

S10 E02 - Ever Ancient, Ever New - Changing Seasons

Heather Khym: Sister Lucia of Fatima said, "There is no problem, I tell you, no matter how difficult it is that we can not solved by the prayer of the holy rosary." Our sponsor of today's episode is a firm believer of these words. **Chews Life** is a small Catholic business whose mission is to equip all Catholics with rosaries for life. And they mean it. They have silicone rosaries for babies and beautiful gemstone and wooden rosary bracelets for adults. They have a rosary for everyone. The silicone rosaries are amazing because they're a hundred percent safe and babies absolutely loved them. Imagine seeing your little, one, totally loving on a rosary made just for them. It's literally like seeing your baby hold hands with our mother Mary and the rosary bracelets for adults, so beautiful and so well-made. A really neat feature of the rosary bracelet is their bookmark crucifix charm. If you don't have time to get through a whole rosary at once, no worries. Simply use the charm to hold your place until you can come back to it. You need to check out, Chews Life. They just released their fall collection, which features new, limited edition products. You do not want to miss it. Be sure to head over to their website, www.chewslife.com, that's chews life.com and use the code abide10, to get 10% off your purchase. We hope you enjoy this episode.

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. We are in season 10 ladies, season 10. Here we go, episode two. If you didn't hear last week, we want to invite you to listen to our begin again episode, and we have amazing things happening in a couple of weeks. We can't tell you yet, but it's just so incredibly wonderful.

Heather Khym: We can't wait. We're bursting, bursting, but not telling anybody we're not going to, we can't.

Sister Miriam James Heidland: We can't tell you.

Heather Khym: There was a couple of people. We told them, we're like, you can't tell anybody or something bad might happen.

Sister Miriam James Heidland: Something very bad. You may never have coffee again this side of heaven if you tell anybody. We will know if you do.

Heather Khym: That's right.

Sister Miriam James Heidland: So just, you know, wonderful things are afloat and that are happening, that are unfolding, that you will find out as our listeners very soon enough, but we're so excited. So, yeah. Michelle, how is life? You were at a recent football game girl. You and a couple hundred thousand of your closest friends do tell.

Michelle Benzinger: Well, I just got back. I am tired of people.

Sister Miriam James Heidland: You're not in college anymore? What?

Michelle Benzinger: I know we actually took one of my sons for a college visit to FSU. Tallahassee's only like three hours away from us and my husband is a graduate of Notre Dame. So we got to go to the Notre Dame FSU game. And, you know, I have a deep abiding love for college football and it was awesome. And the Irish pulled off a W at the very end miraculously. So it was good, but I felt like we got done with the game, my husband and I both felt like we would went through a war. Like, he's like, shoulders are tense and all this I'm like, What is the mantra? We cannot base our happiness on 18 to 22 year old college boys. I have to remind myself that every year. I have to remind myself that. Yes.

Sister Miriam James Heidland: And you guys won, you got your money's worth because that game, I mean, that game went into overtime, so it was good. It was really good.

Michelle Benzinger: It was, it was. It was really interesting though. We got to watch the Notre Dame players come in, you know, when they get off the bus and come in and I was right in the front and I was standing next to this woman and her son came over and like literally enveloped her in this huge hug over me and was hugging her and it was the cutest thing and it was just a good memory. Like these are people's boys, you know, like, but he's like, hi mama. Hi mom. And he just looked like a little boy and he was huge and he looked like a little boy, but it was so good. It was just a really fun atmosphere. And our Bishop and a bunch of the priests were there and a shout out to the TOR sisters that were there. It was a good time had by all. So I'm very thankful

Heather Khym: And I love getting your little videos and pictures. Cause I felt like we were trying to live vicariously through you. Without the exhaustion.

Sister Miriam James Heidland: I know we were. I went to bed like at like 8:30. So I was like, You go, you do the thing, I'm sure it's wonderful.

Michelle Benzinger: I know. I'm not used to staying up this late anyway, but it was all good.

Sister Miriam James Heidland: I was looking for you in the crowd. I didn't see you though.

Michelle Benzinger: I was there in all my glory. Yeah. How are y'all?

Heather Khym: Kids are back at school. So there's like some routine in life again, which is really nice to have. And I'm feeling ready for some bonfire weather. Our fire bans haven't lifted yet, not until October 1st, but, I'm feeling the fall vibes coming in already, while you're still roasting. Sister. I'm sorry. I'm sorry. You're like I'm living in a fire.

Sister Miriam James Heidland: I want you to know Heather Khym that I went to Hobby Lobby today and for 30 minutes I was in fall and then I left and it was 150 degrees outside. Well, we always talk about that, but anyway, I love fall that I just, you know, that's that is life, dear friends. So, well, speaking of we're going to talk about today. We are going to discuss the topic of ever ancient, ever new: changing seasons. So no pun intended. We love you, hobby lobby, but it just never changes there except for Christmas and Fall. It's pretty much all they have there, but we're going to use the quote from our scripture quote from Ecclesiastes 3:1-2, and something that we're, it's a very common, uh, scripture passage that we're all very familiar with. And we're just going to dive into that today. And it says there is an appointed time for everything. A time for every affair under the heavens, a time to give birth, a time to die, a time to plant, and a time to uproot the plant. And from Psalm 102: 26-28 of old, you laid the Earth's foundations. The heavens are the work of your hands. They perish, but you remain, they all wear out like a garment, like clothing, you change them and they are changed, but you are the same, your years have no end. And that interesting paradox of God as ever ancient, ever new. And we've talked about, everybody talks about this new normal or what we're talking about going back to normal, there's all this kind of like a rage and all kinds of circles about what does that really mean? And can we ever do that? And I was thinking of the saying this morning that, you know, the more things change, the more they stay the same. And what goes around, comes around. And one of our sisters, her grandmother is a hundred years old and she was sharing with us that she was helping her grandmother move into her mom's house. And I just was and her grandmother is still up, gets up and around, has a walker. You still, I just like, could you imagine a hundred years of what you've seen in life? I mean, just that woman, the story she would have. But she was a, what did they call the girls that, that were

worked for the military in world war II? Like the rivet girls or whatever, the ones that like, yes, she was one of those. She went through the depression. I mean, you just think of it. And now she said, she knows how to FaceTime and she has an iPad so she knows how to FaceTime. I'm like I want to meet your grandmother. But I just, you think of, yeah, just how things change and also the expectations that we have of change and then the things that don't seem to change. So we're just going to dive into there, but for you, Michelle as you kind of think about this topic and as you put together, some of these show notes, what's on your heart here as we dive into this.

Michelle Benzinger: I think we were all expecting, okay, like when things happened, we were all going to go back to a new normal, like a *new normal*, like, it would be *new*, but we would go back to some of the things that we we're used to, like finding rhythms. But what we're finding now is that even with, some things are going back to the same, but in a lot of places, COVID is running rampant again, there's different variants. There's a lot of things going on in the world front: there's been an earthquake in Haiti, there has been the things in Afghanistan and these aren't just from the United States view, but actually as a whole world view, there's multiple things going on in different countries. And so it feels, I think we've talked about this before on the podcast, and I think it's different now because we can see everything in real time, you know, because of social media and the news and it's constant, but I was thinking about it, but the Lord hasn't changed. He is still sovereign. He still knew everything was going to happen in this time. And not only did he know everything was going to happen, he appointed us for such a time as this. So I'm thinking to myself the other day, I was like, Lord, you knew that in this time of history, I would be here. You knew that these would be my children. You knew that these were the situations they would have. You knew this is where I would be, but you have a way. You had made a way. In your presence is fullness of joy, like in your presence is fullness of joy. So the gospel mandate has not changed. Go and make disciples has not changed. The sovereignty of the Lord hasn't changed even though the externals feel chaotic. How do we really root ourselves in that, that he is sovereign. He is steady, but yet he is doing something new. So it's living in that tension once again. And it feels, I don't know about you, but I think it feels heightened right now. Everything feels a little bit heightened and just a little bit overwhelming. So how do we lean into this presence of the Lord when everything feels like a whirlwind?

Heather Khym: That's so true. One of the songs that's been like rolling around in my mind a lot lately is an older one from United Pursuit called seasons change. Oh yeah. Michael Ketterer, whatever. He's so great. But anyway, the song, the lyrics to that song at one part, it just, it says, Lord, you've been faithful to plant the seeds and you'll be faithful to always send your rain. And then he just keeps singing over and over again, though the seasons change, your love remains, your love remains.

And I'm like this. It has just been in my heart, like rolling around this praise and this song because, you know, we just had to cancel our men's retreat again, for the second time. Two months ago, we talked about this and I was like, we are not going to cancel this retreat. There's no way we're on the up and up. Everything's going great. You know, everything's reopening, there's no way we're going to be going backwards by October. And here we are, you know, we're going backwards and at least where I am, anyway, things are starting to shut down again in some places. But I was like, Lord, you already knew, you already knew that this was going to happen. And this isn't stuff that we can control, but Lord, what do you want us to do? Like in the place where you have us right now with open hands, like for the things that are being lost and taken away, what do you want to do? Because you're still planting seeds and you're still watering ground here. And I just had like this experience this morning or last night where I noticed some fruit from something that I've been tilling this soil for a long time in a relationship. And the fruit just came out suddenly, but it was so apparent to me. And I was like, whoa, like, look at that! Like, I just, like, you never know when a new sprout is going to come up through the ground with what God has been watering, where you can't see anything for so long. So there was just a sense of like deep hope, even in my heart, like, yeah, there's lots of things that are being taken away and things are changing and out of our control and messy and hard and violent in some places yet The Lord is still moving and there's still new life that's springing up from the ground that, that we don't expect and that we can't see. And there was just like, so much hope in my heart. I was like, Lord, I have no idea what you have in store for this season. Right now what's apparent is that some things are being taken away. But just help my eyes to see and my heart to be open to what new things are going to spring up from the ground, from this, you know, the fallowness that's happening here. You know, it was really beautiful.

Sister Miriam James Heidland: Isn't that's so stunning? Because I bet a year ago, or even two months ago, that fruit, you would have been like there's no way that's gonna to happen.

Heather Khym: Yeah. For sure.

Sister Miriam James Heidland: Or any time soon That's so stunning.

Heather Khym: You never know when it's right around the corner. It's right. Like it just keeps coming to me all the time. I'm like, hang on Heather and people, hang on. You never know when the good fruit is going to pop and it might be right around the corner.

Sister Miriam James Heidland: I agree with you. I think it's so easy for us to make agreements with hopeless. And make agreements with powerlessness and make agreements with death, really, in a sense saying, well, this is never going to change

this. This can never be resurrected. And, you know, we have no idea how God is working. He's always working, always working like you're saying, and we have no idea. And I think that is one of the things that has been difficult for planet earth in this last year and a half is that it's, the goalposts are always changing and you're not really sure what to do. And the thing you think you can trust, or you can rest on you can't because then it's taken away or that's changed. Or people are seeing things in their countries that they've never seen before and they never thought they would ever see. And it's, it's scary to a lot of people and it's so yeah, it's like such a quandary of, Well, then what does our hope rest upon, you know, what, what does, does our hope rest upon? And I, one of my favorite scripture passage is actually from Jeremiah 6:16. And I think about this a lot. It's in one of our daytime, it's in the office of readings or it's in the midday prayer for the brevity but it says this, it says, this is what the Lord says. Stop at the crossroads and look around, ask for the old godly way and walk in it, travel its path, and you will find rest for yourself. Or ask for the, another translation has ask for the ancient path, ask where the good way is and walk in it and you will find rest for your souls. And there are certain things in life because God is ever ancient, ever new, things that do not change, that are timeless. Human beings will always have a human nature, God's nature will not change. There will always be a way of virtue. There will always be truth, goodness and beauty. Those things are never changing. And in places where society seems to want to redefine everything and tell us that everything is malleable and everything is flowing and everything is changing. It's not. And so we have to be very discerning in our life and to really understand who God is and who we are. So then we can cling to what is eternal and allow God to transform the places that need to be transformed.

Michelle Benzinger: And I love that what you said, like go look for the ancient path. So what are the ancient paths? And I think this is one of the beauties of being Catholic, you know, rooting ourselves in scripture and tradition. You know, like, how am I rooting myself in scripture today? How am I rooting myself in the sacraments today? Like, those are two things that we know we can anchor ourselves in. And then I always love to say and holy spirit, where are you moving? Where are you moving and become tangible for me to see. Don't let me miss it, let me be present to it. And it's so funny. I was thinking about a couple of different situations in life, and I was like, I want to change that. I want to change that too. I want to change that person. This stinks too. Like, let me give you my litany Lord of all things that I think you should change. And I came across a quote. I actually posted it on my social media today that we has done for something for greenhouse from Dorothy Day. And it says the older I get, the more I meet people, the more convinced I am that we must only work on ourselves to grow in grace. The only thing we can do about people is to love them. And I was like, and it was so funny because Sister, the Lord brought me into Jeremiah also about, because my word is like Lorian and fallow, you know, and it says break up your fallow ground, do not waste your seed among the thorns. And it's like Jeremiah 4:3 And I was like, okay, Lord, do not let

me plant seeds in places that are thorns. Let me plant seeds in. Where am I spending my time? Where's my focus? Where's my gaze? Let me plant seeds in places like you were saying, Heather, that will bear fruit, even though sometimes all that fruit takes a long time. Some of them do likes like years and years. Um, but. Don't let me plant among thorns, like keep me vigilant. And I really feel like this is for such a time as this is really like the 10 Virgin parable in the new Testament. Like, are we filling our lanterns and our lights with the oil of the Lord? Because I'm not saying that Jesus is coming back tomorrow.

Sister Miriam James Heidland: Well he could, you never know, he is ever ancient, ever new.

Michelle Benzinger: and I'm totally fine if he did, but I want to be ready. I don't like to be in the dark.

Sister Miriam James Heidland: Literally yes.

Michelle Benzinger: What about you, Heather?

Heather Khym: Yeah, I think like a lot of the upheaval and things, it does. Well, there's, there's several things that can happen either you fall into despair. And that really becomes almost like a vacuum, like a black hole where you just get it's like, it's almost like you can't hear anything that's good, hopeful. Like you just feel the weight almost like suffocating darkness. And, and that can happen. And there's ways to get out of that. You know, like we can say in the name of Jesus, like, you know, I just reclaim like goodness and light and God, I welcome your presence here at come and dispel the darkness. Like there, there are things that we can just open wide the door to the light again, we don't have to stay there. But at the same time, you can also be drawn into a position of being like, wow, Lord. I'm seeing what's most important. Amen. Actually, there's a clarity that can also come if we allow ourselves to experience that - of like, okay, some things are being taken away, is it really that important in the grand scheme of things? Like when I look at the big picture, when I step outside and I look up and I have a kingdom perspective that only God can bring, like what is the most important? My people that you've entrusted to me to love well. Jesus you are most important. And how am I to love those that you've entrusted to me? You know, heaven is my home. This isn't my home. Like just like that kind of clarity can come when stuff starts to get stripped away, especially control and stability. When that gets stripped away, it's like, well, what are the gifts that God wants to give us in this place of being uncomfortable and where things are being shaken up? I'm like, I hope that there is a shaking going on within my own heart, within the church, within the world where there's a sifting of like bring to the surface Lord, like what is the most important? Bring the gold, you know, let us see these, these gold pieces that are here that have been maybe

covered up by a lot of debris. So I'm welcoming that right now in this season. How about you Sister?

Sister Miriam James Heidland: Yeah, I agree. And I appreciate this quote that you added Michelle from Saint Therese. That's our girl. And she said, Uh, it's just, it was so great. It's what we're all talking about.

Heather Khym: This one wrecked me.

Sister Miriam James Heidland: it's so good. Isn't it? She says if he destroys my little plans, I kiss his adorable hand. It is because he wants to realize his own, which are more beautiful anyways, than those which I could have made for myself. If he permits a very beautiful success from my viewpoint. Thank you again. I think we'd all have rather prefer the beautiful success, but I love that she said if he destroys my *little* plans, because they are little cause we're little. And we so often think we know, or we think we know what's best for somebody, or we think we really know what's best for us even many times, or it's just like, oh gosh, those are very crucifying moments when the, our plans and especially the ones that go deep in our heart of the places where it feels like we've been crushed or the hopes that we had been dashed or we've been laboring in a part of our life for a long time. And all of us have those places in our heart where we've been praying for something for a long time. And here we are, again, seemingly back at square one, or we have a relationship where it seems like that and we've been praying and fasting and offering for somebody else. And it just, it seems like nothing's happening. And those are, oh, those are such hard places. It's those are such hard places where I think the holy spirit really invites us to dig deep and to be very honest about the grief and the lamentation that those things evoke and also to, to choose to surrender, to surrender over and over and over and over again. And I tell you in my own life, I never regret surrendering. I always regret trying to grasp and manipulate and control. I will always regret that, but I never regret surrendering to Jesus and not like, oh, I don't really care Lord, but like, Lord, this is really matters to me. And I don't know what to do about it. And this is crucifying me, but I'm just going to place this on the alter. And I just, I need your help. Sometimes I'm crying when I do it, but I never regret that.

Michelle Benzinger: And it was going back and we talk about this later in the season. Cause we actually recorded all out of order this season. I know, shocker. But like I was thinking about this, like the sweetness of surrender, but like the first, like our trust pleases him so much, like that we trust in his goodness and that he knows better than we do. And just even recently, like a situation, like a piece of land, a property came up for us that just fell out of the sky. And this is ideal, exactly what we wanted, in the location that we wanted, by people that we wanted, all the things, and then I'm looking at it, doing all things, and then someone else puts a

contract on it right away. And I was like, okay, Lord, is this some kind of sick joke? It's like a little carrot, you feel like he's dangling and front of you. And I was like, that's my land, you know? And, but it was so interesting after I threw my like 10 to 15 minute hissy fit, which is relatively, um, in the scheme of things, a really limited time for me,

Heather Khym: I'm really proud of you.

Michelle Benzinger: Thank you, that was slow. Um, but I realized, okay, I'm going to trust in your goodness. And you showed this to me for a reason, because you wanted to like - it lit a desire in my heart for both my husband and I, that there's something there. So I'm going to trust in your goodness. I'm going to trust in your plan and I'm going to just keep on leaning in and pray. Lord, you have land for us that you want to possess. You put this desire in our hearts. You are good. You provide your Jehovah Gyra. So I'm just going to keep on going, even though I have no idea what you're doing and one of the biggest things that I say over and over, especially the last two to three years, I have no idea what you're doing, but I do know who you are. Okay. And I know you are good and I know you're faithful and I know that you provide, and I know that you have goodness and not harm for me. And I know that even if something bad happens, you will bring goodness out of it. And I just have to keep on reminding myself, but it's like training yourself and trusting yourself. And, but I realized as soon as I got done going through that whole range of emotions, a litany, there's a sweetness that comes with surrender. There's a sweetness and exhale says, I'm putting it in your hands and I don't have to do this anymore. You know, I don't have to manipulate this. I don't have to make it happen. I have to lean into the ease and your grace. I don't have to make it happen on my own. And I think that's, if anything, the last couple of years have taught us is, you know, control is just an illusion and his sovereignty is the only thing that we can trust.

Heather Khym: And what I love to Michelle about what you were saying was like the submission of your emotions to the truth. Yep. It's not that your emotions didn't have a place. Yeah.

Michelle Benzinger: And I didn't suppress them.

Heather Khym: Yep. You can feel them all, you know, but they were still submitted to the truth. Like when you're saying, like, I know that you're good. I know that you're the provider. I know that you will come through, that you have good things in store. So it's like allowing your emotions to sit there under the reign of that truth, which is so vitally important. And like an incredible discipline that I think all three of us have been cultivating over the last several years. That's been bearing so much fruit for all of us, right. Because when we allow the emotions to take over and drive

everything, that's when the truth just goes right out the window, then you start hearing like, Well, I guess this means I need to figure it out on my own God. Like if you're not going to provide for it, then I got to hustle and figure this out. Okay, fine. I'll just do it, you know. Or you're not going to come through for me or you don't have good things for me, you know, that's where our emotions will often lead. If we let them just like have free reign without being submitted to the truth. So I love that. I love that part.

Sister Miriam James Heidland: I think it's always the both and Bishop Barron likes to talk about that. It is the both and. Yes, it is not either or. And most of the time we live as either or, but it truly is the both and. Like you both are beautifully saying, how do you honor your heart and your emotions and what they're saying to you and what you really believe versus the truth of what, of who God is. Like, there is a time for all things and there's a time to plant and there's a time to build and there's a time to tear down. There's a time to die. There's a, you know, and as we talk about..

Heather Khym: And there is a time to dance. Footloose.

Michelle Benzinger: Heather put that on the list of Abiding Together karaoke. Which you will sing all the songs at a later date. Okay go ahead Sister.

Sister Miriam James Heidland: Yeah. I was just going to tie it up in a bow before we go into our one things. But my goodness, you just tie that up right there. I mean, is that I looked it up..

Heather Khym: Did I or did Kevin Bacon tie it up?

Sister Miriam James Heidland: We're all, we're all related to him. Seven degrees or whatever. Six degrees, whatever. Uh, is that your one thing? Are you going to dance for us? I mean, we've been with you this whole time and you're going to do Footloose really. I mean, that's what I heard.

Heather Khym: I am some things, but I'm not a dancer that is for certain.

Sister Miriam James Heidland: but there's always hope Heather. That's what we're talking about today. It's like ever ancient ever new.

Michelle Benzinger: Come on girl, come on.

Heather Khym: Oh no, Michelle. We all know you're the dancer.

Michelle Benzinger: But then you're the singer, will you sing for us Heather? Come on, Heather, come on.

Sister Miriam James Heidland: We love it.

Heather Khym: You guys are dead.

Sister Miriam James Heidland: We love it. Yeah. So I wonder dear friends as we do just gently transition into our one things, but I wonder for each of us as we listen, I think we're all thinking of things. I know as you guys are talking, I'm thinking of things in my own life, of the sovereignty of God, of the places that he is bringing new things and where he's asking me to be very honest of what I understand and, the places of my own heart. And also very honest about who he is. And I think all of us could probably name a place in our life where like, that's exactly what the Lord is doing in my life right now. And will we allow him in his sovereignty and in his beauty and in his timelessness, in his eternity, will we allow him to continue to bring us into his heart, to bring us home? Cause that's where we belong. We shall ponder that. So friends would we like to talk about are one things Heather Khym, since we know it's not Footloose, whatever, we'll just start with you.

Heather Khym: Okay, well, definitely check out that song, Seasons Change, which I was mentioning by United Pursuit, but also my one thing, my main thing right now is ID intentional disciples ministry with Pete Burak and Rachel Herbeck our dear friend, Debbie Herbeck's daughter. Rockstar, both of them, Pete and Rachel love these two. They have an incredible young adult ministry that you can access online. They have challenges going on, where you get access to videos and teachings from amazing people that you just will want to sit at their feet and listen, and learn and who want to disciple you. So check that out. It is intentionaldisciples.com and you can check out the link and more info in our show notes. Shelly B what's your one thing?

Michelle Benzinger: Okay. Well in true fashion to get us back into the rhythm. I have two, one things this week. My first one is from our dear dear friend Gene Monterastelli and it is Our Lady of Podcast. It is a new podcast that he has developed about the different titles of Mary. And it is so good. And I just have to tell you, there would be no Abiding Together Podcast without Gene. This was his brain child to get the three of us together. And he was the one that produced it and edited at the very beginning. And yeah. So indebted to him. So his podcast, our lady of the podcast, he has different titles of Mary: Mirror of Justice, Refuge of Sinners, Cause of our joy. It is so good. So take a listen. All of the links will be in our show notes. And my second one thing is a book called Man your Post by dear friends of ours, Duane and Carrie Daunt. And the forward is by Scott Hahn on virtues of St. Joseph and it's real men living, attempting to live these virtues out.

And two of the men happen to be my husband, Chris Benzinger and Heather's husband, Jake Khym and dear friend Dr. Bob Schuchts, Andrew Laubacher. There is one by Patrick Lencioni, a great business leader and all different types of men living, attempting to live out the virtues of St. Joseph and real stories about their attempt to do that. So it was really cool. And for all of our listeners, there is a 20% off discount code for that book is a great book for the men and your life and once again, this will all be in our show notes.

Sister Miriam James Heidland: That'd be a great gift for the guy in your life.

Michelle Benzinger: Yeah, that'd be awesome. It was just so hard to get guests for men. I think that would be awesome. So there you go.

Heather Khym: There you go. Sister. We're on the edge of our seat..

Sister Miriam James Heidland: Well, my one thing for the week is I, my mom has a dear friend who's into naturopathic healing. My mom is too. So when I was visiting my mom this summer. Her friend recommended that we drink rose hip tea. Ladies, now, do you know anything about rose hip tea? I will spare you my Ted talk. I've educated myself deeply on rose hips. So rose slips are the bulb. After the, after the flower is spent, if you don't cut your roses and you let them go into the fall right underneath the bloom, I'm showing you, you can't see me. That's okay. But like there's a bulb that grows and after it grows nice and red, and after the first frost, you can actually take those and clip them off. And then you peel, you don't eat the seed. The seed is actually very scratchy to your throat. But you can peel off the peel around it and you can brew it. You can go to probably whole foods or any, nature or health food store and buy them dried, but rose hips have anywhere from 18 to 50 times more vitamin C than citrus.

Heather Khym: Come on.

Sister Miriam James Heidland: Yes. So you can make, I was just watching YouTube videos on rose hips and they used to make it in one of the world wars, when citrus was in short supply, they would make rose hip syrup to give people. So they wouldn't, you know, suffer from lack of vitamin C. And so it has a nice flavor to it too. So you can, like I said, you can go to any place and do that, but. Yeah, it was just a nice little find. And so my mom and I are educating ourselves. Now, my mother's like coveting other people's roses in there. She's like, after the first frost, I'm like, mom, you're going to get shot. Like, don't be going into people's yards, cutting off their roses, you know, but she'll text me randomly I found some new rose hips, like just stop.

Heather Khym: That is awesome.

Sister Miriam James Heidland: I love it. So you put one teaspoon of dried rose hips to one cup of tea and just let it steep. And you can refill that cup several times a day, or you can make ice tea out of it. So if you could make it like a pitcher and just, and put it in like a satchel, like the rose hips in a satchel, and it'll keep for several days in your fridge, you just have one cup at a time. It's a nice flavor. Tons of vitamin C and there you go.

Heather Khym: There you go. My mom has a new rose garden.

Michelle Benzinger: So you know, I won't do that, but will you come to my house and do it for me Sister?

Sister Miriam James Heidland: The next time I see both of you, we will go and we will get some or I'll bring some and I'll make you some, it's just fire. It's very nice. So yes.

Heather Khym: Awesome. Thank you for sharing that.

Sister Miriam James Heidland: Well, dear friends, where's the Lord revealing himself to you in your life has ever ancient and ever new. For there is a time for all things, right? And the Lord is the one who sovereignly brings us closer to him at all moments. So thank you for joining us this week. And until next week we will be Abiding Together. God bless you. Have a wonderful week.

Thank you so much for listening to this week's episode. If you liked it, would you please share it with a friend? We encourage you to head over to our website- abidingtogetherpodcast.com - where you can find all the show notes, links to our one things, transcripts, group discussion questions for each episode and beautiful mugs, t-shirts, journals and prints in our shop. There, you can also subscribe to receive our weekly email with links to each new episode and all of the content. We'd love to connect on social media and invite you to follow us on Instagram, Facebook, and Twitter, so you can catch inspiring reflections everyday. You're also welcome to join our private Facebook group and dive deeper into discussions with our fellow listeners. If the podcast has blessed you, would you prayerfully consider financially supporting us? The Abiding Together Podcast is only available due to the generous support of our listeners. There are significant costs associated with creating this content such as tech support, design, website, equipment, and hired staff that we need to be able to continue offering great content. Abiding Together is a non-profit 501c3 and all donations are tax-deductible. You can make donations of any amount through a website called Patreon, or you can send us a check directly if

that's easier for you. If you donate \$15 or more per month on our Patreon page, you become a tribe, a member, and you will receive bonus content every month, such as short videos, recipes, playlist, downloadable prints and more. You can find all the information about patreon at patreon.com/AbidingTogetherPodcast .

Thank you. And God bless you.