

## S09 E04 - Deborah Transcript

**Sister Miriam James Heidland:** Hello and welcome to the Abiding Together Podcast. abiding together as 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](http://abidingtogether,podcast.com), but for now, grab a cup of coffee, settle in and welcome home.

Hello. Hi, and welcome to this week's episode of the abiding together podcast. And we have a really wonderful another episode for you on some really amazing women in the old Testament today, we're going to talk about Deborah from the book of judges. And once again, we have been having a deep discussion about so many things before this podcast starts. Uh, so Heather, how is it going up in the great Northwest or Southwest? However you guys talk about that up there.

**Heather Khym:** The great white North.

**Sister Miriam James Heidland:** North green, right?

**Heather Khym:** Like a lot of people think it's like just snow everywhere, and we ride around on dogsleds or something. I'm not sure, but it just rains here. It's like Seattle, cause we're just two and a half hours North of Seattle. That's where I am. So it is raining, raining, raining, raining, rain, like six weeks straight of rain and darkness. So. We are trying to keep it alive and happy around here. So yeah, we're doing good though. How are you?

**Sister Miriam James Heidland:** We are, I'm doing well. I was with Dr. Bob Schuchts doing a, leading a healing retreat for priests and then an online retreat for seminarians, which was just a wonderful, wonderful gift. And I think, you know, the three of us, when we were talking about earlier, we were talking about a lot of things. And then I think Michelle summed it up as like, Well, that's great. The world is a dumpster fire, but, but here we are, you know, and I do have to say at the risk of kind of just continuing to talk about something, I want to say that Fr. Mike's Podcast every morning has been such a life giver for me just to sink into scripture. Right? First thing in the morning is just been such a gift. So. The world is what it is and this too shall pass. But, but here we are.

**Heather Khym:** So I think Fr. Mike Schmitz deserves like a sticker, some kind of gold star for how he pronounces all the biblical words. I was like, dang, he is good. Like, this is awesome. I'm enjoying that too. It's so good. And I'm so proud of him and the work of Ascension, that it was number one in the country. It was like above Joe Rogan and all these other popular people.

**Sister Miriam James Heidland:** Yea above Ben Shapiro. Yea and that Great Adventure Bible series is - they ordered so many of them it's back-ordered till May now. I mean, that's how - They said in the 20 years they've been in publishing, they've never had any demand like what's happening right now for the Great Adventure Bible.

**Heather Khym:** Oh, so good. Scripture in our minds and our hearts..

**Sister Miriam James Heidland:** Michelle, do you have a great adventure Bible, Michelle?

**Michelle Benzinger:** I do have a Great Adventure Bible. I love it. And we were excited for Fr. Mike, and we're just praying for the people at Ascension, Marissa and all of them. We're praying for you. We know you're like, have your hands full right now. So you're just praying for all of you and yeah, it's been amazing. Um, one of my sons and my husband are doing it together every day, so they were loving it and I just love the whole., Yeah, it's just such a great initiative. But I was actually thinking this morning about the world being a dumpster fire. And I was thinking about that video, Heather, that you had sent me about, but is it a dumpster fire or a garden? I was like, Lord, man, you have a lot of compost right now to work with. And so we you got a lot.

**Sister Miriam James Heidland:** him and the earthworms.

**Michelle Benzinger:** Yeah him and the earthworms, you know, regenerate the soil baby. So we got a lot of, yeah, just compost to deal with. And just trying to discern and pray it all. So I feel like Deborah is a great scripture for us to dive into today. Yes.

**Sister Miriam James Heidland:** Definitely. And we will hear in time Fr. Mike talk about Deborah and I wonder what he'll say about her. But today we want to just talk about, uh, the beauty of who she is really, once again, the heart of a woman and what the Lord does through the heart of a woman. And how she, in her own way, right, in a way that's different than a man, how she comes to really deliver a nation and to judge a nation. And so if you want to go with us to Judges chapter four and five, and the quote that we're going to use the scripture verse from that time, and then we're going to use a quote from Pope Paul the sixth, but the quote is from judges 5:7 v, where it says, uh, villagers in Israel would not fight. They held back until, I Deborah, arose. Until I arose a mother in Israel. And so you'll notice in, Michelle's gonna fill out this, this particular story for us, because this is very dear to her heart. But one thing we want to just point out to you as we journey first at the very beginning is that she refers to herself, not as something, somebody lording over something or something, you know, something greater than. She refers to herself as a mother, which is this most mature identity of a woman. Pope Paul the sixth says women of the entire universe, whether Christian or non-believing, you to whom life is entrusted at this grave moment in history, it is for you to save the peace of the world. Which is a staggeringly weighted statement and I believe that was the end of Vatican II, as the council was closing and his exhortation to women in the world that really for a time such as this. So, Michelle, do you want to fill out the story for our listeners in case our listeners aren't familiar with who Deborah is and the beautiful woman that she is.

**Michelle Benzinger:** Yeah so the book of judges comes right after the book of Joshua. And so that Israelites have been, they're in the promised land and the Lord tells Joshua to make sure they get all the Canaanites out of the land. And Joshua did a good job, but he didn't do it all of the way. And so there were still Canaanites in the lands. And so this is the next chapter of Israel's story where the Lord appointed judges. They don't have a King yet, but they have these judges and the judges are not like what we would call like a judge here, like where they sit on the court. They're almost what they would call like tribal leaders. And so that they were the ones that would help discern and lead and wisdom. And so we come in and judges 4 and 5. And this judge is Deborah. and I love what it even says about Deborah, it says she

sat under a tree in between the two towns and people would come to her for advice. And so the story of Deborah, 1) she's a prophet 1) She's a judge 3) they call her mother of Israel, but also she is a warrior. And there's just powerful things in her whole story that we will go through. You know, she helps deliver the people of Israel from the Canaanites through her prophetic intercession, but through her discernment, her wisdom. Deborah is, one of the reasons we chose her is, she's a woman of influence, but not of manipulation. She's a woman that listens to the Lord and follows his wisdom, and she seeks his glory. It's not for her own glory or for her own reputation. And I think there's something there's a lot of key points that we'll talk about, but one is to prophetic insight - her as a judge, her as a mother, but also the relationship between her and Barak as collaborating men and women together to bring forth God's purpose and glory in the world. So it's a lot in a little, two chapters Judges 4 and 5. I really just encourage our listeners to sit with it and in it. You know, and to really get to know her story, because I think there's something powerful when we talked about Hannah last week and Deborah, and then later on the season, we will probably pick up another one, but all of our stories are inter-woven. We can learn from each other stories. And because these are stories of salvation history, this is a part of our love story. This is a part of our history too, because we are also God's chosen people. So that alas Deborah will arise. So here we go.

**Sister Miriam James Heidland:** Miss Heather, what are your thoughts, dear, as we journey into this?

**Heather Khym:** Yeah I love that we're getting into some of these stories because it's easy to just sorta like glance through scripture and go, I don't get this. I don't know what they're talking about. And these are weird words and weird names, and this doesn't really make sense to me, but these were real people. And when we take time to look into the context and a little bit about this person's life and what they actually did, what their story is, they do come alive to us, but they become someone that we can learn from. And this is how scripture can speak to us and shape us and inspire us as well is by getting to know these characters who are real people who are trying to follow the Lord and listen to the Lord and everything that God has in scripture is meant to speak to us. This is his word. Not just the new Testament, not just the epistles, not just the things he said, but throughout all of scripture, there are messages that he has for us. So I'm glad we're diving into this today. I'm excited.

**Sister Miriam James Heidland:** Yeah. And something we're going to see that we saw in Hannah, that we see in Miriam, the sister of Moses, and we're going to see also - Deborah has her own Magnificat. Which you see as a foreshadowing really of Mary's Magnificat where she, her soul proclaims, the greatness of the Lord. And we were thinking also, and we'll unpack this as we go on, but we were thinking also of Heather, you made a really beautiful point of, maybe you could just talk about that now. Like what is our own personal Magnificat? Cause really women are called to sing praise. Like that's a special gift in the heart of a woman to receive another and to give thanks and praise for the other. It comes out of - I was just listening to a talk on brain science and it was between men and women. And the speaker in the podcast was talking about how women are just more attentive. Like, and so it's much more easy for a woman to be attuned and attentive. That's her particular gift in a way that she draws a man's heart to love - out of himself and out of the business of life. She draws the heart to love, but he said it in a very special way, a woman is the one who can see the other person and to give a blessing too. And so I think for Deborah, you see her, really

her glorification of God and her understanding her role. She's not minimizing her role and she's not like Michelle said, she's not manipulating or grasping, but she is who she is. And in that presence of her as a woman, there's a beautiful praise that comes forth from that. And so can you talk about that, Heather?

**Heather Khym:** Yeah, it just struck me as we were talking before that, you know, we're looking at these several women in the Bible and all of them have this Magnificat of sorts.

It's this song of praise that comes forth. And it just made me wonder, like for each of us, what would our own personal Magnificat be? What would our song of praise be to the Lord? And that doesn't just come out of like, Oh, let me just flippantly say things, but all of their magnificats are coming from things that have occurred in their life, ways that they've seen God move, ways that they've seen God bring about breakthrough, ways that they've seen God heal, restore, make a way where there was no way. And I just thought, what, wouldn't that be a cool reflection to go through and go where all the places that in my own personal life and my own story, that I've seen God move and took to create this song of praise. That's personal from my own story to God, to praise him for all the ways that he has done those things in my life. Because I think that is it's very, very important for us to notice where God is moving throughout our own stories. And. I think that that's a gift that we can ask God for as the eyes to see God, where have you been throughout my life throughout my story? How have you moved? How have you made a way for me and to let gratitude and praise rise up? Because I think it's very easy for us to focus on what isn't there and what's hard, the sufferings that we all go through and we miss these opportunities to see where God is active and moving and for that to turn into gratitude.

**Michelle Benzinger:** Yeah. And I think that's so powerful. Like when we start at the story of Deborah, it begins and it says something that it says a lot in the book of judges, it says the key phrase, it says it several times in the book of judges that says, it's this over and over again, everyone did what was right in their own eyes. Yeah, everyone did what was right in their own eyes, you know? And how applicable is that to our situation today? You know, everyone feels like they're entitled to their own opinion, but the difference between Deborah is that she did what was right in the Lord's eyes. That she, um, attuned herself, like you were saying, sister, she tuned herself to the voice of the Lord. She heard his voice. And a lot of times the scripture even says like, wisdom is a woman. You know, I'm not saying men are not wise. That is not what I'm saying, but that wisdom is a woman and that she was really attuned to wisdom. Like she was speaking about, the Lord's discernment in the book of judges, it talks more about like, she wasn't judging people like you're right, you're wrong. It was like discerning the certain what is good and what is evil. And so she starts on this journey of discerning and it's being attuned to the Lord's voice. And that is when she goes to Barak and says that they will take the Canaanites, that he needs to fight. And that they collaborate together; Barak and Deborah collaborate together. And I think that's such a beautiful thing. One that she's attuned to the Lord's voice, but I love the relationship between Barak and Deborah. That one, like Heather, I think we were talking about it earlier. You can say it like how she kind of calls it, not calls him out, calls him on. There's a difference. She calls him into who he is meant to be. And then two, that it was all for God's glory. She wasn't seeking her own glory. It was all for God's glory that she spoke this prophetic insight.

**Heather Khym:** And I love that he responds to her. He's like, I will go, but I'm not going without you. Like that He can see her role and her strength and their leaning on one another

is necessary to bring about what God wants. Like I just thought that was such a beautiful little, it's like a one liner in there, but I was like, that's incredibly beautiful, you know? What do you think sister?

**Sister Miriam James Heidland:** Well, I think that's definitely what you both are saying, and this that's the mutual gift. That's the reciprocity of just the masculine and the feminine gift, which we've talked a lot about in our podcast. And I, we were reading about this earlier, but I love this is chapter four, verse eight. Um, I'm just gonna back up to, I'm just going to back up to seven. It says, and I will draw Sisera, the general of Jabin's army, out to you at the river of Kishon, with his chariots and his troops. And I will give him your hand into your hand. And Barak said to her - verse eight - Barak said to her, if you go with me, I will go. But if you will not go with me, I will not go. And you can see that there's, we talk about in attachment theory, a or healthy interdependence, so to speak. I mean, it just in this story is like a general kind of overview, but each has a gift that the other needs. And they're each not, that's not the same gift, but it's a different gift. And so, you know, as a woman, it would be difficult for her to lead an army in battle, but he's already a battle army leader, but he needs her insight. Like he needs her strategy. He needs what the Lord is giving her. So they need the strength of each other. And then kind of what you were alluding to Heather when we were chatting earlier. Verse nine, it says, and Deborah said, I will surely go with you, nevertheless, the road on which you are going will not lead to your glory. But she says for the Lord will sell Sisera which is the King of the Canaanites into the hand of a woman. But the cool thing is it's not even her. It's another woman. It's another woman through a very surprising and unpredicted victory that is hidden that another woman actually delivers Israel from the power of the Canaanites. And so I just love that. Deborah is not like, what we've been saying is she's not about herself. I think there, Michelle, you have a quote on our document from St. John Chrysostom that talks about how the bee is somebody that labors for others. And you can see Deborah, the reflection of her heart - calling Barak up, not calling him out, but calling him up, helping purify his own motives, understanding that this is about the Lord. This is not about him getting personal glory as a war hero. And it's also not about her, really either. It's about what, what is the Lord wants? So who does the Lord need to strategically arrange in the plan to have his will be taken care of and amen and may it be so really.

**Heather Khym:** Yeah, it does cause you to go, like, what are the places in my own life where I seek out my own glory instead of God's glory? and who do I have close to me, who am I honest enough with that can be that voice or who can I be that voice to say, you know, this is, this is not the glory that you were made for. You know, like your glory is to be found somewhere else and in what God has and in his plan and in who he has made you to be, I think that's an incredibly, just even that I was like, I want to ponder that myself. I want to really reflect on some of that. And how does God, you know, for each of us, how does he want to use us to be a voice to call one another on like to, what is your glory? Like, I wanna, I know who you are, I know what God has in store for you. And how can I continue to, to, um, encourage and release you into the places that, that you are, are meant to fulfill your glory and who God has created you to be.

**Michelle Benzinger:** And I think there's something beautiful, especially in women, as life givers, to call people on and call people to their fullness and to their becoming that is who we truly are as life givers. And I was just reflecting on it because we'll go a little bit deeper in the story in just a minute into Jael . And one of the commentaries I was reading is that they like, and her to Eowyn from Lord of the Rings. When she fights, you know, the evil, dark Lord

or whatever. And so, because both of them are kind of like, a little graphic and violent people. I was like the Bible. I know she says, this is not for the faint of heart. And so you some violent people, but it also, when it was saying that it reminds me of Arwen. When she talks about reforging the sword and Lord of the rings for Aragorn. And she said, Reforge the sword or forge the sword. You know, she's the one that has the sword reforged again and restructured again for him to come into his fullness as a King, you know, for him to come into his purpose. And so there's something about a woman's insight and prophetic insight that calls people on, um, whether it's women and especially men too. That calls them on and to their fullness. And I love that Deborah had the prophetic insight, but Barak had the military authority and together they did it for God's glory. And I think that's what the Lord is teaching all of us now, I think he says in Psalms, you know, um, it makes him happy when brothers and sisters dwell in unity together, he is not going to give one person one camp, one, whatever., part all the glory. He gives different people, different insights and different gifts, so we work together as a body, that we work together as a family. That is what we're meant for, that's our deepest longing is communion, but it's also communion within complementarity, like to bring our gifts to one another at the best. And then we see the full display of God's glory. And I think, man, is that an invitation for us right now as a church, as a world, you know, is to lay down our own agendas. And really stop and ask the Lord, what is your glory? What is your insight? What is your heart? And let me be a part of your will and bringing your kingdom come here and now. you know, where do I need to repent? Where do I need to put down my own idols? You know, where do I need to start reform? And then help me to pray about that, help me to listen, and then help me to act in that. Where are you calling me to be salt and light? And who are you calling me the link arms with, even though it may be uncomfortable to link arms with some people, you know, and I know it's hard, we're in a pandemic. I know it's hard. What does this practically look like? But this is not a surprise to the Lord, you know? And the Holy spirit is still in charge. So where is he inviting us on, in this mission right now? Um, in our lives.

**Heather Khym:** Yeah, I love even what you're saying about, there's a difference between calling someone out and calling them on like calling them on to holiness, calling them on to their, to their greatness, that in that God has ordained for them in their life. And I think it's, I was just thinking, you know, it's kind of like we can wield a sword. The knowledge of someone who is going off track or being like not on a right path. Like that is an incredible gift that I think many women have many people have where we can look and see, no, this isn't right, but it's like, we're wielding a sword with that information. We can either hurt with that sword if we don't know how to wield it properly or we can set someone free. And so to be able to use that, to say, I want to speak into your life, not to call you out and shame you and belittle you and manipulate you or pressure you into making other decisions. But I want to call you on to holiness, to be who you were made to be. And I want to help set you free. I want to participate with God to set you free. You know, I think there's a huge difference there. Then that's worth looking at.

**Sister Miriam James Heidland:** Mm. Yes. And I think of, yeah, those places where I just was looking at the beginning of chapter four. Where it says in the sons of Israel did what was evil in the sight of the Lord, because that's what happens, you know, as Michelle was saying earlier that the idols weren't purified, that's why they spent so much time in the desert is because the idols weren't purified out. So the Lord continues to purify Egypt out of us. And so many times when we still hold onto our idols, the Lord has to come again. And so what

happens is, you know, the Lord would give them a judge and they would bring peace to the land. Like, you'll notice a Deborah at the very end of her story. It says that the Lord let the land rest for 40 years. And so you just see, you know, these parts of their hearts where, then they turned back to idols. And so that's the purification of the heart and how. Uh, Deborah in that. So I'm looking at the sons of Israel, cried to the Lord for help. And he sent them somebody: a prophetess and notice, and she was sitting under the Palm tree, allowing people to come to her, just even the female receptivity of that. I just noticed that the scripture doesn't say she proclaimed herself a prophetess. Or she wanted to be the prophetess of the people. The Lord gave her - a prophet is a mouthpiece of God - the Lord gave her a gift and she received that gift. And then she sat at the tree. She wasn't going into people's personal business and saying, Hey, I'm going to prophet here. Let me tell you what to, you know, she was open and she was willing to speak the truth of what was, but I think of even the body language of her sitting under the Palm tree. Just sitting under a Palm tree and letting people come to her. And I, I think so much of, I got a quote from her, just a wonderful therapist who said, she realized that after all of her years of counseling others, usually what people didn't want her to rationalize the way their fears or give advice as much as they wanted her to sit next to them in their fears and speak the truth. And I think that's something that a woman does when we are in our posture of receptivity, It's not passive receptivity, it's the meeting people where they are and speaking the truth to them. And there's a way a woman does that even in her own body and her own heart and her soul and her mind. That's a particular gift that as you both are saying, the world really needs today. Mm.

**Michelle Benzinger:** Mm, I totally agree. And I think there's something like to compare that to not comparing it, it's a compliment to Deborah. Like she was sitting under the tree and allowing people to come to her, but she was in the position, the Lord put her in and she was obedient to what the Lord was saying. You know, she was obedient to her posture and everything. And then we skip to chapter five after they have been delivered, you know, Going back and talking and singing her Magnificat and it says, and you know, our scripture to up to five village, seven villages in Israel would not fight. They held back until I Deborah arose until I arose a mother in Israel. You know, but she didn't rise in her own power. She rose in the Lord's power. She Rose in obedience. She Rose where she had been receptive. And then the Lord did as like Mary did great things through her. You know, it was a response to the Holy spirit. And that is how, you know, she arose. And I think as allowing the Holy spirit full permission and access to our hearts full of permission and access to our actions and in that power, in the Holy spirit power, then we can arise. I was thinking it, the date that we're recording it is. Right now we just celebrated the baptism of Jesus. And I was just thinking about the gospel when it says, you know, I baptize you with water, but they'll be one that baptizes you in fire and power. And I was thinking there is sitting there. I'm like, Lord. Have I been fully baptized in fire and power and your resurrection power because the description of power in that passage is dynamos, which means like dynamite. And I was like, do I arise? You know? And I mean, and I've been really thinking about it. We said it last time. And just where the Lord has me in my journey is - Lord revealed the areas that I am not awake, that I am not living awake and alive. You know, that I'm not fully alive and fully, um, access to your power, you know, and, um, convict me of those, but not only convict me, allow me to surrender those places to the Holy spirit. And like sister was saying, this is a cycle that is really, it's been in over and over idols, captivity, idols, captivity. Okay. So where are my idols? And where's my captivity. Amen. Two questions. We gotta be asking. You know, I mean, and really asking.

And then where am I idols? And where's my captivity at, where do I need to repent and go to confession, like, you know, and. I have to, we also have to trust the character of the Lord. His kindness leads us to repentance because his kindness leads us to repentance wants us to be free. He doesn't want us to be captive for this long. I mean, as we were going through this scripture, I looked at sister and Heather I'm like, poor God. He only has us to work with like, that's all he has. Like, I mean, you know, I would choose something else. And so like poor thing, you know, this is it. Gosh, how gracious it is. He that he wants to partner with us to bring about his plan. I would have probably chosen another way, but you know, he's got so whatever.

**Heather Khym:** And to trust that, you know, God is working all things for good, for those who love him, so that if we are experiencing difficulty hardship, suffering of any kind in our life, that when we turn that to him, when we offer it to him, when we trust him, Like to that we can trust that he is going to bring about good things through that. It may not be the healing that we think we should have, like for those wandering in the desert for 40 years, like they just wanted to be out of the desert. God had many more things that he wanted to heal them from. And I think it's true within our own hearts as well. There's many, many things that God wants to heal and set us free from. And sometimes it's, you know, through those areas of suffering, not that he causes us to suffer, but he can use times like that because we become more dependent on him. We open our hearts more to him so we trust him.

**Sister Miriam James Heidland:** That's true. That is so good. What you both are saying, really? You see Deborah arising in relationship, a mother relationship. She's a rising and belonging. She's a rising in relationship. And so when we talk about those places where the Lord is purifying our idols, where are the places where I don't believe that about myself or I'm out of relationship, or I feel like I feel competitive or I feel I heard somebody say recently in a homily that when we sin it's because we forgotten we belong. You know, we forget we belong, so I sin. So just looking at the presenting symptoms in my own life of like, when I feel jealous of other women, when I don't want to compliment other women, when I'm feeling left out, or I feel like everybody has something more than me, those are, these are the emotions are our hearts telling us something about what we believe about ourself. And I really had to go to back to some places in my own life that the Lord brought to my own heart recently of areas where that these. They're just they're parts of my hearts that there's a part of my heart that I saw that I hadn't spent a lot of time with it just held this, this hopeless place that was talking to me. And the hopeless place was saying, and it happened when I was a little girl. I remember exactly what happened. And this life settled into my soul that said, everybody else will get the things they want, but you will never have what you desire. Hmm. And so every time somebody would do the certain say certain things to me, it was like this trigger that I just, and I would feel so overwhelmed and I would go to confession and it just I'm like, Lord, what, what, what is happening here? And the Lord, it was very painful, but the Lord very graciously opened my soul in this very gentle way to say no when this is happening, here's what's being triggered. You know, aside from a concupiscence that we all have, but for me it was a story. It was a story that had these presenting symptoms of feeling threatened or feeling left out. And that was my little girl heart. And she's been trying to talk to me for a long time and, uh, yeah, just to spend some time with her there. So as we talk about these things, dear friends, you know, all of us have stories and all of us have ways where we've tried to manage pain where we tried to try to make ourself belong. Or so I just want to just offer you these places in your heart and just such kindness. And just, just to



notice what the Lord is doing, because he loves us so much. He wants us in the promise land with him in his heart. And he's always about belonging and relationships. So just to kind of offer that to our, to us as we journey this week is Deborah opens our heart and as we see the places where we're still in captivity, we all have idols - like welcome to the human race. And so just allowing that we would repent in surrender, just repent in surrender to these places. So the Lord could come and meet us there.

**Michelle Benzinger:** Um, and I think there's something there. I mean, the Holy spirit in his wisdom, like there's a common theme that we've been really honing in on the podcasts. Like the advent series was all about Mary's motherhood, but motherhood as motherhood and this with Deborah, it's like arise mother. But I think for me, I was just sharing with a sister and Heather right before we started recording just to what the Lord has been doing in my life, within him and wholeness. And one of the parts that he's really been healing is my own motherhood, but really the ways that I mother myself to the ways that I nurture and take care of myself and the ways that therefore, that allows me to mother other people. And one of the things I was just really praying about this week, the Lord, it's like, I want your fullness in this area of motherhood. I want everything that I have for you, you know, to come into fullness in this area, like for you to be fully, like we were saying fully alive in this area. And we throw away that little catchphrase yeah. You know, fully alive, but what does it mean to mother yourself? Well, what does it mean to love yourself? Well, a lot of it is looking at the places of yourself that you don't like, you know, and coming to terms with those and asking the Lord to show you what they look like through his eyes and how he wants to redeem that. And like I was sharing with, uh, Chris, my husband and sister, like embracing your humanity is a hard thing, like really embracing your humanity, you know, coming to grips with your own humanity. It's just not pretty, you know, there's just areas that you just don't like about yourself. And when you see that, the first thing you want to do is shame yourself. But really the Lord is that it's not an invitation to shame. It's an invitation to go deeper in restoration and redemption, you know, and like sister was saying like, we won't achieve the greatest fullness until, until we're in heaven. But right now the Lord is continuing redeeming and restoring. So where is he calling us to arise in our own motherhood's of ourselves? And therefore other people after that?

**Heather Khym:** and also with motherhood, there's an authority that comes with that. And sometimes we need to use that authority to take a stand in our own life to say, this is not how it's going to be anymore. You know, like this is going to change now. And, um, and I think there's, you know, we have all these parts within ourselves and, and there's gifts that we can bring to those parts to just say, You know, this mature, uh, part of me is going to be driving the bus now, you know, like we're, we're not going to do this anymore. We're going to make some changes here and we cooperate with God to go about that. So what a gift, what a gift.

**Sister Miriam James Heidland:** Good. It's a good word, ladies. That is a good word. There's much to, even as we talk about this, is there just as much to continually unpack and so. Let Deborah be a gift to us this week, as we journey on and in what she's teaching us and in what the Holy spirit just gently wants to gently wants to touch upon so that our own Magnificat is sung more and more in its own particular way that each of us give glory to God in a way nobody else can so when, when our song is not song, that song is missing. So what, what is the song? What is this song that the Lord has birthed in you? That only you can sing because the world needs that very thing. So with that.

**Michelle Benzinger:** She doesn't have a song, she has a rap.

**Sister Miriam James Heidland:** Yeah. You know, you don't want the big white girl rapping. Fr. Josh, our friend could just as a total aside, but for our friend, Fr. Josh Johnson, who we all love so much, he had a radio show and I was a guest on a radio show with a couple of his friends or like four of us. And they were all freestyle rapping. And then they're like, sister, you go. And it was like, awkward silence. And they're making fun of me, but it was so funny. So my one thing, not a rap, I just, let me just tell you that so I can start to feel like for my one thing/ I want to send a shout out to and thanksgiving to Fr. Gregory Cleveland who sent me a personal copy of his book, beholding beauty. And we talked about his book sometime ago, called Awakening Love. And this book that was on the song of songs and the book beholding beauty is on Mary and the song of songs. And so I just want to say, thank you, first of all, Father for your sending me a copy of your book. I can't wait to dive into it, but I want to offer that to our listeners, especially as we talk about beauty. So the book Beholding Beauty, Mary and the song of songs by father Gregory Cleveland. That is my one thing for the week.

**Michelle Benzinger:** Mm. I agree with that book. This Pauline sister sent me a copy and I'm just loving it. It's beautiful. Um, my one thing is actually our friends at Blessed is She did an amazing kids resource for lent this year called Set a Fire and it's all in the Holy spirit. And I just love it. I love the way it's, first of all, I love the way it's designed to this beautiful, but I love how they're just inviting kids into the power of the Holy spirit and to set a fire in their hearts and like, um, I just like watching my kids come alive in prayer, and this is just such a great resource. It has, um, spiritual things because it has fun things like a crossword search and a word search and different things like that. So I will link it here in our show notes, but yeah, I love it. So it set a fire from our friends at Blessed is She. So Heather, what about you?

**Heather Khym:** So this is the last week that my oldest daughter will be with us before she goes off to college for the first time at Franciscan university. So Friday she leaves. And so I am just feeling, yeah, incredibly grateful for her and the gift that she is to our family. You know, it's often we sit around lately that we're like, Oh, when Maria is not here, it's just going to be so different because she just brings such a fun, spicy atmosphere to our family, which we all love. And so, yeah, so I'm excited for her. I also know I'm going to be bawling my eyes out a lot, but also I would say like, there's a comfort in knowing where she's going. And I just felt like the gift of spiritual fatherhood, knowing that father Dave Pivonka will be there and other fathers to be there for her, like in the places that her parents no longer can walk with her, that we, um, have the comfort of knowing that there's good spiritual fathers there. And so I, yeah, I'm super grateful for people like Fr. Dave, and just the environment of that University. So, yeah.

**Michelle Benzinger:** And father Dave, we love you, but if you don't protect our children at school, we'll come and find you just saying.

**Heather Khym:** No pressure.

**Michelle Benzinger:** no pressure at all. We know your mother - we'll tell your mother how about that? Ooh.

**Sister Miriam James Heidland:** I wonder Heather, I don't know how you feel about this. But you were texting Michelle and I, some pictures you found of your kids and Michelle's kids when they were little. And I don't know how you feel about our listeners seeing that posting

somewhere, but I thought it was so great. I just, absolutely. They're so cute. And it just like, Oh, they're all sitting on a bench and there must have been at Covecrest or something was just super cute.

**Heather Khym:** That was when Michelle's family was in half. She hasn't even had the other half of her, but yeah, sure. I'll put it in the show notes.

**Sister Miriam James Heidland:** Well, thank you so much for listening, dear friends, and we will pray for you this week. We just, as we journey together, we just ask the Lord to open our hearts and to help us sing, sing the song that only we can. So until next week we will be abiding together. God bless you. Have a wonderful week.

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