

S10 E01- We Begin, Again

Sister Miriam James Heidland: Hi, welcome to season 10 of the Abiding Together Podcast. We are so excited to have you with us this season. 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 am joined by two of my dearest friends, Heather Khym and Michelle Benzinger. We talk about our life with Christ, we talk about big things, small things, beautiful things, sorrowful things. We laugh, we cry, you'll fit right in. You are most welcome here. So please grab a cup of coffee, settle in and welcome home.

Hello and welcome to this week's episode of the Abiding Together Podcast, which is episode one of season ten y'all

Heather Khym: We're back!

Sister Miriam James Heidland: Yes we are. And of course we've already had technical difficulties, which is wonderful. And so here we are again, where we are again, and it is, we have to say, we have to say, everybody knows we record early. So today is Michelle Benzinger's 29th birthday. Michelle, happy birthday.

Heather Khym: Michelle, happy birthday.

Michelle Benzinger: Thank you. Thank you.

Heather Khym: Pretty young thing.

Michelle Benzinger: Here I am in all my glory. So. Hair on top of the head recording and all of that, I have to say you all, we are recording out like early, like we do most episodes and, uh, it is the day after hurricane Ida just hit Louisiana. And so. We are getting wind and rain. So I'm just seeing like leaves. I mean like huge branches blow down the road right now as we speak. So I just want to have a shout out when this will air. I'm sure people from Louisiana, Mississippi, and all different places will be recovering from the storm. So you all are in our thoughts and our prayers right now. But. We're already into heavy things. Sorry, I didn't mean to go lead us into that.

Sister Miriam James Heidland: No, that's true that's true. Like that's life, like we were just talking about before we started of, you know, that life is not the life we wish we had, but the life that we've been given by the Lord and the transformation there within, you know, amen.

Heather Khym: I am so excited for the season. And I mean, just, I think in general, like the vision that Michelle, you really have for this season, like to go deeper into some things that we've already, I feel like we say almost every episode of while we're just kind of grazing the surface, you know, 30 minutes or whatever. And it was just like such a yeah. Great wisdom. To say this season, we're going to go, we're going to go deeper into some of things. So I'm excited. I'm really excited about it.

Sister Miriam James Heidland: We have some super fun surprises, things we've never done before on our podcast that are going to debut this season.

Heather Khym: It's so exciting. You guys are gonna freak out, like we're freaking out cause we know. It's pretty fun.

Michelle Benzinger: Yeah. And we're so excited to share it with you.

Sister Miriam James Heidland: Yeah, we can't tell you now, but we will...

Heather Khym: We will tell you next week,

Michelle Benzinger: Yeah we can tell you next week what we're excited about.

Sister Miriam James Heidland: We might be able to do that. Yeah. We'll see. We'll see, we'll see. So well today we're just going to talk about we begin again, and that's a lovely quote from Saint Benedict and he says, always, we begin again and we are going to use St. Paul's letter to the Philippians chapter three, verse 12 to 14. When he says it is not that I've already taken hold of it, or I've already attained to perfect maturity, but I continue my pursuit and hope that I may possess it since I have indeed been taken possession of by Jesus Christ. Brothers for I, for my part, do not consider myself to have taken possession. Just one thing, forgetting what lies behind, but straining forward to what lies ahead. I continue my pursuit towards the goal, the prize of God's upward calling in Christ Jesus. And so that continual growth of when St. Paul says that he's not saying, you know, we're not looking, we're not pretending that what has happened, you know, hasn't happened in our life, but we're taking everything and allowing Christ to come and transform it. And we are growing in maturity and I think all of us for the summer. So we're just gonna talk a bit about us this summer, what happened and what the Lord is doing and invite all of our listeners to a deeper conversation within their own hearts and with each other as well, of deeper maturity, which that's an ongoing journey. Don't you think Heather? So maybe you want to share with us a bit of what happened to you this summer and what the Lord's doing in your heart, especially in the area of maturity and growth. And, and here we are, we're diving right in.

Heather Khym: Yeah, maturity. It's so important. I had this experience recently where I, I was just like sitting on my couch and for some reason, this memory came back to me. Something that I was, I just felt embarrassed about the way I had acted or whatever. Yeah. It was a couple of years ago. I don't know if you guys ever have that, where something just comes back and you still sort of feel the sting of it a little bit. I was like, oh, and I sat with it for a second. I thought, no, I'm not going to dwell on this and re-experience the embarrassment all over again. Like what can I learn from that? You know, so that I can grow in maturity. And I think that that's a shift that's been happening, um, within my own heart in the last couple of years is like, how can I look back on the things where I've made mistakes or errors or I've acted in a certain way that I now regret and go, okay, I can learn from this. And how do I allow the Lord to let me grow into the person that he desires me to be? Because if I only look back with embarrassment or shame, you know, I'm just going to stay there in a cycle. There's nothing to be taken from that. So, yeah. So that's been one thing. I mean, I feel like this summer has been a ton of growth for me. Um, our daughter, Maria just took off to Austria. And so this is her, um, she's a sophomore at Franciscan University and she's doing her first semester there she's only 18. So this is a big deal, like for a mom. Michelle's going through some similar things, but she'll share too, but you know, it's like the letting go. Like growing as a mother of like, I'm releasing this young adult into the world and for her growing and the hard knocks and the feelings that come with that, the crying in the airport, the big lump in your throat, like all the things that are so uncomfortable. But at the same time, like looking to the Lord and saying, Lord, how do you want me to mature in this, in my own motherhood? And in the state of life, how do I let her go and still love her and still be concerned, but not intervene when it's hard in a lot of ways to let her grow into the person that she's supposed to be. So, yeah, that's, that's some of what's been going on. I feel like that's been a maturing process, but also just learning to trust. I think at the end of the day, like I'm having to say, Lord, I trust you with her. Like, it's not up to me to protect her, take care of her, she's out into the world. So yeah, I think a big theme of trust has been coming up and that's in a number of areas I think, through the summer. But I think that's at the heart of it for me. How about for you, Michelle?

Michelle Benzinger: Oh, wow. I think. Like we say so many times on this podcast, we were having a conversation before we started recording. We just wanted to give you guys some consistency because everything seems to be changing in the world. At least that stays the same. So for me, I think there is like in the maturing process. The last couple of months. I think I realized how much growth has taken place, but how much that it has been a journey of going downward and descending. Where I'm used to in my prayer, like going upward, you know, this beautiful prayer experience or whatever, where there's a lot of consolation where in the last couple of months I have gone downward and then I realized it's not in a bad thing. I usually label things bad or good. It is in a growing thing like that growing and the Lord has

taken a lot of comforts away from me. And I've really embraced the poverty in my humanity in ways that I've never done before. But instead of approaching it where I'm like, yeah, "should"-ing on myself or condemning myself or shaming myself. I think the switch is I've been approaching myself with holy curiosity, like, why do I respond this way? Why did I react this way? I feel like there's been so many different things that have shifted and changed. Huge things like monumental things in family life, like having a son leave for college for the first time, that was really big for me. It wasn't as big for him as it was for me. And I had to look at that, like, why am I reacting the way that I'm reacting? Like there's part of it, which is so good. It's because it's a natural progression of motherhood and we love our children and it's putting them on the altar. But then I realized it triggered a lot of my own fears and attachment things that I had to look at and the Lord just brought me in such a deep, beautiful place. And yeah, it's just been a really growing season. I think I've been getting used to being okay with the uncertain, which I've never been before. I'm not saying I delight in it. I'm not saying that like, Ooh, this is fun. But I was, I think I realized that God is sovereign and that I just have to trust his ways. And it's just been, yeah really growing. I feel like I'm a lot quieter in this season than I've ever been before, but I think I'm also a lot fuller in a way. And I remember my special director had a really good point. He said, when the soul gets quiet and then you really embrace solitude, then the soul actually expands. You know, you actually grow bigger. And I feel like my soul has grown bigger but I've gotten quieter. If that makes sense. Just living into all of that right now.

Sister Miriam James Heidland: Oh, that's beautiful. I, for both of you, I think it's interesting that we're talking about, and we're going to unpack these themes as we go like this season and next season as well about, about motherhood, and about receptivity and trust. And, but I hear in both of you a deep theme of surrender, right? And I think that's the key to authentic love. I, so I was reading Edith Stein recently on her essay, on vocations of men and woman and just the, the gift of life given to a woman like the being the life bearer. And, and that requires us to receive, but not possess. And so I was just thinking about a lot this summer about loving without possessing in like in any way, and of not hardening your hearts where you like, say to yourself, I don't care. But then not like not grasping at something that would... or anything whether it's a person or situation or an event like becomes your possession. And like that's such a, I just, talk about maturing of love. And I just think of, uh, you know, so often, uh, Bob talks about Dr. Bob talks about that, the security, maturity, and purity, right, as we grow. Saint Paul in his letter to the Ephesians we'll see you speak later about being rooted and grounded in love. And like that's what gives us the maturity to give birth in love. And I think for myself as well, it's been a season of, of deeper surrender of the places in my own heart and the places that come back to the surface, like you're saying Heather of the memories that come from long ago, or just when I, you know, like you're saying Michelle, when I see my own poverty, like the areas of deep poverty. And I think one of the, one of the really

great blessings that I had this summer was I was sitting in on a masterclass of trauma and compassion, like how compassion heals trauma. And it was very interesting because it was from a neurobiology standpoint. And so just interesting to hear the science behind compassion, what compassion does with trauma. And I was just thinking of Christ, the one who comes to us in these places. And one of the key things that I thought about almost everyday, since I watched that class was one of the therapists was saying, you know, is the way that I'm talking to myself or is the way that I'm talking to other people: Is it helpful or harmful? Is it helpful or harmful? And that caught me so many times in my own, my own interior heart. When I saw my own places of poverty and the familiar patterns where I would go down in my heart or the fears, anxiety would come up the fear of rejection or of abandonment, or of the shame where the familiar pattern is things that are just not helpful within my own heart. I'm like, wow. And it just so many times the holy spirit would - I mean really, the holy spirit took on that voice and was like, is this helpful or harmful? Like, it's not very helpful. So it is probably harmful, you know? And so just that the surrender of what I, I don't even know how to say it. Just the surrender of what it is. And allowing with open hands to allowing the continued purification of myself mentally, emotionally, spiritually, physically as a woman, and then everything the Lord has entrusted to me. So there, and that's the beautiful, I think, outpouring of love because I think it's only then that we can truly love, right? And that's the crucifixion, that's the Pascal mystery, but that's the resurrection of love. It's in the surrender and the receptivity of the gift of what is, and be held in tenderness and beauty that gives birth to something even more beautiful.

Heather Khym: That's awesome. Yeah, I think it's an amazing thing how the Lord can take even the things from the past and turn them into something like beautiful, but also as a conduit for change again, in us, even years later, it's like nothing is ever lost when you offer it to the Lord. And I think I'm just learning to do that even more on a deeper level - to not even look back on things with the same kind of perspective, but to still be able to bring those to Jesus and say, Lord, like, yeah, this triggered something in me or this hurt me or this bothered me, or I felt this ache when I thought about this memory, even a good memory, I feel this ache because it's something that I don't have right now. And, and to continually, yeah, just bring those things to Jesus. I think that's a big lesson that I've been learning is like, you know, how do we abide in the Lord in this season of life? I'm like, yeah, I think it's just like coming to him with all of the little things, not just the big things, but like the little aches, the little discomforts in my day to just stay connected with him in this like conversational relationship. Yeah. Like when things don't go as they should, or like, I walked into this summer again, just going, this is going to be awesome. And then I was like, wait, I remembered Well then things went completely sideways and it sucked again, and I was like, wait, this has happened for like the last three summers. I was like, there's a theme here. And I think before I would've let that get to me, like on a level of like, oh great. Yeah. Just everything is going to suck all the

time. And I just can't get my hopes up. Like, I'll always be disappointed. Like you can just see where that could go. And, and I just, yeah, I just saw a place of like the Lord, just speaking to me in that and saying, don't go there. Yeah. There's a lot that I have for you here. Like just lift your eyes higher than what you can see, you know, and that word is come over and over again. But it was like, just even physically, like, don't look at the pool that has leaked out 38,000 gallons of water because there's cracks in the bottom of it. Don't even look at it, just look a little bit higher to where I am. There's so many other beautiful things that are going around going on around you. And again, coming back to that theme of trust, you know, but how about for you, Michelle? Like how's the Lord like invited you to abide deeply this summer?

Michelle Benzinger: I think I realized there was something that happened in June. I went to the GIVEN forum in Washington, DC, and it was amazing and it was beautiful, but I love the fact that we were able to stay on the campus of Catholic University, because I love where Catholic university is situated in between the Basilica and the shrine to John Paul the second. And there was something about that and our good friend, Fr. John Burns was there as a chaplain for the event also, but I really could see, and I think there's times in our spiritual life and I think I have slowed down some, and I just think my interior posture has changed. I think that's the biggest thing. Like my interior posture of my heart has changed, like where there's an openness where I'm not so hurried anymore so I can pay attention better. And so I think there's like an attunement to where the Holy Spirit is moving, that's like sharpens because I can pay attention, which the attunement is beautiful because I can see Oh, the Holy Spirit's moving here. But also that attunement is kind of uncomfortable because you're like, oh, I can see where I need to look at here in my own self. It was like the magnifying glass of my own heart has gotten bigger. But when I was there, like, I really feel like that was almost where I'll be able to put in my story before and after that event, because there was something about being close to the Basilica and being so close to Mary, and it's almost like a time where I was in Mary's womb, but then also I was struck by - and this is going to make me tear up - I had never been to the John Paul the second shrine before. And there was something about that shrine being so close and just that man and his holiness, but one of the things that struck me, there were so many things that struck me about the shrine, but how integrated he was as a person, like a human and spiritual and emotional person. He lived that to the fullest, you know, and he's given us such riches for the church to just, we're still unpacking all of his writings and the gifts that he has given to us. But there was something so powerful about that. And I think for me, like, just realizing, like you were saying, Heather naming the ache. Like, I think for a lot of times, most of my life that I've avoided anything that was uncomfortable or painful. Instead of going through, I wanted to go around. So naming the ache. I think there's something about desire and desperation. Um, it's like the same coin, two sides that get you to move. But one, I didn't want to have the desire because what if it was unfulfilled or unmet? I didn't want to name it. Or

desperation, I didn't want to be uncomfortable. And so like, I would try to, like, we were talking about Edith Stein earlier, I would try to manipulate our control or be hypervigilant and see what would happen. You know, I'd be desperate because a need hadn't been met earlier in my life and I wasn't allowing the Lord to meet that need. I was going to figure out how I was going to meet that need. So I wouldn't feel abandoned or alone again. And I just realized that the Lord just, he's just been so gentle and good. He, it just makes me cry. He's just tender and he's good. And just not fearful of even his crushing, because that's the only way that like we get new wine and new oil is the crushing. And I avoided this process for so long, in so many areas of my life. But I realized because I associated it with fear where now I think it's been this deeper invitation where it's like, no, like this comes out of love and we're just realizing -in a deeper way and I still have so much room to grow - that he is really trustworthy and that he created me out of goodness for goodness. And I think, there were still so many parts of me that you thought you had, I've worked through this, I've done this, I've prayed through this, all this kind of stuff. And no there are lots of parts of me that, that I didn't believe were good. And I'm learning, they were good because he created them, not good on my own merit. Good because he created me for goodness and out of love. So, yeah, isister, what are your thoughts?

Sister Miriam James Heidland: Yeah, that's the deep work of restoration in those places and yeah, that's the ongoing journey, isn't it? That is truly the ongoing journey. And I think that, the phrase we, when we've spoken of it in previous episodes of, instead of the tree, the fruit, or the root of our tree being self-reliance. So we all, when we all find ourselves afraid or anxious, where we want to take care of ourselves or make it go away, or try to manage or try to manipulate or control or whatever that is for own kind of toolbox of how we try to find attachment or connection, but the opposite of that, which is instead of self-reliance of, I will let the Lord love me where I'm most vulnerable and most dependent. I will let the Lord love me where I'm most vulnerable and most dependent. And that sounds like a wonderful saying to put on a greeting card and it is SO hard And I wrote it on my desk. I have it as a note card on my desk. Of the places that we, the places that we don't want to go. And I was just praying about that this morning, experiencing some just overwhelming fear and anxiety. And I was in Mass and I was just taking, I was literally deep breathing and just grounding myself in the mass and listening to the priest. And I'm like, okay, what am I afraid of right now? Okay I'm going to, instead of trying to run away from that or push it away, but actually to place my hand on my womb and just breathe into that place and just, okay, Jesus, I'm going to let you love me where I'm most vulnerable, most dependent. So I'm in a safe place here. So can you show me what the root of this is? Like, what is this? Cause I'm anxious and afraid for a reason. So like, what's happening to me right now. This is not arbitrary. It's not random. So like, what is this place? What is this place that you are, that you're speaking to? And I think it's like the breathing into, and those

are hard because it's the, you know, comfortable with what is uncomfortable. And I think for me, the Lord has spoken very deeply - I just was helping Dr. Bob with the retreat a couple of weeks ago. And I just, during one of the holy hours in the morning, I just got wrecked myself. I sat in the back, I cried, I ran out of Kleenex. I'm like looking at my sleeve and the Lord was really working in areas of deep attachment for me. Where the lie for me has been from the womb that I'm all alone and that nobody's going to show up for me. And it was just etched in every cell in my body. And it's amazing how often that comes to the fore and the Lord really revealing like a deeper place of attachment security for me, of him saying, and it's, I mean, to even repeat it, it doesn't do it justice by any means, but it was like this resounding echo in my soul of like, of that I have never been alone. The Lord has never abandoned me for a moment. And there was something that actually shifted in the foundation of my being in that moment, in that holy hour. And I've not been the same since. And I, it was just such a profound. Oh, yeah. And so like, that's like I was talking about earlier, like what's helpful, what's harmful? Like where are the old places where the, the shift of that. And there was something more, I was going to say about all that, but I have no idea what I forgot what I was going to say, but like, yeah. I just think those, I will let the Lord love me where I'm most vulnerable and most dependent. And I appreciate Michelle in our show notes, you have a beautiful quote from Henri Nouwen and he says this. He says, you don't think your way into a new kind of living. You live your way into a new kind of thinking. And that's how the shift takes place of the breathing into, of the not running away, Heather, like you're saying of, instead of like going once again to shame in that place of like, okay Lord, what's happening or what are you trying to teach me? Or what is that? And that's hard, but that's the path of transformation. Like that's how we get to a new way of life. It's it's in the places of those areas.

Heather Khym: You know, like starting a new school year, even if you're not in school or you don't have kids at school or whatever, there's just something about this time of year that can provoke a change, you know, just like January and new year's day, you know, kind of thing. It's another opportunity to begin again, which is what this episode is about. And yeah. There's been a lot of things in the last week. Like Jake was gone, my husband Jake was gone for like 10 days. Cause he went to go visit his family and then did a retreat. And then Maria was gone just like a couple of days before that. And so I was here and my son was working and out a lot. And so it was just even I, and Eva's doing her, my youngest daughter's doing her creative things. She could just like get in a zone. So I was by myself a lot, like a lot, a lot. And I've found myself like totally bingeing, this Netflix series that had, it was like comforting in a strange way. It had like 16 seasons, you know? So just as I'm like cleaning the house and doing like, I'm doing stuff, I'm not just sitting in there, but I'm like have this show on. And as it's going on and on like over the course of several days, then I finally realized I'm like, I am really trying to avoid something here. Like I don't want to sit in this quiet place. And so one night as the show is

ending. I'm feeling like the emotion just rise up. And I went into my bed and I laid down and then within like moments, there's like hot tears running into my ears, which is the worst when it gets in your ears. But you know what I'm saying? Like hot tears filling up my ears as I'm just like, oh my gosh, I am so lonely. And it wasn't just because of that week. Like, it was almost like the impact of the whole year and a half of COVID. And we've had a really different situation up here in Canada and not, not being at Mass for so long. And like, it's like, you know, that that's affected you on deep levels that you can't perceive, but it was one of those moments where it just came out where I was like, I feel so lonely. Like I feel this deep ache within me, like, and even with us, like the natural ebbs and flows of relationship and not being able to see each other for a year and a half and just the distance that naturally occurs there. And with other friendships, just not being in each other's presence has been so hard on my heart, but I would like, didn't want to go there because it was too painful, you know? So I was experiencing this like, wow, I've really been running from this like a lot. And a lot of it is because I can't fix it. There's nothing I can do about it. I can't satisfy my own ache and it's not even that I haven't been going to Jesus. Like, I am going to Jesus. There's just some things that you can't change. And it's not that he's not filling it, but it took that experience of laying in my bed, just letting the hot tears rolled down. And I thought, what am I feeling? And it's only in those moments where I have a lot of emotion where I can articulate my feelings. So I just started writing in my phone notes. Here it is. And it was like, truth and lies all jumbled up in a ball, you know? And I was like, okay, here, we got some work to do. You know, I was like, Lord, I need some healing here, but also in the starting new again, beginning again, I was like, there's some things I can't change, but what can I change? Well, the first thing I know is I can not do this again this year. So as we start again, I'm like, what are some things that I need to step out and seek out or create. So that I don't keep experiencing this disconnection. Yeah. So it's like the balance of like, I'm surrendering, I'm not going to grasp, but at the same time, I need to take some initiative to notice what I need and to start reaching out and opening the door vulnerably, you know, to people, to community, to whatever can work. Yeah. So I think that beginning again, and then I went to confession yesterday before mass and I hadn't been in awhile and that was just what was coming out. Like, as I was sitting there before the priest, I was like, and I've allowed this to happen in this. And I just want to repent right now because today I want to start again. Like, I don't want to continue this again. It just came out like of every, after everything I was like, and today I want to begin again. I don't want to do this again. And I was like, okay, it was just a really powerful. I don't know, a few days that culminated in yesterday. And I was like, yes, like this is a new season. And I just wanna encourage our listeners. Like no matter where you are, even if your kids have started school, you're like, well, it's not really a new thing. It is a new thing. Today is a new day. Like we can begin again. And I think there's a process of what we're all talking about is we do need to go into our hearts to take some space and quiet and time to go. What is happening in there? What has been happening? What are the

aches that I'm feeling? The stresses, the shame, the embarrassment, like whatever it might be, the hunger that I have. And then how do I begin again? Like, what do I, what do I need to surrender and trust the Lord with, what do I need to initiate and how do I need to receive, you know, what I need from people and from Jesus?

Michelle Benzinger: That's so good. One of the poets that I love is John O'Donohue and he has a quote and it says through the innocence of beginning, we are often seduced into growth. Like we think we're growing. And I had this image in prayer a couple of weeks ago. Where I was sitting like criss cross applesauce on the floor. And I had all these knots and they were like in my heart and like they were coming out of my heart and I was trying so hard to untangle them and unfold them and to undo them. And I was getting just frustrated and frustrated. And as the Lord is like, will you invite me in just to sit on the floor with you and untangle and undo. And it was just such a beautiful tender moment that like, okay, like just allow him to untangle and undo all these different areas that have just been like, I've almost let, allowed to get tangled in. Yes. And Heather, I think what you touched on is such a huge thing, it's been such a season of repentance, like a season of repentance, meaning repentance to turn around, to face him. Repentance, to get into his gaze, repentance, to look at his eyes and have his eyes look at me. And allow myself to see my reflection in his eyes where I don't turn away. And it says like there's a scientific experience where it says, like, if you literally, if you are with someone and you look into one another's eyes for four minutes straight, the vulnerability that comes the attachment that comes the entombment that comes. And I was thinking to myself, What would it be like just to envision myself for four minutes - this is what I'm thinking, right - Jesus, I'll look at you, you look at me four minutes. Let's go. You know, but it was just this powerful moment in adoration where I'm like, I won't look down. I won't, I'll look nothing but look at that monstrosity and envision him looking at me and me looking at him. That's beautiful. And there was something that's like shifted when I did that. Like, I think it's a continuing - Sister, you touched on this in the very beginning - It's a continuing surrender. It's a daily surrender. It's a moment surrender. It is everything. Just say, okay, if I'm in your gaze, you can untangle anything can't you. And really believe that and trust that.

Sister Miriam James Heidland: Oh, good. Gosh. That's so lovely. Yeah, Heather, thank you, especially for sharing that from your own personal heart, like that's beautiful. I, that naming that of your heart aching and just saying I'm so lonely, like, gosh, don't we know that. And we're so terrified of that. And we're so afraid of what that means. And I just want to say thank you for naming that today because we all have those places of our heart where it's, it's incredible. And then what's the truth and what's the lies. And like what you're saying, Michelle is sitting before the Lord saying, okay, untangle this. I can't do it like, I don't know where the end is. I don't know. I'm so little, I need help. I need help. And I, I think that's a beautiful thing.

Heather Khym: That's a life prayer. I'm so little, I need help.

Sister Miriam James Heidland: Yes. I'm so little, I need help. you know, we call it adulting and we think we're too old. We're too grown for that. But nobody's too grown for that, cause that's our life. And maybe that is and so I'm inviting our listeners to a new season with us. And I think every single one of our listeners today could relate to something of that, what happened this summer or what the Lord's doing in their life and the areas of repentance and maybe it's time for a good confession as we begin the school year and begin a new year and okay, Lord, let's, let's begin again. And, and so that's a deep invitation that we have for all of us that, you know, As, Aslan says to Lucy and things never happen the same way twice. Amen. And so we think we know, but the Lord delightfully surprises us in new ways.

Heather Khym: And to allow ourselves to enter into a maturing process. Yes. You know, and there's stretching and growth that happens there, but to trust him and trust him with that.

Sister Miriam James Heidland: Hmm. Woo! I can't wait to see where we go this season.

Heather Khym: Oh, the places we'll go.

Michelle Benzinger: Oh, the places we'll go. Yes. The places we'll go. That's just so exciting. Um, yes, so good. We have so much for you dear listeners, and we know the Lord has immeasurably more. And so we're excited to, to begin again with you. And so thank you for joining us. If you have never listened to our podcast before you're most welcome here, and we'd invite you to listen to the last nine seasons, we have all kinds of episodes on different topics. We've got discussion questions, we've got all kinds of stuff that you can find in our website. Uh, we would love to invite you to just a deeper journey with the Lord in those places. And as we always do my dear sisters, we always do. What is your one thing for the week Heather Khym? do you want to share that with our beloved listeners?

Heather Khym: Sure! Over the summer, I had a great conversation with our friend, Jason Jensen at glass canvas. They have a new podcast called speak the unspoken, and he invited me to be on it. We just had an awesome conversation. Jason has a lot of wisdom to share. I love his creative spirit. Like glass canvas is doing some amazing work, which I'm so proud of them, what a gift to the church they are. But Jason and I just had like a really cool conversation about story and he had a lot of wisdom to share and even about leadership. And anyway, so that's going to be in the show notes. If you want to check that out, it really, the conversation blessed me

that I had with him. And I hope it'll bless some of you as well. So yeah. How about you, Michelle? What's your one thing?

Michelle Benzinger: My one thing is actually I took my oldest son up to Franciscan university. He's a freshmen there and I just want to give a big shout out. It was a really great, hard weekend. It was hard for me. You know, my oldest son going so far away, doing all that. Like Heather was saying earlier, just launching your children. But I just like to give a shout out to the whole entire orientation team at Franciscan University. The whole weekend was just amazing. It was beautiful. It was so great to be with dear friends that I went to college with at Franciscan, it was like, we were having so much fun as parents.

Heather Khym: It is crazy how many people kids are there now. I'm like, woo. Look at this next generation coming up.

Michelle Benzinger: Yes. It was so good. Like it was so good just to see different friends like Brian McCarthy, you are the most famous person that I know. And different people. I was laughing so hard that Bob Lesnefsky is actually in charge of student life who would have put that man in charge of anything like we were all at school together. And yeah, it's a real shout out to Fr. Dave Pivonka for his vision and for Bob Rice, you know, and the whole community there, you know, professor Rook and all just the community there. Thank you for making me feel like I was leaving my child with family. And not in a strange place and all the RAs there that are there. I just thank you. I just really, really appreciate it. It was such a blessed time, so I really appreciate it. So yes. And Sister, Miriam, what about you?

Sister Miriam James Heidland: Yay. Gosh, well, there's so much. Well, first of all, I think we just have to give a shout out to you, Michelle for your birthday. So once again, we just want to wish you a very happy birthday, even though it won't be a birthday anymore when this finally airs, but just to celebrate you and to thank to God for you. And just we're grateful for you. And I would love to offer just the essay I've been reading by Edith Stein on the vocations of man and woman. And I'll try to find that singularly, but it's in her book or the compilation of her book, her writing's called *Woman*, which I can offer in the show notes as well. So she's so great. I just love smart women like that. It just makes me happy.

Michelle Benzinger: Yeah. And we'll be reading a lot of her from that essay throughout the season.

Sister Miriam James Heidland: Learn from the best, learn from the best. Well friends, here we go. Here we go. We begin again. And we are off on a new season and the Lord is doing wonderful things. So thank you so much for joining us.

And we look forward to walking with you this whole time. So until next week we'll be Abiding Together. God bless you all have a wonderful week.

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Thank you. And God bless you.