prioritize the sacrament of reconciliation and

their personal relationship with Jesus Christ and the wider community, the church, I see freedom happening for them. I see growth. I see happiness. And so that's why I wanted to write the book. I had just written the book *Pocket Guide to Adoration*, and the team at Ascension Press said is there any other book that's on your heart? And I said this morning, I was praying and I had this idea to do a book on reconciliation. And they said, well, that's crazy because we also in our prayer, want that to be our next book. And we were thinking about you and Fr. Mike Schmitz. And so we connected together, Father Mike and I, we prayed together. And after we did that, we wrote the book. Hopefully to draw more people to experience God's infinite and intimate love and his mercy that is always available to us in the sacrament of reconciliation.

Heather Khym: When I was reading the book, I was struck by just how beautifully you and Fr. Mike Schmitz just kept pointing back to it's all about relationship. You know, and that's what I hear in that story that you're saying is like, it wasn't so much about your sin and what you were doing wrong, it's about relationship with God. And I think we misinterpret that so, so often. That it's about rules and we got to get it right, and then we got to go grovel before God, you know, because we're so bad and we should feel so much shame. But you just so beautifully kept pointing back to it's a loving relationship with the one who is love. So can you just talk about that a little bit more?

Fr. Josh Johnson: Well, even as, as the vocation director, when I walk with young men who are just the priesthood, they oftentimes get so caught up in focusing on discernment and not Jesus. And I always tell him, I say, put discernment on the shelf, like put that on the shelf. Don't focus on your calling, focus on the person, Jesus. And as you're looking at Jesus in prayer, you're able to see his eyes, you're able to finally hear his voice. And that's what Mother Teresa, she would tell her nuns all the time. Like I'm so worried that some of you, there are sisters, she said, I'm worried that some of you still haven't seen with your own eyes, the way that Jesus Christ looks at you. You haven't heard with your own ears, the words that Jesus Christ wants to speak to you. And so, when it comes to the sacrament of reconciliation, it is about abiding in a relationship with God that he wants. Like he wants to dwell with us. He wants to be with us. Y'all uh, sister Miriam quoted, Sister Faustina in the beginning, whenever Jesus appeared to her, one of the things that he said, my heart hurts and my heart is on fire because I have a gift that I want to give to my people and my. And my people they're not receiving this gift and sometimes even spurn it. I remember when I was in seminary, I went through the season, of just dryness in relationships and I began to grasp, I was trying to grasp and I was trying to hold on to things that just weren't supposed to be anymore. Right. Especially with friendships. And the entire season that I was grasping and I was holding on to these old friendships that I was just trying to make work that weren't working, I was so miserable. And I wasn't aware of all these other people that the Lord was bringing into my life to try to love me well, and I couldn't receive their love because I was holding on my hands were clenched. They were grasping at the past. And I finally, when I finally let go, and it was through prayer that I had this experience of just letting go of those friendships, I was finally able to receive all these are the gifts that the Lord was trying to give me this whole time. And that's what happens in the sacrament reconciliation. Sometimes we hold on, we hold onto our stuff. We hold onto our sins. We hold on to the lies that we believe about ourselves because of the sins that have been committed against us or that we have committed or that we still struggle with and we hold onto it. And God's like, you need to let go because I have something that I want to give you that if you just receive it will fulfill

you. It will satisfy you. It will, it will quench your thirst. And so yeah, when we go to confession, it's really about letting go so that God can love us more so that he can enter into those places that he's not being invited into. Not so that he can condemn us, or judge us, or criticize us, so that he can heal us and restore us and bring us life. And so it's one of the most beautiful gifts that we can do as priests. And it's one of the most beautiful gifts that we can all receive as the church.

Michelle Benzinger: I love that what you said about, he did this to restore us and as a gift of healing. And the sacrament of reconciliation is a sacrament of healing. That's what the church teaches us. So it heals us because it brings us into deeper communion. And I really been meditating on Mary Magdalene this past week and just her relationship with the Lord and her extravagant love and her audacious love and just how she is. And then I came across this quote from Padre Pio, and it says if you have the courage to imitate Mary Magdalene in her sins, have the courage to imitate her in her repentance and love. And I just loved that. I just love that because she just came to him with her whole self and she didn't hide herself from the Lord. You know, she just let him see her for all that she is, and he didn't shame her, he received her. You know, and she wasn't the most likely choice, you know, she wasn't this prim and proper, but like he saw her brokenness because she sinned much, but she loved much. And the whole fact of reconciliation is he just longs to be with us. And I don't think we even have an ounce of realization, how much he longs for us and how much we hurt his heart, you know when we're not in communion with him. And he, isn't a God that is up there, you know, with the ruler, you know, ready to smack our hands and say, you're not doing this right. He is a father that like you were saying earlier before we started that delights in us and that wants to be in communion with us. And I think also we, what Saint Faustina said is it's, it is in me and the confessional, Jesus, not the priest. Because I know for me, I've had some really great and some really not so great experiences in the confessional. So there's that also.

Fr. Josh Johnson: Well, I mean, Michelle, what she just said though, too, about, about the father. So your husband and baby daddy, Chris, who I love so much. He had this beautiful reflection he shared my staff when he came to visit with our team here at Holy Rosary. And he was sharing how, when he goes to prayer everyday, like he typically has like a lot of stuff on his heart that he wants to talk to the father about. Uh, but he always goes back to the prodigal son. Right. And the prodigal son, he came with his own stuff to the father. And then the father was like, yeah, like, yo, like I just want to rejoice in you right now. I want to delight in you. I want to look at you and I want to love you. And. That is something that has stuck with me specifically as a priest in the confessional. Whenever people come with all their stuff and their baggage, sometimes they're so focused on that and what I experience as a priest is the father's delight. And I'm like, I'm smiling and they're sitting there like crying their eyes out. And they're like, why are you smiling Father? And I'm like, because the father is so happy right now, the father is delighting in you. And the father just wants to rejoice that his beloved is back home. And that he's going to get to abide in a relationship with you in a new way. Right. And, and people are shocked by that. I'm like, no, all of heaven right now is just having a feast whenever we come to receive God's God's love and mercy in the sacrament. It is such a gift that unless we, unless we often receive it, we won't recognize it. And the more we receive it, the more we can share with people too as well.

Sister Miriam James Heidland: That's beautiful. Can you talk about, I just, I mean, obviously we love all of the three of us really, we love the priesthood and we love your vocation and I

I'm just continually, just struck with such the beauty of who you are and your heart and how, because the Lord has marked you, you have the ability through the grace of Christ to heal and forgive sins. I just still, that just, it blows my mind at times, you know, because when I travel and speak across the nation, I hear a lot of confessions and you know, somebody could tell me and you the same thing and I could pray with them, I could walk with them, I could hear their heart but I can't forgive their sin. And there's such a profound majesty in how kind Jesus is to us in giving us men on earth marked with his own heart to literally raise the dead, like raise the dead from the sin. And so could you share with us just a little bit, like you said, as a priest, you know, because the beautiful thing is what St. John Vianney says is a priest is not a priest for himself. He's a priest for you. Yeah. And like, even you have to go to confession to a priest.

Fr. Josh Johnson: All the time.

Sister Miriam James Heidland: it's just so wonderful. Like just, it's just the whole, it's just lovely. Cause I think for a lot of us and there are many people in our listeners who haven't been to confession in years and I think perhaps even now they're like, Oh geez, I don't want to hear about this. Or like, Oh, the last time I went or I can't go now. And what would you say as a priest, Father? Just what is it like to sit and just to hear, I mean, that's a tremendously vulnerable, it's so vulnerable to go and nobody wants to, we all, you know, nobody want to talk about our sin, where we struggle, where we're greedy, where we're lustful, like who wants to talk about that? It takes an extraordinary amount of courage and grace to be able to do that. So could you just kind of share with us what it's like as a priest, just to hear these deep, intimate places that nobody else knows. And then to be able to speak the words of Christ and heal them.

Fr. Josh Johnson: Yeah. You know, it's so interesting. I think because we all sin and we all, to lesser or more degrees experience the vices of envy, and of pride, and of lust, and of wrath, and of gluttony, and of sloth and of avarice. Every single one of us to, to some degree, in different seasons of our life. Like whenever we transition to new places and spaces, like even me as a priest, whenever I was an associate pastor, I had vices that were different than the vices I got whenever I became, or I began to cultivate whenever I became a pastor. And so confession is something that we all need, but it's interesting. Whenever I think we go to confession sometimes. The enemy is very, so there is a spiritual warfare. First of all, like the devil hates you. He hates you. And he does not want you to go to God's mercy throne in the confessional. And so before we enter into that sacrament, there's a lot of lies that we are probably hearing and that we might believe about ourselves. Like I'm no good. I am inadequate. I am unlovable. I will never be free. I am my sin. I can't be a Saint, whatever it might be like, there's all these different lies that are out there that the enemy can speak very loudly to us. And then whenever we enter into the confessional, one of the gifts that I've experienced as a priest and as a father is I'm able to see you the way God sees you in that moment. And he doesn't see you and me the way that we often see our ourselves. He doesn't see us the way that the devil tells us that we are because of our brokenness in our imperfections. When God sees us, he sees his beloved. He knows everything about us. He knows what we've done, what we haven't done, he knows what's been done to us and he knows what we're going to do in the future. And he still calls us to be in a personal living, vital relationship with him. He still delights in us. He still gazes upon us with eyes of mercy, with eyes of delight. And it's such a beautiful experience for me as a priest to then be able to. I guess, attempt to communicate what the father is longing for his children to know is

that you are not your sin. You are not your worst mistake. You aren't even like the, the good that you do. You are simply my beloved. I'm in love with you. I thirst for you. I long for you. I ache for you. And so it's a beautiful gift as a priest to be able to enter into those messy, messy places to reveal God's truth. And it's so intimate and it's safe. It's like whenever Jesus encountered Peter after Peter denied Jesus three times. Which by the way, Jesus told Peter you're going to deny me. And he's still called Peter. Like he's still called Peter to be in relationship knowing that Peter was going to fall. And he calls all of us to be in relationship, knowing that we're never going to be perfect and so we get, do purgatory. And so now here he is with Peter and Heather had this beautiful reflection at the woman's conference we did up in Canada was two, three years ago. And Heather said it and I mean, my mind was blown and I've been praying with it ever since I've been sharing it all the time. But essentially after Adam and Eve sinned, they cover themselves up. They were shamed, right. And the father came looking for them and so they went running away and hiding. And the same thing happened with Peter after Peter sinned against God, Peter ran away, he went back to being a fishermen. That was a way of life. He was leaving his role as an apostle to be a fishermen again. And whenever Jesus came, it says that he was naked and he covered himself up just like Adam and Eve. But what Jesus did was so beautiful. Jesus pulled Peter aside. He didn't do it in front of everybody. He pulled Peter aside and that's whenever he invited Peter to receive his love and mercy. That's when he invited Peter to expose himself the way that Jesus has been exposed for us on the cross, completely naked, holding nothing back. That's when he invited Peter to be stripped again, of everything in a very intimate, safe place for Peter to be vulnerable. And then we see the fruit. The fruit of that intimate encounter that Peter had with Jesus was he was then able to go out and share God's love and mercy with so many people and transform the world. And that's what God wants for us. He wants for us to have a safe place to come and to receive his love and mercy to see ourselves the way he sees us. And so that way we can be transformed in. And again, when we receive transformation is not just for us, it's always so that we can then go out and invite others to be transformed and others to be renewed and others to be restored.

Heather Khym: Amen. Yeah. I think for many of us, we get this idea that things have to be like, we have to kind of be perfect, which is impossible. Before we go to confession, even, you know. It's like, we have this dual thing happening and you see that even in Peter where he's like, I'm covering myself up and yet I'm also jumping in the water and swimming towards Jesus because I want to be with him, you know? And I think what I'm seeing in that story, even right now, as we're talking is like, he's okay with the mess of it all. He's okay with all of these parts in us that are like, Jesus, I want to be with you. And then I also deny you at the same time and I want to hide my shame, but I also want to like be so, so close with you again. And, um, just as you're talking Fr. Josh, I was just struck by that, like, God is so okay with all of those things going on within us. He still wants to be with us. We don't have to figure all of that out before we come to him. And that's what I love about Peter is that he comes to him anyway with all of it. You know, which I think is such a beautiful example for us.

Fr. Josh Johnson: And he wants us to bring it to the light so that he can love us there. Like the father does not condemn us. He's not an angry monger. He's not out to get us. And whenever we expose things to the light, then the Lord has access to those places that before we denied him access. And so whenever we bring up our sin, Jesus can - cause there's always like a deeper freedom he's calling us to, and that sin, it really points to like where we're like,

where we're longing to be loved at. Like anytime we sin it's like, I'm longing for love. I'm longing for intimacy. I'm longing for intimacy. And I'm choosing this thing because I think it's going to satisfy me. Though It never can. And so the father is like, bring it to the light so that I can show you how I'm capable of fulfilling you in that place, in that space. But we have to acknowledge it. We have to confess it for that to happen.

Michelle Benzinger: And I think there's - a beautiful thing is when you say like, okay, he uncovers like Jesus uncovers. And for me, it's even making a mind shift with those two words. Because when I think of exposed, I think of someone pointing something out to shame me and say like, I'm exposed. That means I'm unprotected. That means like I can be hurt. Where if it's uncovered, it's almost like uncovered. It's almost like a gentle approach. Like let me uncover it so you can come closer. You know, we're exposed. I feel like there's like a hand like pointing at me. Like you did this, you did this wrong where uncover is almost. Yeah, it's a gentle or approach to come to the father. It's a gentle approach because it goes back to what you said earlier. It's all about communion and that he longs for us and he desires for us and he longs to be in an embrace with us. And I think like Heather, what you said, I feel oftentimes like, we feel like, okay, we have to pretty ourselves up. To come to the father and he's just always telling us, come as you are just come as you are. And I think often in the spiritual life, we make it so much more difficult, than it really is. You know I mean, he's there just to meet us where we are and it's just come a little bit closer. You know, that is the cry of his heart always and often.

Sister Miriam James Heidland: We're going to get to have two parts with you, father Josh. So we've got some more questions for you and delight to hear your heart, but before we jump into our one things, I just, one thing that is, as I'm listening to you, father, and then Heather, Michelle, you know, just that Michelle pointed out earlier the truth that the church teaches that the sacrament of reconciliation is sacrament of healing and it's real healing. It is real healing, even if it's the same sin over and over and over and over again, real healing happens. Real restoration happens. Real resurrection happens, every single time. And that is glorious. It's not an empty ritual. It's the how efficacious, the potency of grace coming into these deep places to bring us to life. And I just, the Lord is so gracious with us. Just so kind. Gosh, just so kind. So we will, but we'll hold on we're going to talk more about that in part two. So our listeners all to join with us in part two, to talk more about that, but we want to give you some of our, our one things for the week. So quarantine Heather, would you like to offer our listeners your one thing for the week aside from quarantine a

Heather Khym: In quarantine, I now have a thousand things that I can share with you, but. Okay. So I'm in quarantine because I dropped our oldest daughter off at Franciscan university last week, which was just an amazing trip. So beautiful. I'm so excited that she's there. I only cried four times on the way home. So I think that was pretty good because I just love that kid. But while we were there, the resident director, Helena, and Sarah who also works at the university were just so welcoming and so kind, and made the whole experience so much easier. So I just want to give a shout out to them. And my one thing for this week is a song by Hillsong. It's a new one called Fresh Wind. And the title kind of made me laugh actually, to be honest with you, but I listened to it and I was like, Oh, this is pretty good. And then I listened to it again, and then I just kind of had it on repeat. And I was like, yes. In about like 10 minutes, I was like, yes. So I've been listening to the song over and over. Yeah. Again, because don't, we just need a fresh wind for the Holy spirit. I was like, yes. Yes. Lord bring it. You know, I'm feeling this momentum from 2020 into 2021. And I do feel like God is doing

something new. Not because it's 2021, but because he wants to bring restoration and peace to our hearts, there's been so much division and turmoil. I really think God is moving in a very powerful way. So I just love this song because I'm just like welcoming, you know, the fresh wind of God. So check it out, Michelle, what's your one thing?

Michelle Benzinger: My one thing is kind of goes along with our podcast almost. It is an album. I think it came out a couple of years ago by Christy Nockels called Be Held and it's called lullabies for the beloved. And it is the most peaceful album you have ever just, I mean, it's just peaceful. It's different lullabies and her voice is so healing. It's just a lovely voice, but. There is one version. My daughter, Lily, and I love, and we listened to it almost every night now. And it's from, um, I think it's 101 Dalmatians, La la Lu. and Christy Nockels just, uh, her voice is just so melodic and lovely, but you almost do feel like you're just being held at is beautiful. And so father Josh, what's your one thing?

Fr. Josh Johnson: So on the theme of a music, there's a Maverick City, and Naomi Rain. They have a song called make us one - make us one father spirit here, his son. Uh, yo, we love you. We want to be just like you, you go, Oh yeah - That song goes so hard. So, and again it's the cry of the of Jesus. Like he prayed that we may be one with father and with the sacrament reconciliation, we become one with the father, son, Holy spirit, because at our baptism, we became a dwelling place and not just for the Holy spirit, but for the Holy Trinity. And so when we go to confession, like we literally become one with God who is one with us and then we become one with each other. So yeah. Uh, Make us One is my jam. If you haven't heard it, go pray with it. It will. A gift to the whole body of Christ.

Sister Miriam James Heidland: Can we just say that as a complete aside, our listeners just got a little glimpse of what happens when father Josh calls you and leaves you a voicemail. You we'll see you a song, which always makes my day. I'm like, Oh, Josh is saying me a random song.

Michelle Benzinger: He'll sing you a song. Or he'll be like, why are you not picking up the phone? Where are you?

Sister Miriam James Heidland: I mean, right now he'll sing it a voicemail to you. It's just so I've laughed. I've cried. It's so fun.

Fr. Josh Johnson: But sister but one time I left you a voicemail. The transcription came out. It was like donuts, donuts, donuts, all I want is donuts. That's not what I said.

Sister Miriam James Heidland: I know like the automatic transcription, like before I listened to it, I'm like, I have no idea what's about to happen when I pushed play, but I think it's about donuts, but I had something. It was like,

Michelle Benzinger: Oh my goodness. That is so funny.

Sister Miriam James Heidland: Oh gosh. I love it. I just want you to know Heather that I have my window open. There's a fresh wind coming in right now. So yeah, bring it. Come on. Actually, my one thing for the week is I want to give a flat out amazing shout out to all of this. The students at Hillsdale college in Michigan, I had the wonderful, wonderful experience of going up there and giving some talks with my dear friend, our dear friend, Fr. John Burns, and met with students. I met with 12 girls the next day. And just what an

edifying group of young people can I just say that Protestants and Catholics alike, they were just in this room. We were, you know, speaking to them and praying what the Holy spirit is asking Lord to come and speak to us. And we talked about discernment and vocations and love and destiny and beauty and healing. And I was just so edified by every interaction. So I just want to give a shout out and there's many of the girls, especially who listened to our podcast, but I just wanted to say, thank you just for the immense. Experience and the blessing of just being with you students this week at Hillsdale y'all are amazing.

Michelle Benzinger: And also for our listeners, if you haven't heard, we will be starting our Lenten study on Claire Dwyer's book, *This Present Paradise*, and all the information is found on our website, abidingtogetherpodcast.com So you can see that, and it is this present paradise and it's based on Elizabeth of the Trinity. And like father Josh said, we are so excited because the Trinity and not just all the spirit, but the Trinity dwells in our hearts and we are going to dive deeper into that. So we are so excited.

Sister Miriam James Heidland: That is the word. All right, listeners. So don't go anywhere, come back next week. And we will finish our discussion with our dear friend, Fr. Josh on confession and healing and resurrection. So until next week we will be abiding together. God bless you. Have a wonderful week.

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