

S10 E15 - Advent Part 4 Transcript

Sister Miriam James Heidland: Our sponsor for today's episode is Walking with Purpose. Are you ready to discover not only what matters most in life, but also how to prioritize those things? Do you long to feel satisfied at the end of the day, knowing that you've loved your family, not just in your heart, but also in your schedule? Are you ready to build a life that you don't want to escape? Another glass of wine? Just one more episode on Netflix? A little more scrolling on Instagram? Women are numbing out at ever increasing rates. And why? What is it about our lives that makes us feel so overwhelmed and what might change if we figured out how to build lives that we actually like? Ordering Your Priorities is a new Bible study from Walking with Purpose, a Catholic women's ministry, whose mission is to help women and girls encounter Jesus through scripture. Ordering Your Priorities is focused on helping you put the most important things first by paying attention to the one who made us, because He can best tell us what we need for our lives to run well. We all have limits and every day there will be things that we plan to do that are left unfinished. We can't always fit in a little bit more. A life well-lived is made up of days when the things that are most important are done first and many good things remain undone. In John 10:10, Jesus says, "I came that you might have life and have it more abundantly." And this is the promise that we are pursuing. Ordering Your Priorities provides you food for thought, questions for reflections and truth to ponder. Now through January 31st, Abiding Together listeners can receive 15% off Ordering Your Priorities. Go to walkingwithpurpose.com and enter ABIDING15 at the checkout to receive 15% off. That's walkingwithpurpose.com.

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.

Hello and welcome to this week's episode of the Abiding Together Podcast which you can also watch on our YouTube channel and we have arrived, dear friends, on so many levels, but we have arrived at Advent Week Four and the last of our four-part series which we did Daughter, Sister and now our series on Advent which we had the wonderful opportunity to film at Spirit Juice Studios

Heather Khym: And Christmas is right around the corner, can you believe it?

Sister Miriam James Heidland: We were just listening to a bit of Christmas music.

Michelle Benzinger: Get in the spirit.

Sister Miriam James Heidland: I know. It's really lovely. It's very lovely. And so, we have been talking about faith and joy and hope and this week we're gonna talk about peace and we've lit our last candle on our Advent Wreath. And we're gonna talk about Saint Teresa of Avila. We've been discussing the four women Doctors of the Church in relation to the Sundays of Advent. So we're gonna talk about Saint Teresa of Avila today and the gift of Christ who's Prince of Peace. Which goes very deep. We've also been studying two different scriptures, one from Isaiah 61, and the other is the prologue of the Gospel of John. So I will read that to you again and just allow this to wash over your heart and to flourish in your heart. The gospel of John 1:1-5. And it says this, "In the beginning was the Word and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him and without Him, not one thing came into being. What has come into being in Him was life. And the life was the light of all people. The light shines in the darkness and the darkness did not overcome it." We're going to base our time together also off of a poem from Saint Teresa of Avila which is very well known which is one of my favorites. And so maybe Heather, do you wanna read that for us?

Heather Khym: Sure. Yeah. It says, "Let nothing disturb you, let nothing frighten you, all things are passing away. God never changes. Patience obtains all things. Whoever has God lacks nothing, God alone suffices."

Sister Miriam James Heidland: Just the reading of that brings a lot of peace.

Heather Khym: Yeah, yeah. It's such a good reminder. I mean, I think like, God is always saying to us like, "Peace be with you." Like He says it all throughout the Gospels. He's like, "Peace be with you." Over and over and over again.

Michelle Benzinger: We say it at mass.

Heather Khym: We say it at mass, yeah. And I think we need that peace to calm our anxieties. There's a lot of anxieties I think many people are dealing with, even if it's not like an anxiety disorder, but just that we're anxious about things. We're anxious about many, many things. And this is like such perspective right here. God never changes. What I feel like she's saying is, "It's gonna be okay. It's gonna be okay." Yeah. Yeah. There's something about that that I think is true. Ultimately we are gonna be okay, there is war and there is things going on, but God has won the battle. There are some things that are settled. Not everything is up in the air. Not everything is still to be figured out, like God has already won freedom for us. He's won heaven for us. And we just need to cooperate with Him and come into

relationship with Him. Like we were talking last episode about the simplicity of certain things. And I love the scripture that we focused in on for our podcast, Abiding Together. But in John 15, where he's just like, "Abide in my love." I'm like, "Oh, what an invitation." It's like, "Heather, will you abide in my love?" I'm like, oh. Well, like when I allow myself to pause enough to listen to what God is asking me to do, because sometimes we're like, it's too much. It's gonna be too hard and scary. Like whatever, it's like, God is just asking us to abide in His love. Like this is what our hearts are aching for us. What we need so badly. It is what is gonna heal the world. Like this is what we so desperately want. And it's right there all the time for us to engage with, respond to, rest in, all of that, yeah.

Michelle Benzinger: I think for me, I was thinking about this when we were... I was thinking about, okay, this episode's on peace. And I go back to the series that we did with Father Jacques Philippe on Searching and Maintaining Peace.

Sister Miriam James Heidland: It was such a popular series.

Michelle Benzinger: It is. And it's such a good book like, but I've gone back to pick up that book a couple of times, especially in this last season. And it was funny 'cause I was looking at it, I was reorganizing all these bookshelves because we switched rooms in our house a couple of weeks ago. And I was looking at my Father Jacques Phillippe collection next to my Henry Henri Nouwen collection. And they're both very plentiful in content.

Sister Miriam James Heidland: Different friends, next to each other?

Michelle Benzinger: Yes, there you go. And so you could see, but I was looking at, even at the title of the book, "Searching For." Like, oh, I'm always searching for peace, but maintaining, that word, maintaining peace. Like is it my posture of my heart, do I maintain it? I think maintaining peace and sustainability are a big deal. How do I sustain this posture of peace? And it goes back to what you said, Heather, it's abide. I'd say, because abide also can be translated into remain, stay here, this is your position. Don't get out of it. This is your posture, don't get out of it. Probably like, oh, oh, no. But now we'll stay right here, let me remain with you, Lord. Let me stay with you. Let me dwell with you. Like we were saying, like that interior posture of our heart, let its interior, this peace, it's not externals that are going on around us. It's interior peace because the world outside us will always be chaotic. Things will always be changing. Things will always... There's always gonna be drama.

Sister Miriam James Heidland: There's always gonna. The world continues to spin on-

Michelle Benzinger: There's gonna be drama.

Sister Miriam James Heidland: And people are born and people die and things happen and things come into existence and they pass away.

Michelle Benzinger: Oh my goodness. One of the quotes I love out of "The Secret Life of Bees," it's a fiction book, one of my favorites, where she talks about, "It's amazing when someone's heart is blown to pieces and people still go on with their lives." It means the world keeps on spinning. And isn't that so true? Like I think about that when a natural disaster hits or something tragic hits and I'm walking around the grocery store and I will always stop to think about someone's life just completely fell apart. And I'm walking around with my grocery lists, and like that the world keeps on spinning. But there's this interior peace that we have to cultivate. It doesn't just happen, it's maintained and cultivated and all that. Sister, what are your thoughts?

Sister Miriam James Heidland: I think whenever I consider peace, really usually without fail, Dr. Sri from the Augustine Institute will always come to my mind in one of our scripture classes. He was talking about how the deepest meaning of peace is rightly ordered relationships or rightly restored relationships. And so that's at the heart of abiding, of remaining as the rightly ordered relationship with God Himself, which is why when Jesus comes through the locked doors for the disciples, he says, "Peace be with you." Come into restoration, new relationship with me. And that's the heart of it. That's the heart of Daughter, that's the heart of Sister, that's the heart of Christ coming to earth. And it's a song of the angels. It's a song that the angels sing over the shepherds. Glory to God in the highest and on earth peace to people of goodwill, peace to people of goodwill. People have their wills order toward the good, which is God. And then natural outpouring of our lives ordered toward God, who is the ultimate good is peace. 'Cause it's the restoration of who we truly are, like we talked about in our lives, two podcasts ago about praise. That is a preparation for eternity. That's our life rightly ordered or telos toward eternity. And that I think holding onto those things, like we've said so many things change in life but Christ. Thank God centuries all over, like Christ never changes. God never changes. He's ever ancient, ever new, but He never changes. And this poem is so popular and it's just so prevalent social media. And it's amazing, whoever posts it, people just automatically like it. It's like perpetually popular.

Michelle Benzinger: Whether they're faith-based or not. Yeah, it's just one of those ones where it translates to whoever you are

Sister Miriam James Heidland: Because we've all been disturbed, we've all been frightened. We've all tried to grasp on the things that are passing away. And we are all looking for something that won't change. And that just like she said, patience. Patience obtains all things. Whoever has God lacks nothing. 'Cause God alone suffices. And it's the gentle living out the day-to-day, the abiding together, the living out day-to-day that makes all the difference.

Michelle Benzinger: Oh, I agree. Wow.

Heather Khym: Yeah. My word of the year, as you know, is steady. I'm wearing my little bracelet-

Sister Miriam James Heidland: Oh I saw your bracelet earlier. Steady.

Heather Khym: Steady. And I've been reflecting on that a lot. And recently I've been reflecting on Jesus in the boat and the storm and he's sleeping. And it talks about he's sleeping on a pillow. Like it's very specific. It's like, not only is he sleeping, he's comfortably sleeping with his head on a pillow. And I'm like, there's so much trust that comes with that, that he would even think, I'm just gonna curl up for a little sleep right now. And I'm sure it wasn't like a storm that came out of nowhere. I'm sure he knew what was to come or maybe it was already brewing, and he's like, yeah, now seems like a good time to take a nap. There's a trust involved with the Father that He had. Where He was able to maintain peace, like you talked about. No matter what was happening around him. And he's trying to teach us, that it's okay, don't be afraid. I'm the one who calms the storms. I'm in charge of this. I'm bigger than this. I'm more powerful than this. And that's something that I have to constantly allow Him to remind me of. I can't always do it myself. Like I find even with that, I try to do too many things. I need Him to remind me of that truth, that he is there and it's okay. Like I am okay. I'm being held in the palm of His hand. And there is nothing really that can take me out like of what the ultimate goal is, which is heaven in union with Him. If my heart is continually being given and transformed and conformed to His will. And I think it's just like finding that safe place sometimes feels very elusive to us to find the safety from which peace comes, which is resting in the arms of God. So it's like, how do we live in something that seems hard to imagine, but how do we actually live from that source of peace of resting in the arms of God, and allowing the storms of life to come, even to the point where there's a little pillow under our head and we're comfortably resting.

Michelle Benzinger: In the storms of life.

Heather Khym: Yeah. Yeah. I'm like, this is hard. It's hard to do, but not impossible. And like what do we need to go to Jesus, who is our teacher and say, "Jesus, teach

me. Teach me how to find peace in the storms because they're not gonna stop." I mean, we just keep being surprised, sort of, by all of them that keep coming, but they're not going to stop. I don't think we constantly are called, like if Jesus came, that we might have life and have it to the full. This means that we're not called to be in distress all the time. To be on hyper alert all the time. That there must be a way and Jesus is the way, right? He says that. Like to experience peace and the fullness of life that He says, He promises us, right?

Sister Miriam James Heidland: Yeah. I wonder too. It's often said that the preacher's preaching to themselves. I wonder, look at Saint Teresa of Avila, somebody who has suffered tremendously, a great reformer and great reformers suffered tremendously. And it is lonely, and you think of all the pushback she got, and just thinking of this, I wonder if she was sitting by herself in the chapel one night and just is like saying this to her soul, like she's saying, I need to hear this. Like let nothing disturb you... I mean, could just imagine her, just like all these storms in her life and all these years of suffering, what people are saying about her, all this kind of stuff. And she just trying to do the right thing. She's trying to do what God's asking her to do. And I could just imagine, I wonder for her, and she's not pontificating, like let nothing disturb you, but she's like in the crucible saying, "Let nothing disturb you. Like you just think of her as a person and how we all need... I think we could all write this in our life. It's gonna be okay. As soon as like, we have to proclaim the good news of our own hearts. Okay, it's gonna be okay. Patience, I'm gonna keep going. I'm not gonna give up. I have God. I mean, you could just almost hear her. That's like her own prayer coming out of her own heart of sorrow.

Heather Khym: And King David has those prayers too. Where he's praying, "Awake my soul." And so like, he does the same thing too. There's a long history and tradition of this within our church, within our people that we need to remind ourselves of.

Michelle Benzinger: And there's something about Teresa of Avila I'm heavily devoted to her.

Sister Miriam James Heidland: Yeah, that's your girl.

Michelle Benzinger: Yeah, she is my girl. And I love Therese a lot too. I mean the, all the Carmelites, but Teresa of Avila just, there's something about her. Like we have said before, like you don't choose saints, they choose you. And she's one of the ones and she's been very profound even in the last couple of months, again. Like I really feel like she has been an intercessor and advocate for me for just different areas of struggle. Like, please pray for me here. Like as an older sister, like, I need your help here. And she comes through, she and St. Joseph together come through beautifully. And I was asking, my mentor, asked me, she said, "Do you

know what my prayer for you is?" And I was like, "No, I would love to know." And she said, "That you are a woman that embodies Shalom and that you embody Shalom so much because you are so in tune with the presence of the Lord and the presence of the Lord within your own body and within your own soul and within your own mind, but that you walk in Shalom prophetically. And so the people around you will feel this wholeness and this completeness in this peace, but first it has to come from you." And we talk about that like even in psychology terms or whatever. Like you have to learn how to regulate yourself, like your own body, so you can regulate others, like a mother, like people's nervous systems regulate other people's nervous systems. So like, what does it mean to be a person that fully embodies Shalom? This peace, this wholeness, this completeness, that everything is in order as it should be in. I was reading something and I was really disturbed about what I was reading, state of the world. I mean, pick a topic, any topic, you can have a lot of them, and it was so funny. I was thinking about it, and then all of a sudden, Saint Teresa of Avila popped into my head and I was thinking about her and just what she was doing. And then this is like, my train of thought goes like a rabbit hole. And so like, it goes downward. And so then I was thinking about random things, oh, she's the patron Saint of this, patron Saint... And that I remembered, she's the patron saint of chess players, which is one of my favorite things. Like when I always play with chess images, which is really funny, 'cause I really don't know how to play chess, but I was praying through all of that, and it was something, and the Lord is like, "Get ready for the..." Have you all watched the Netflix series, "The King's Gambit?"

Heather Khym: "The Queen's Gambit?"

Michelle Benzinger: "The Queen's Gambit," Yeah. And so it is an amazing thing about a prolific prodigy chess player. Oh, it's really, really good. And so I was thinking about that movie, and it's "The Queen's Gambit," But the Lord is like, "Don't worry. Like I will do the King's gambit. Like I will make the final move." Like I was so interesting to see even the way my prayer went. It was like, I will get the checkmate at the end. Remember who the victory is, and remember how the story ends. So it was always good for me. Like even if, as we're going through Advent and salvation history, like Heather, you said in the last episode, it's the beginning and the end. Okay, so this is the beginning of the New Testament, but let us not forget the ends of the New Testament. Jesus comes back again and not as an infant this time, but as the King of Glory. In His fullness, His completion, and in the book of Revelation, He makes all things new. When we start back in the beginning of salvation history in Genesis, it starts in the garden and we end in the garden. So we're going gardens to garden with a beautiful manger in between, but the Lord has the final say so. He has the final Shalom in Revelation. And trusting in that, especially when we don't know, we just have to trust in that. What are your thoughts, Sister?

Sister Miriam James Heidland: And that is the moment to moment because all of us experience storms. All of his experience disturbances, all of us have to go to Bethlehem when we're not ready to go and for a census and all of us are sometimes on a donkey and nine months pregnant, so to speak, in our life of like, I did not sign up for this. Like I'm not prepared.

Heather Khym: And it's hot.

Sister Miriam James Heidland: It's hot, it's stinky, I'm tired, it's uncomfortable. It's dirty, poor St. Joseph. Like you could just imagine him as a man, like trying to provide for his wife and all these things happen in our life, and I think we have this illusion that one day I'm going to arrive and everything's going to be tranquil and calm and that's not ever gonna happen like on this side of heaven. So in those moments of whatever that is for us, to really allow what's happening to happen in our hearts and to proclaim the truth of what's going on and just to allow the peace of Christ to come in and dwell within us. And it is the moment to moment. It's not this ideal thing out there. It is the day-to-day moment. I think one of the most popular things that people said about Claire Dwyer's book about Saint Elizabeth of the Trinity was the example she gave of picking up Cheerios one night on the floor.

Heather Khym: And Jesus was there.

Sister Miriam James Heidland: And Jesus was there. And so many women wept over that because every woman, especially moms, we all have our moment of picking up Cheerios in the kitchen and we think that we've missed Christ, and He's like, "No, I'm here. I'm here." And that's exactly how transformation takes place. And somebody was explaining, I love art, but I had not studied this particular painting by Rembrandt and it's Jesus in the boat with His disciples. And it's stunning and I didn't... Somebody was pointing out the details to me and I wanna study it more deeply, but it's Christ in this massive storm in like the bottom of the boat. And he's in the bottom of the boat, giving kind of an instruction to disciples and like there's 14 people in the boat, 'cause Rembrandt painted himself into the painting and he's turning around and looking at you, like, what is your expression? What is your disposition gonna be? Because one of the disciples is vomiting over the side, One of them is trying to control the wind, one of them has a sword like he's going to take on the waves. I'm like, oh, it's so good. And at the bottom is Christ, very peaceful in the boat, knowing he's the one who calms the wind.

Michelle Benzinger: On a pillow.

Sister Miriam James Heidland: It's just so lovely. So we all have those places, especially like during the time of Advent, like we've spoken of many times, like

family gatherings stir up a lot of things in our hearts. And we have the juxtaposition of what we want our families to be and what they really are. And sometimes there's death during Christmas time. And like, there's all kinds of things that happen that are disturbances, that frighten us, that allow us to experience those insecurities. And what Jesus is doing is saying, "You come home, like you come home to my heart and experience this peace and security and rest here. This is where you belong and I'm not going anywhere. I'm not leaving. I don't change. I'm not going anywhere. And you belong here. Like, this is where, this is where your home is." And we all need a place to call home. And His heart is our home.

Heather Khym: Yeah, there's certain practices that I think we have to incorporate into our day. Peace doesn't come like, just when we're not thinking about it. I mean, yes, God can show up anywhere, but often we have to put ourselves in a position of receptivity to the peace. Like Jesus is peace. He's the Prince of Peace. So it's welcoming him, whether it's at the beginning of your day or whatever it is like to continually open our hearts. Like often now I find in the middle of my day, I used to never ever do this, because I didn't feel like I could, or I don't know, I felt guilty maybe, but there's like a certain time often I will like, just go, "Okay, I'm gonna take a little break now from my daily stuff." Even though list isn't done, lots of things still to do, but I'm like, I just need to take a break. And it's not because I physically have to, like, I could power through which I always used to do, but I'll often just like lie down on the couch for like 10 minutes. I'm not sleeping or anything like that. A dog will come and snuggle with me. Super cute. And then I'll just often like just breathe and I'm like, come Jesus. Just come, just come and fill me right now. I'm just laying on the couch. And I just opened my heart to Him. And breathing is like a big part of this, like to just like breathe in His peace. There's something about like the association with our body and opening wide, like our heart to Him that I think it takes some pause. Like it takes some intentional pause. You could even do standing up in the middle of a train or whatever it is. Like, it doesn't have to be the perfect situation, but to intentionally just like welcome Jesus, the Prince of Peace into our hearts, and to like breathe in the peace and to take some pause time. It's been so helpful for me. Like so, so helpful.

Sister Miriam James Heidland: Oh, I love that, Heather.

Michelle Benzinger: And I know when we came to Chicago, it just was Sister. We went to go visit that amazing Catholic doctor and he helps you do breathing work and all that kind of work. And I was so amazed how many times I held my breath? Like I was like, oh my gosh, I'm holding my breath. And is that just not such a state of like, oh my goodness. And then to see the peace that would come when I really would inhale and exhale fully and feel it all the way to the bottom in my diaphragm. it's interesting 'cause I even have a bracelet that I wear that I got this year called Ruah. And I've been just studying the Holy Spirit as the breath of life as that has he

breathed in life. But I was like, oh my goodness, just amazed, like about how I held my breath. And that would just spoke a lot about just what I was holding in. The tension and the whatever anxiety or whatever I was holding in. Subconsciously or consciously, whatever, that I was just, all right, we need time to breathe. It's your breath in our lungs.

Heather Khym: And I think many of us are holding our breath right now. And have been for a while, like figuratively and whatever. But it seems like we are waiting for whatever other shoe there is to drop. There's many, many shoes, not just one and two, but like it's like another something to do with COVID or another tragedy in my family or in my circumstances or something else goes wrong or something else in the world or another leader fails or whatever it might be, I think there is, like, we're just holding our breath, waiting for the next tragedy to happen. And what does Jesus want to do with that? How does He want to meet us right there to transform that? Like, this is not how we're meant to live. There comes a point where you just have to go, no, like, no, I will not surrender to this way of living anymore. And it takes a transformation. And what a beautiful season Advent is, even if we're right at the end of Advent, like, there's never a better time than right now to say, I wanna live a new way. Like, and Jesus just come and meet me here where I am in my poverty, in my breath holding, in my anxiety. But like wherever it might be, and He's not afraid of how messy it might be. Like, He's awesome that way.

Sister Miriam James Heidland: Which is what we really saw in last week's episode about St. Therese, of her making that decision. Like that was a decision that was aided deeply by grace, where she said she held back her tears, not oppressing, but just like her natural reaction would be to throw a fit and be childish, and she was like, no, I'm gonna make a decision. And I feel like, St Teresa of Avila is making a decision here. And it says the proclamation of the good news over and over again of what happened in the past doesn't have to continue. I do not have to continue to live the way I have in the past that with the Lord, there's all things are possible and God makes all things new. And like we've talked about at Advent as a penitential season. I mean, there's still time to make a good confession before Christmas. And just to really make an appointment, do a great examination of conscience and go to confession even with what we've talked about. With faith, with hope, with joy, with peace, like where are we astray? Where are we grasping on our idols that break us, all the things that we want to attain, that give us the illusion of faith and joy that aren't God, and where are the places in our hearts where God's calling us to repent and to come back to Him and to confess our sin and confess what we've done wrong. So then we can receive Him a new so he can be born anew. And it's not just something that sounds nice. It's true. It's true. And this is how transformation happens is in these little things that God so graciously, every year, brings us to the simplicity, to the light, to the beauty, to the quietness and the stillness, to the

poverty, to the messiness, to remind us of who He is and who we are. And that that is the resounding eternal good news.

Michelle Benzinger: And we used the quote earlier in the season, but Teresa of Avila also has this. God is on the journey too. He is on the journey with us. He's on the journey too. This is not something we do alone, He is with us holding our hand, guiding us, with us, looking at us. He is with us in this whole thing, Emmanuel, God is with us. And He wants us to come into the fullness of life. He wants something to be birthed in us anew in this season and one thing that we have not talked about this Advent season and just, where is Our Lady in all of this? Where is Our Lady in all this? That she, like our last Advent season, that we really focused on her titles. But as we have Teresa of Avila and St Hildegard and Saint Catherine and Saint Therese, like our lady is there also wrapping us in her mantle and wrapping us that she's there in the manger, and she's there in the garden at the very end in Revelations. She's in all places. And so just really coming under her mantle and her protection, like for when we need that peace that we have a Mother, even on our way to driving here today to the studio, we were praying the Memorare, remember oh, most gracious, Virgin Mary, that ever was it known that anyone who fled to your protection, was met with help. And so like, so anytime we need to flee to a mother's love, we know that we have Mary, our mother.

Sister Miriam James Heidland: Yeah. Any last thoughts Heather, before we wrap up this?

Heather Khym: No, this has been great. I'm looking forward to Christmas and to entering into the beauty of Christmas time and the rest that comes with it and sometimes a little bit busy-ness, but the fun kind. The fun kind of setting, beautiful tables and gifts and all of that. But yeah, I just hope that you all have a blessed Christmas and for all of you our listeners or viewers that you have a blessed Christmas too. That this is a real time of really receiving Jesus, the Prince of Peace in our hearts.

Sister Miriam James Heidland: Yeah. Amen, friends. Well, in light of that, I think my one thing, I know for the week, was I love Maverick City Music and their Christmas album, which came out last year, I've had on repeat all year long, and their one particular song, which is "Come Let Us Adore Him." It's like 11 minutes long. And it has this interlude of just deep worship. And I play that song so many times when I needed the Lord to come and find me and just to adore Him and Lord you deserve the glory, just coming to this place. It's just so lovely. So I want to offer that again to our listeners, Maverick City Music, their Christmas album, which is stunning.

Heather Khym: Yeah. Cool. My one thing is our patrons, those who are financially supporting us on Patreon, you made this possible, we could never have done this.

There is some big costs associated with something like this. This is a production, the team, all of the time and energy that goes into a project like this the set, like all the little things like the amazing people that we've been able to work with. So I just wanna say thank you to our patrons and all of you who are supporting us. And I just am praying for you, especially this season that the Lord would pour out His generous goodness and abundance upon you as well. How about you?

Michelle Benzinger: My one thing is to our staff that helps run Abiding Together podcasts. There's a lot of parts that go into this and our podcast manager, Lizzie. And when this airs she should have a new baby with her and Katie and Emily and everyone else that such as Kristina, Kristina, that makes just everything go accordingly. And once again, thanking the amazing set and staff with spirit juice that helped us do this recording. So we are very appreciative. It takes a lot of people to do this. And so we are blessed. We are very blessed.

Sister Miriam James Heidland: Well, thank you so much for joining us on this journey, especially those of you who started with us as Daughter and Sister and have been here for the whole Advent Season. We hope it's been a blessing to you. It's been something that has been deep in our hearts, and we're delighted to share it with you. So thank you for being with us during these days. And I guess until the next year.

Michelle Benzinger: 2022.

Sister Miriam James Heidland: Merry Christmas, y'all. 'Til next year, we will be Abiding Together. God bless you. Have a great Christmas season, bye, bye.

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