

S10 E05 - Daughter Pt 2: Seen, Known, and Loved: The Core Needs of a Daughter Transcript

Sister Miriam James Heidland: We are excited to announce that this week's sponsor is CORDA candles, some of our favorite candles, and we are huge fans at Abiding Together Podcast of CORDA candles. We even commissioned this one last year called Cloistered Heart. It was inspired by St. Elizabeth of the Trinity, our Lenten book study, and it just smells so fresh and so clean. It's got notes of cherry and violet in it, and the people at CORDA candles and on the team were so gracious, they actually give 15% of this candle sell back to my religious community. So I just wanted to say first and foremost, thank you so much for your generosity. It's been a really a wonderful help for our community and all of your donations, but a candle is a great gift as you know, and as we head into the holidays, if you're looking for a go-to gift, CORDA candles is a way to share the faith, but in a beautiful and subtle way, we think they're perfect for just about anyone because they lead with beauty and they share the gospel in a modern and meaningful way. The CORDA team handcrafts, each candle, including custom blending the scents which are directly inspired by saints and the faith. Something that really sets these candles apart is that they actually burn the candle. And as you smell them, the unique scent gives you a concrete kind of tangible connection to different saints. And one thing I love about the candles is that they're, they're beautifully fragrance, but they're not overwhelming and there's nothing artificial on them. So you can be assured that as it illumines your room, it illumines your heart and illumines your soul as well, it's just absolutely lovely. They create a beautiful peaceful atmosphere for prayer, and it's amazing as you know, very well, just lighting a candle, what a difference that makes for your prayer time, but also in your room whenever sacred space and just your living room as you gathered together as a family. The candles as Catholics are such an important part of our faith. And so we're delighted to, to help promote CORDA candles as well. CORDA candles has this beautiful jar candles, but there's also tea light samplers as well. So you can custom pick six different mini candles to try out and to figure out which scents that you love. It's an easy way to try a lot of scents before buying the bigger candles. Something else that we also love about CORDA candles is all the great ingredients that they use. And they're all natural coconut wax blend and clean burning fragrances. These are some, some of my favorites, Alpine Ascent and Roses In Winter they're all really lovely. I really can't choose a favorite one. They're just so outstanding. So you can learn more about CORDA and check out all the candles at CORDA candles, C-O-R-D-A candles.com. That's CORDAcandles.com. God bless y'all.

Hi and 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 Sr 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.

ello and welcome to this week's episode of the Abiding Together Podcast. As you can see, for those of you who are watching, we are actually together and we're gonna continue our series on daughter hood. Yeah. And full disclosure, it's after lunch, we've had a lot of spinach, so we're not really sure... what's gonna happen...

Heather Khym: We're a couple of Popeye's over here.

Sister Miriam James Heidland: Yeah, and there were some little hands earlier, which may make an appearance later in the...

Heather Khym: We are a little slap happy.

Michelle Benzinger: Yeah, a little slap happy.

Sister Miriam James Heidland: A little slap happy. It's true, it's true. But we are delighted to be back together here again, and we're going to continue our four-part series on our identity as daughters. So we're going to start once again with the same scripture passage that we had in part one, because we're going to spend the entire time as a daughter, just diving into this particular scripture. And once again, this is St. Paul's letter to the Ephesians 3:14-21. And St. Paul says, "For this reason I kneel before the father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches, he may strengthen you with power through his spirit in your inner being so that Christ may dwell in your hearts through faith. And I pray that you being rooted and established in love may have power together with all the Lord's holy people to grasp how wide and long and high and deep is the love of Christ. And to know that this love, that surpasses knowledge, that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than we ask or imagine, according to his power that is at work within us to him be glory in the church and in Christ Jesus throughout all generations, forever and ever, Amen." So we were talking on the first episode about how the received identity is daughter, we talked about trust and receiving, we talked about being the delight of the Trinity. And so now we're gonna talk this week about needs of a daughter, what are our core needs? And it's for many people, they might be like, well, I don't have any needs. Like, what do you mean? So what do you think about that? As we kind of just continue to kind of unveil these areas of our hearts and delve into these places. Michelle, what for you, when we talk about core needs of a daughter, what are some things that come to your heart?

Michelle Benzinger: I think one of the core needs for a daughter is really like what we were talking about last episode is these are things that we need when we are young, when they are infants and when we are growing. And it was really to be seen and to be known and to be loved. But this is where our security comes from. This is where our safety comes from. This is where our ability to be able to verbalize what we need. I don't know about y'all, but I mean, I'm in my forties. I think I'm just now learning how to really verbalize what do I need, yeah-

Heather Khym: Didn't I say that to you guys like, you're so good at letting us know what you need. Like this morning, I was like, wow, this is like a notable difference that I've seen in you.

Michelle Benzinger: Yes. I kind of feel like that scene from the notebook when Noah's asking Allie, what do you want? And she's like, but my family and hr goes forget about it, what do you want? I don't know! I mean, I think that's how the majority of us grow up. Like sometimes like our needs are put on... I think we think if we have needs that we're being needy and that we don't want to be needy. And I think that realizing part of maturation and part of growing up to realize that our needs are okay, you know, these are alright, but they have to be verbalized and vocalized in a certain way, you know? And they have to be identified in a certain way. Like, what do I need? I don't know. Yesterday, Sr Miriam and I went to go see this beautiful Catholic doctor, Dr. Tom. And he does beautiful work called actualizing. Is that how I call it?

Sister Miriam James Heidland: Activation.

Michelle Benzinger: Activation. Really just feeling trauma from your body and how your body works and different things like that.

Sister Miriam James Heidland: Learning how to breathe through your belly.

Michelle Benzinger: Learning how to breathe like a lot of ruha. I didn't know how to breathe deep down. And so the first question that he asked me, he said this is going to make me cry. When is the last time you felt well? Where your body felt well, like where you felt well? And I teared up right away, surprise, surprise. But, and I said, I don't remember. I don't remember the last time. Like I fully, like, my body fully felt well where there wasn't something going on or where there emotionally, physically, spiritually, you know? And it's not... But I don't walk around saying, oh, woe is me. But it's just, I... And it was such a shocking statement being like, I can't remember. And I think that's goes back to daughter people, goes back to daughter. What about you Heather?

Heather Khym: Yeah, I think that's a good example of how we often like go through life is that we don't even realize how many deficits we just get used to living with. Like, we just, we cope. We learn to live with it that way. And sometimes we feel like we might even believe that that's normal, that this is what living is gonna feel like until you have someone who can speak the truth and you go, oh, I didn't know that I shouldn't have chronic pain and that I shouldn't wake up tired all the time. Or, you know, like you just get used to - that's your normal. I think it applies like to just everything else in our life, we can get used to going through life, living as an orphan and not really knowing at our core that we are a beloved daughter who is seen, known and loved. And you know, when I think about little toddlers or when my kids were little, they get in that phase where they start to walk away from you and they'll always look back and they needed that assurance. And I remember just naturally what would come out is I see you, you're okay, you're okay and you just keep saying you're okay. And then they go a little bit further and they turn around and make sure that you're still there. And I think that's part of the like, them asking those questions in a sense, deep in their heart is just coming out. Do you see me? Am I okay? Are you going to be here for me? And, and I think for many of us on a deep level, we don't know that. Like, that is... There's places that are missing there. Even if we had great parents, like sometimes when we talk about the past, it can seem like we're throwing our parents under the bus, you know, but it doesn't have to be that way. It can just be like, you know, they weren't always around. They're not perfect or it might've been other people, that these experiences that we've had, there's messages that we've picked up along the way. Maybe it's a misinterpretation of something when we were young, that wasn't reality, but it is, it became our reality because of how we interpreted a situation. So yeah, when I think about that, I'm like, wow, it's so important that, that we bring this core need that all of us have to be seen, known and loved. And again, like we were talking about last time we need to ask the questions. Do I know this, deep in the core of my being that I am seen, known and loved by God? Yeah, what do you think Sister?

Sister Miriam James Heidland: Well I appreciate what we were talking about earlier is that we as adults, I think a lot of times we don't, we don't really know what our needs are, but we're afraid of being needy. And I think that label is one of the most fearsome things you can be labeled with like, oh my gosh, she's so needy. Or, you know, and we're like, we'll do anything but we're needy. But the real heart of that issue is that children are needy. They are, like they literally cannot cook dinner. They cannot change own diaper. They can't feed themselves. They are, they are the epitome of need. And all of us have these little places inside where we have a deep need of somebody to come and care for us. And ideally what happens in our hearts is when our parents meet those needs, or even when they haven't with the Lord and with healing and understanding as we get to be adults, we can express what we need without putting the expectation on that you better fulfill all my needs, you better do it right now. And it's up to you to make my life better, which is that that's

where we can... I think all of us, when we have those parts of our hearts that we feel toward other people. And then when we feel people coming with those parts toward us, that's why it makes us like, Ooh. And we feel that so ugly. But underneath this side is a little girl or a little boy for a man who's who wants to be seen and who wants to be tended to and cared for. And I think when we can understand what's happening at the deeper levels, that's when we can stop at that moment and say it versus, you know, pushing that side of our heart or exiling that part of our heart and saying, oh, that's disgusting, get away from me. 'Cause it'll just come out another way. But just to stop in that place and say, okay, Jesus, what what's happening here? And what am I really looking for? And to be loved and to be seen, and to be cherished is a good and holy desire. There's nothing wrong with that. Like that's heaven. We will be cherished and known and seen and loved forever. And of course we would ache for that, of course, God would build that into the foundational unit of the family where like we were talking earlier, how, when you had children, you just, you hold them and they just poop and they cry and you love them and you know, and you love them. And so I think that reality, we're so afraid of... So I think helping us understand that, what are we asking of other people at our expectations and also what are our authentic needs and that we need other people that we need people to show up for us and just kind of helping us understand what's happening at the deeper level, because we all need that. We all need that, that's part of being a human, you know?

Heather Khym: you know, when I think about myself and like, when I. I am in need of something. I have a really hard time asking it's hard or something.

Sister Miriam James Heidland: It's hard isn't it? Yes! It's hard because it makes you vulnerable.

Heather Khym: It's so hard. One because I'm super, you know, self-reliant or whatever. But it's also because I don't want anybody to feel obligated. I don't want to put anybody out. It's like the worst feeling of like, I just want you to do it if you want to do it. But if I ask you, then I feel like you're only gonna say yes, because I'm asking you. And I have this deep thing around, like, I just don't wanna be a burden to anybody at all. And I'm sure that has a root somewhere. I haven't gone there yet, but that's a really hard thing for me. And then also I think when I opened myself up to someone else, then I risk being disappointed. And that's also really hard for me. Like I hate the feeling of being disappointed. And so if my expectation is that someone would love me in a certain way, not my expectation, but more like my desire. And it's not meant in that way, the disappointment can really bring me like pretty low. And I think that that's what you're saying sister, is sometimes like we have natural needs that are important that we should bring to each other. We are made for community and we are made to be in communion with each other. And at the same time, like holding both of those carefully together, God is the only one

who can really come through for us in a perfect way. And so, yeah. It's like, how do we experience fear again, coming in to even disrupt like how we ask for, or need to be loved or express our need to be loved.

Sister Miriam James Heidland: Yeah. Which is so risky, isn't it? Like he said, oh gosh, it's so... It is because we've all had experiences also where that has been pushed back in our faces and well, you need to get yourself together. And you're like, yeah, I'll just be over here. Like, nevermind, nevermind. You know, it's at that moment, when all these agreements and vows, I will never and like, oh, that's so, yeah... So it's very, it's holy ground.

Heather Khym: Yeah, and I think too, like it's... If I were to think about my husband and if he said to me, Heather, this is how I need to be loved right now. I'd be like, oh my gosh, totally.

Michelle Benzinger: Yes, yes.

Heather Khym: Because my heart loves, I already love him before he asked. So he tells me, I'm like, that's a gift to me actually, because then I can love you in the way that you need. But for some reason what I put it back on myself, I'm like, no, I shouldn't ask for what I need. Because if you don't already know how to do that or want to do that, then it's somehow like, not true. You know that song, I think it's Bon Raitt.

Sister Miriam James Heidland: Are we gonna sing this for the rest of the day now? Are you gonna do this to us? Is this what's gonna happen?

Michelle Benzinger: You can only say the song if you yeah karaoke.

Sister Miriam James Heidland: Yeah, are you gonna sing?

Heather Khym: No, no, no.

Michelle Benzinger: No, why? Heather has a really good voice.

Heather Khym: You know, you can't make me... I can't make you love me if you don't. You know, that song I like...

Sister Miriam James Heidland: Oh yes.

Heather Khym: I love this song. And for some reason I've heard this actually from like.

Michelle Benzinger: You should sing it. Of course she loves it but doesn't sing it for us.

Heather Khym: This is so not fair.

Sister Miriam James Heidland: ♪ 'Cause I can't make you love me ♪

Heather Khym: See sister is the one.

Sister Miriam James Heidland: ♪ You can't make your heart feel something it won't ♪

Heather Khym: Something it won't, that's exactly it. Yeah, and strangely, I've actually heard several women say, that's one of their favorite songs. I think there's something about that.

Michelle Benzinger: Oh yeah.

Heather Khym: Of like, I don't wanna force you to love me. I just want you to love me. Like I want you to... And that's part of seeing someone is like that you know, that they see you for who you are and in the glory parts and in the really horrible parts. And they love you anyway that there's nothing that can change their love for you. And yeah... So anyway, those are the things that, for me personally, they get tangled up in that dynamic and the lack of trust that I see within myself to receive love.

Sister Miriam James Heidland: Oh that's so good.

Michelle Benzinger: But there is something about that Bonnie Raitt song. Like it does identify with a lot of women because that's a deep ache like that song voices, a deep ache. And I think like if unspoken expectations or anything like that just ends up becoming resentment because we-

Sister Miriam James Heidland: Wanting you to read my mind. You should be able to read my mind.

Michelle Benzinger: Yes you should be able to read my mind. I mean, Chris and I have that conversation all the time. Like, shouldn't you be able to read my mind by now, but it's not, but realizing, okay. Real maturity and real... Okay, what are your, like one of the things like especially on weekends, when we have more time, what our hopes and dreams for today? Like what, what in your mind do you think are

like... even like last week was my birthday. He was like, what is your hope for your birthday? How can we celebrate you well?

Heather Khym: It took us 20 years to figure out, Talking about our expectations, It's really cleared off a lot of things.

Michelle Benzinger: Because in my mind, like, because I love to celebrate people. Like you think you should know how to celebrate me. I shouldn't have to tell you, but not everyone works that way and realizing that that's how he loves me. And that's a gift for, you know, me. For him just to ask, like, how can I love you better? And just to ask, you know. But I think there is something about like, okay, we don't wanna be a burden. You know, I think we want to be freely loved. And freely celebrated and freely whatever and seen. And someone notice us, you know, but I think there's something powerful when someone notices us the little parts of us and the big parts of us and... But I think for us... And going back to the previous episode, I think we need to give us ourselves permission to be students of ourselves. You know, how does my heart work? What do I need? Ask ourselves the question, because I know for me, I still can't identify some of the things I need because I've already put a counterfeit needs in place of the real actual needs that I need. You know, I just need a break. I just need to chill and watch a show. I just need 20 minutes by myself. I need... And some of those things are good, but actually some of those other things, they're not actually what I need. Like I need a communion or I need like real rests and I do fake rests or I need something else because I'm not in tuned with my own self to know, you know. What are your thoughts, sister?

Sister Miriam James Heidland: That's very true. And I mean, we talk about as a daughter being seen, known and loved, like, we're talking about attunement and connection. We'll talk about attachment later on as we go in this series. But when people can, you know... And like we said, like you said, nobody can pick that up all the time. I think psychologists say, even if, as parents, if you do like 50% of the time, you're doing pretty good. Like, it's just the repair. Like, okay, you missed it, you repair, but it's Christ is the one who's deeply attuned to us. And when we experience that, we experience a deep safety. And we've, we've talked about this before in the show. I think this has been one of my one things in the past, but it's a book called The Life Model, Living From The Heart Jesus Gave You.

Michelle Benzinger: Amazing, yes.

Sister Miriam James Heidland: And it's very, very good. Can we just talk a bit about some of the... It talks about personal tasks of like daughterhood, and it's talking about infancy and we're talking about the small places, but I think it might be helpful because this is written by a group of Christian psychologist and they say

this, it says, the primary task of birth to age three is learning to receive like the primary task. And then this is... And we'll talk about this in another episode, but it says the primary resulting problem in adult life when tasks are not completed is weak or stormy relationships, which would make sense, because if I don't know how to receive I don't trust you. Either I'm not gonna, I'm not gonna need you, or I'm gonna be so compulsive and obsessive, and it's gonna be tumultuous and it's gonna be hot and cold. And like, but all that is indicative of as a broken attachment at the heart. So it talks about personal tasks, there's five, which is like the task of a child. So what is a child learning at that age? Living in joy, expands capacity for joy learns that joy is one's normal state. Think about that for a second, learns that joy is one's normal state, builds joy strength. Number two, develops trust. Number three, learns how to receive, number four, begins to organize self into a person through relationships and number five learns to return to joy from every unpleasant emotion. Wow. So you just think of all the little places in our own hearts where joy is not the normal state, and we're not talking about like passing happiness, but like the contentment that rest in the Lord, and then that you can come back to the joy center and come back to joy islands. And as they say, like in the brain of like, okay, yes, I'm feeling really sad or disgusted or angry or bitter or resentful, I can experience that what's happening there. And then allow the Lord to bring me back to the joy state. And yet, you can see that in children, you know, when they get overwhelmed with joy or they get... That's what mom does, mom is the primary regulator, especially in the first couple of years of life of like, look at mama we're okay. We're gonna be okay, we'll change you, will be just fine. You know, just the way she speaks and the body language and the contact and, and that's through the father too. But those are some deep tasks that I don't know about you, but these are still working outing my own life.

Heather Khym: Yeah, of course, of course

Michelle Benzinger: Yeah, every single one all through five, I think those are powerful ones, you know, and to realize, okay, I think the joy part is huge because it goes back to what we said in the previous episode about delight, you know, and where, and it goes back to even like John 15, which is like the guiding scripture for this podcast. If you abide in me, it goes later on in John 15, then your joy will be complete. Then my joy will be in you and then your joy will be complete. I'm like, where's my complete joy? You know, and it's an abiding question and it's abiding in the Lord and it's abiding in ourselves knowing ourselves and that we were made for this communion and this attachment with the Lord. And in that it gives us this peace that surpasses all understanding and that it gives us the joy, but I've been really thinking about even just the state of the world and like, you know, where we are right now like, even even how we're recording this, we're in September right here and we have just gone through the United States has just gone through everything with Afghanistan. I don't even know where it will be in October when this airs, but

COVID cases are up again. There's Haiti, earthquake, hurricane Ida just happen. The Haiti earthquake just happened. Like there's a lot of things happening. And I'm looking at a church in Afghanistan and I'm looking at the church in other places that's really persecuted. And one of the things that people say that makes me cry just hearing different stories of the thing is their joy, like, like the persecuted church, a lot of the stories they tell is their joy and it just has totally convicted me. On so many levels, you know, is my abiding presence in the Lord, does it bear the fruit of joy because joy is a fruit, you know, so I'm, yeah, it's a fruit of the Holy Spirit. So if I do not have that abiding presence in the Lord or in myself, you know, am I bearing the fruits of the Spirit of joy? And if I'm not like that means my root systems off somewhere shape or form, you know, and it's looking at that and asking those questions of ourselves, yeah.

Heather Khym: I think the reflection on are the fruits of the Spirit fragrant in my life is like...

Michelle Benzinger: Amen, girl,

Heather Khym: That was my reflection before going to confession the other day, I was just like, where am I not seeing the fruits of the Spirit? And then I just, that's the trail that I went down. I was like, if I don't have joy, why? What is that the root of that, you know? And I just kept going in that, that's what I brought to confession because I think, you know, it's one thing to say, well, I go to church and I do all these good things or I'm holy or I'm, whatever. It's like, if you don't have the fragrance of the fruits of the Spirit all over your life, well, there's something to be questioned there for yourself like, and with your spiritual director, like, you really should ask those questions. Like, that's a beautiful question to ask, yeah. Because I think there are places inevitably that all of us have where there's gaps like there's gaps in our, in our growing gaps, in relationships, wounds, like all of that stuff. But God is the one who fills the gaps. He really is, I think, for so long in my relationship with him or just, maybe it wasn't that close of a relationship, you know, growing up, I've always been Catholic. We studied at Franciscan University, like theology, like who cares, but in the sense of like, we've been around, like, I just mean, like we've heard a lot of things, but for some reason, like it really didn't hit me hard that God is a restorer here and now, and it was always like this sense of, I have to wait until heaven. Like, these are the things I'm just gonna have to deal with these shattered parts of my heart, that are so sorrowful or these tapes in my head of lies. Like, I'm just, this is the battle and this is the cross. And although that's partly true, you know, that we are called to carry our cross and there is a battle. But that God really can restore us now. So as we talk about this specifically in like the scene known and loved parts where there's gaps there to just like find peace and hope that God is a restorer, like that's been one of the most comforting things for me. Like, wouldn't you say? Like in your own life, if you like, as you've experienced that?

Sister Miriam James Heidland: Oh, definitely. Because I mean to whom shall we go really? Because like we said, ultimately, nobody were created for community in relationship, but nobody can totally see us know us and love us in every facet. And the best of human love is a revelation of the deep love of God is to invitation to like the deeper levels. And I think it's so easy for us in, in the gaps to make agreements with where the enemy is coming to speak lies about see, nobody likes you, nobody ever sees you see nobody ever, you know, and we're so used to those things. Like we agree with them without even... It's like the tape that goes on in the back of our heads. And we're like, oh, like, like it's, you know, oh, this is happening, you know, like we were staying in an Airbnb and upstairs is really hot and downstairs is cold. And he was like, you stay upstairs. You think it's hot, then you walked down there like, oh, life could be different. Like downstairs is 40 degrees colder than upstairs. Like call the owner of the Airbnb. But you know what I mean? It's like, yes, but we live upstairs and we don't ever go downstairs to think maybe there's a different way of life, you know.

Michelle Benzinger: That's a good analogy with our Airbnb

Sister Miriam James Heidland: Well. Let's try to get some A/C on. Hashtag first world problems people. All right so maybe if we could talk a bit about learning to receive, like to be seen, known, and loved. And so what are, what are the things as daughters... So if you're listening to this and you're saying to yourself, we might have some ideas that maybe where these areas of being seen on love have not been met, or how are we trying to compensate for them or like what's to help the Holy Spirit enlighten our hearts. It talks about in this book also, so the personal task, but it talks about the community tasks. And we will, in another episode, we'll talk about when the tasks fail. So what are the community and family tasks for children and for us as daughters. So parents delight in the infant's wonderful and unique existence. Parents delight in a unique and wonderful existence. Parents build strong loving bonds with the infant. Bonds of unconditional love, gives care that matches the infant's needs without the infant asking. So that there's the... That's proper to infants because infants cannot verbalize I'm highly uncomfortable right now, can you please change my diaper? Like they're, they're crying. That's the way they're saying it, but...

Heather Khym: You have to anticipate their needs.

Sister Miriam James Heidland: Exactly. And so when we don't get that, of course, we're gonna expect everybody else to, to do that for us. Discover the true characteristics of the infant's unique identity through attention to the child's behavior and character so attunement and provides... This is, this is gorgeous,

provides enough safety and companionship during difficulties, so the infant can return to joy from any other emotion. So it's the being there with, it's the needing the seeing and the knowing, which gives the child safety enough to say, okay, this is a passing emotion. And I can go back to the true state of who I am, which is eternal, right? Cause the eternal is joy like sorrow and despair, those things are temporary. Like we experience them now, but that's not present in heaven. And what is eternal is what's most true. So, it's not denying that it's the Paschal mystery, but the return to the state of when I experience in my life places where I'm not seen, known, and loved, where am I going with those? Like, what am I doing?

Michelle Benzinger: And I think that goes back to being a student of yourself saying like constantly asking you those questions because you take those questions and have a holy curiosity about it. Like, why am I reacting this way? Why am I, you know, like, I mean, a funny incident is like, I've tried to really like alter as I'm trying to do my physical health really well, like eat gluten-free, like eat all these kinds of things. So I have like certain food separated from our family's food, you know? And I have all these boys. And so I made these like gluten free, little pizza things and whatever, and I set them out, you know, for them to cool off. And I went in another room, I came back and they're all gone. You would've thought somebody had murdered someone in my house, how mad I was. I mean, and my reaction did not meet the situation. And my first thought went to, oh my gosh, no one appreciates anything I did, like, oh my goodness. Like, this is the one thing I have. They can eat everything else in this house. I mean, like, I mean, when I tell you, oh my gosh, my reaction was like some, yeah, it was totally over the top, but there was something that put a finger on something so like someone, they don't see me, that's, what's basically... They do not see me that I do all the... And it hits something really core in me, you know?

Heather Khym: They are just gonna keep taking.

Michelle Benzinger: They're just gonna keep taking it, that's it. Just keep taking. And it was something that I really had to look at. I'm like, cause I'm like, okay, you know, this is not meeting the situation. So what is that? Like, what are these things? But I noticed after I realized that my reaction was really, really strong instead of treating myself with shame, like, oh my gosh, get over yourself. Like, or like, you know...

Sister Miriam James Heidland: The way you used to talk to yourself-

Michelle Benzinger: Yeah, it was like, I stopped. And then that's when I was really tender with myself. All right, what's going on? All right, what is this that is... Like this hit a core nerve or a core need look at that, and it hit something that I needed to look at. So, you know, holy spirit come in to this moment, you know, search me and

it was, was like, I felt unseen and I felt taken advantage of, you know, and then it brought up another memory from my past. And so it's those kinds of things, you know, but usually I would have just pushed her aside and just kept on going, like, let's move, you know?

Heather Khym: Yeah. And there's a few reasons why we're talking about this. I think most of us can get into just we're reacting and responding to what life throws at us. And we often don't know why we react and respond. Like you're, you're pausing now, I've learned to pause. We all have been learning to pause and ask ourselves those questions. So why do we do that? And I think one of the big reasons is maturity. And we talked about this at the first episode of the season is like, there should be a process of growing in maturity, you know, to be rooted in love, to be... to grow deeply into these areas. And if we're just constantly responding and reacting and we never pause long enough to say, why am I doing this? Or what is it that I really need here? Then we will just continue cycles over and over and over again. And I think for me, the more that I've allowed myself to heal, the better I'm able to love others because when I'm receiving and I'm being filled with the love of God, when I experience him and it's not that I do this perfectly, not at all, but... But there are times when I feel like I'm putting myself literally in the presence of God to be seen by him to be healed by his gaze. That is my intention. I'm like, God just heal me. And I think, you know... Then I'm able to love better when I receive that way. And you stop certain cycles from happening within your family or within your community, within your circle of influence. And so for my kids, I feel like there's moments where God has taught me how to love them, you know, by like stopping or they've cued me as to what they need. And then I realized, oh my gosh, this is so important. So like when my daughter Maria was three years old and she's standing in front of this full length mirror, I've told you guys this story before, and she's spinning in her little dress and she's like, mom, look, look, look, look, I'm like, and I was packing. So I was like kind of glancing, I'm like, oh yeah, cool. You know, she's like, I keep going. She's like, no mom look. And I kind of glanced up again. I'm like, oh, that's pretty Maria. Not enough for her, she's like, mom, look at me. And so I had to stop what I was doing. And I looked at her and I let her know, I see you, Maria. And she's spinning around. And it's like flaring out, which every little girl loves. And I was just like, I see you, Maria. Like, you're so beautiful. And she just like lit right up. And I'm like one, when did we stop spinning around in front of mirrors and delighting in ourselves. But secondly, that we would invite someone to delight in something in us or that we're delighting in, you know? And I was like, it's important that we stop, you know, as parents, but just as people, like, as we care about people, like it's important that I stop and listen to your heart sister, listen to you, you know, that I'm able to love you, to anticipate your needs. And the only way that I can grow in that is to mature in these areas myself. It's impossible to give that unless it's been poured into you.

Michelle Benzinger: I agree.

Heather Khym: And when there's not people to pour it in, in the way that you need, like, this is where God, the Father, he's a person, like Jesus is a person. The Holy Spirit is a person they want to come and fill in all of those gaps for us. It's not an imaginary story we're telling ourselves, this is the difference between a self-help book and what we're talking about. It's like, you can tell yourself positive thoughts whatever that's completely different than the truth of God being spoken into the deep places of your heart, where you need it the most. That's what transforms. It doesn't just like, it's not just a mindset change. Like it's a transformation that occurs that I think is very deep and real.

Michelle Benzinger: Oh I agree. That's really good.

Sister Miriam James Heidland: Oh, so much wisdom there. And, and that's really the root... We talk about affirmation, it's making us firm in the truth of who we are. And I think that is the beautiful thing that is not just telling yourself nice things, but it's allowing that transformation to take place and to be able to respond and to notice the needs that we have and to recognize the beauty of them. And I think that can almost be more difficult. I think one of the hardest things about, say when somebody does disappoint us, that they don't see us, or you're talking to somebody and they're totally not paying attention. And you just, after a while, you're just like, oh forget it. You know, like those places of our heart is to make agreements or to say, I don't need anybody anyway, but to sit in the ache of like, I really wanna be seen, like, I really, I really wanted somebody to know that to be with me there. And like maybe the person that you're with doesn't have the capacity to do that. But just to be like, Lord, I wanna be seen here. Like, can you, can you speak? And that, that's a beautiful thing. And I think I know for my own life, I like pushed that away for so long. And I'm like, oh, but that's beautiful, that's eternal. And like the Lord delights to do that. And, and then at times like, you know, if we do it to say to people like, look, can you just listen? Like I really need, like, I just need you to be here with me. Like, you know, just like, just, just be present. I don't need you to fix it. I just need you to hear my heart, you know? And people that love us, we're like, oh my gosh. Yes. I'm so sorry. Like, or how can I be present to you? Like, how can I love you? And, and I think those realities of... That's what gives us the safety and security, like we're saying to be able to attend to others. And I think we've talked about this, but I think in our own personal journeys, I know for myself, like, as I've grown as a person, I can see the behavior of the people at times. I'm like, oh, she just wants to be seen, like, that's why she's doing... It's not like anything about me personally. I don't have to freak out about it. Or like, I'm like, oh, okay. It might be a way that's camouflaged, but you're like, oh, you recognize the core need. Oh, they just wanna be loved. Like they just want to be affirmed here. And all I need to do is just sit and receive. I don't have to fix it. I don't have to just, you

know, like, you know, nobody needs my unsolicited advice. I just need to sit here. So I think that's the restoration of, like, you talk about the Christ, the one who attends. Christ the attender and just how present and just how attentive he is. And he's not, he's not put off by people's fig leaves and that it's his love that roots people and grounds them in the love of the Father. And that's what the work of Christ is all about within one of us at this very moment, you know.

Michelle Benzinger: Oh, that's so good. And it's Christ the attender and Holy Spirit the comforter coming in and just realizing all of that. And I think for us, like you said, as the more that we realize that within ourselves, the more that we can give it to other people. You know, the more we are attuned to our own hearts. The more we can tune into others. We had a situation this summer where we went back to the Life Teen Camp Covecrest, where we ran Covecrest for 10 years. And it was beautiful and amazing, up in the north Georgia mountains, well, my children have not been back in over five years, like fully back. And you know, this is like a very formative times of their lives and all this kind of stuff. So we get there, we're there the first night. This is the first time that we've been back in awhile. So it's during dinner time at camp and all these people are coming up to us and it's a little overwhelming, like just being in that situation again. One just being around that many people again, like after COVID, but so we're there. And my, our two youngest were with my husband and I, while we were there. And so my daughter, Lily is there and we're at the dinner table and all these people are coming to us and I'm looking over at Lily and she is just tears. And I'm looking at her and I'm just like, and this is my first thought. I wanted to lean over and say, Lil what's going on? Honey, pull yourself together. That's what I was gonna say, pull yourself together. And we can talk about this later, you know, because that's what I do, pull yourself together and we'll figure this out later, which I usually don't ever go figure it out later, but put, you know, put yourself, girl put your stuff together, put your lipstick on and move on, you know? And then I was just like, no. And so, and all these people wanted to talk to us and all, you know, and come up. And so I just looked at her and said, Lil let's go. And I excused ourselves from the table and went and she and I went for a walk and I said, Lily, what's going on, you know? And she just totally breaks down. Like she missed this place. She missed the life, you know, being around all the camper she missed. And so she was expressing what she missed. And I was like, well, what exactly? She's like, I want to move back to Covecrest. And I wanna be like, no you really don't but honey... And so I was like, why? And so I asked, why? I just do. I'm like, no and I was thinking, I said, Lily, can you name the ache that's going on in your heart? What is it that's going on? What do you miss? I said, can you name it? And it was such a pivotal moment in myself and her because I was attuning to her heart because I had been attuning to my own. And she said, I miss living and tight community where everyone lives next door to each other. And we all know each other really well. And I said, okay, so we have community where we are, but she said, well, we don't live next door to each other. I'm like, okay, what else do you

miss? I miss summer camp and having all this I'm like, well, okay, we can't get that back, you know, but it was just asking her. But it was powerful for her to name what the ache in our hearts, but it was... And I just received her. And so she's like, what do we do now? I'm like, you just grieve. You just grieve because you miss it and I'll be here with you. But it was like, I mean, I was just, one, I was like, I showed up differently. Because I had shown up differently for myself. So then I could show up differently for her and I didn't push her through which I would have totally done you know?

Heather Khym: And you know, you also didn't say, look on the bright side because we do that, which is yes, it's important. You don't wanna wallow in a hole, but this grieving part is so important. And you've lived that you've let yourself grieve some things and realize there's actually beauty that comes from grieving.

Michelle Benzinger: Well, resurrection comes out of with the grief, you know, like going through, going through the whole process of holy Saturday, you know, going through the whole process, not pushing through it. So yeah.

Heather Khym: I think there's something I just was coming to me as we were talking. And I was thinking about my husband in particular and how there's been, you know, at times just a lot of ways that we missed each other, like in loving each other. And I can speak for myself, like ways that I feel like he hasn't loved me well, or in the way that I needed. And it's very easy for me. My default is to just close up and wall up and be like, well, then I don't need you. If you, aren't gonna show up for me in the way that I need, then I just won't need you. You know, like that's something I have to always be really, really careful of and I'm constantly trying to like pull myself back into their, like, re-engage Heather, re-engage like, don't stay far away. So I think too, like Jake has grown so much, like as I've been more vulnerable with him about what I need, which is excruciatingly hard for me. And he, then he's responding better in the way that I need then, you know, like... It's, like we have to allow each other to grow, like to recognize that like in the past I may have been hurt by this person or they may have been dismissive or they may have whatever it might be you fill in the blank. But to just know, like people are there, they can change. And there's maturity occurring in them too. Like, I can think about things that I did five years ago. I'm like, uh, you know, you know, I'm like, well, I've grown from that, you know? And I hope that people are willing to give me another chance and, and vice versa. Like I have to be willing to accept that myself and notice, like I can't shut down my heart to people forever because I've been hurt or because they didn't get it right. You know, like, am I canceling them out? Like, we're so big on like, I don't believe in the cancel culture, but like, I think a lot of us do that with people. Like, actually I'm not gonna say, like, I just don't need you anymore. I'm just not gonna give you space to even talk to that part of me anymore. And so I think that's

something I'm learning a lot about in this last couple of years in particular, but to keep my heart open and allow people to grow as well as myself.

Sister Miriam James Heidland: Yeah, keeping our hearts open, that's the key to everything, isn't it? eah, Oh my gosh. Well friends, I don't know as you listen, maybe there are some things that come to your heart too, about areas of your own life of being seen, known and loved. And just as you know, we've all shared different things, whatever the Holy Spirit speaking to you, and just want to invite you just to be very present to those places and maybe to journal about it. And of course, to spend time with the Lord about it, and there's some good friends in your life, do you really maybe start talking about some of those things or taking a risk, you know, like allowing people to grow or being attentive to people's hearts and we've all missed the mark many times in our life. We've all... And it's never too late to come back around and say, you know what, I'm sorry. Like I missed your heart there, can we try again? Can we try again?

Heather Khym: Yeah and to also take time to just sit before the Lord, like, especially it is Eucharistic presence in a church, even if the tabernacle is closed, you know, but to let him see you like to just sit there in the gaze of God and let the gaze of God heal.

Sister Miriam James Heidland: To behold and beheld.

Michelle Benzinger: And like sister said also go outside of yourself and to be able to reach out to someone this week and say, Hey, I really noticed about this, about you. I wanted to affirm that in you. I really, you know, you know, I really saw you in this situation to go out of yourself and be intentional with someone else, someone in your life that you're journeying with and make a conscious effort to verbalize that to them. Because I think a lot of times we assume, oh, they just know that they know how I feel about them, you know? But no, I think there's some power in actually the affirmation, verbalizing the affirmation of who people are in your life.

Heather Khym: And I think being willing to affirm another, it really puts us in a position of linking arms, you know, because there's not a competition where there's not the, well, I don't want to build you up because it might detract from diminish me like, to freely love as a gift, yeah.

Sister Miriam James Heidland: That's good stuff. We should have like a podcast about this or something.

Michelle Benzinger: You're good stuff.

Sister Miriam James Heidland: I see what you did there, that was very good. We can do this all day folks.

Michelle Benzinger: Seriously, we'll be here all day.

Sister Miriam James Heidland: Don't forget to tip your waitress. Alright Michelle, what's your one thing for the week?

Michelle Benzinger: My one thing for the week is, actually this summer, I had the beautiful opportunity to be with some of the Sisters of life. And I had never met any of them. I mean, I've known Sr Bethany. I think I've met her when she was a teenager. So I knew Sr Bethany who's a lovely, Sr Bethany Madonna is just so lovely. But I had never been around them as a whole because they're not anywhere where I have been. And so I had the beautiful chance to be with Sr Mary Elizabeth, Sr, Mary Gabriel, and all the Sisters Of Life. But I have really been praying their litany of trust. And so I think that is a great one. When you are really praying through the seen known and loved part of your daughterhood because we are trusting in God's goodness and the very core is that God is good and he created me out of goodness and so that is just a beautiful prayer to pray. So my one thing is the litany of trust and the Sisters Of Life. And Heather what is your now thing?

Heather Khym: My one thing has been my one thing before, but it's more specific this time. So restore the glory podcast with the very cute Jake Khym. Yeah, my husband and Dr. Bob Schuchts, they have a podcast. So, you know, they're both therapists or Bob was a therapist for 40 years. And so there's just like coming with a wealth of wisdom, talk about different topics, but they did a series called healing in marriage. And there was a couple of interviews in there and just some other things. So Chris Stefanick and his wife, Natalie, they were interviewed and it was gold. Like it was so good and so beautiful. And their vulnerability was so beautiful. Jake and I did an interview and there's a few others that I just thought, you know, like for people who are married and have struggles, and I just thought, this is hope like these are stories of hope and that healing can occur. So you want to check that out, restoretheglorypodcast.com is where you can find all that. And it'll be in our show notes. Sister?

Sister Miriam James Heidland: Well, you and Jake also had an episode in that too. Which I think will bring healing for people as well.

Heather Khym: We did, we shared some really painful parts of our story, but just like God's restoration in that too. So yeah.

Sister Miriam James Heidland: Yeah. Yeah. Well, I think for my one thing this week, it's not so much a one thing, I just would like to pay tribute to one of our dear Sisters who passed away very suddenly Sr Maria of Merciful Love, and she was 35 years old and she died very suddenly in Belize a few weeks ago. And just the talk about somebody who just shined with love. And I can honestly say that, you know, just such a beautiful, beautiful sister, beautiful daughter, and the tribute that was poured out to her after she passed away was just stunning to see how many people young and old just came forward and just affirmed her goodness, affirmed her loveliness just affirmed her kindness and love for the Lord. And it was such an inspiration and we will dearly miss her, but we are just already asking for intercession to help us. So we Sr Maria we love you very much and we will always pray for you. We ask that you pray for us also. So yeah, she's really lovely. So well friends, you are seen, known and loved, and we love you and we are glad you were here with us. And until next week we'll be abiding together. God bless you have a wonderful week.

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