

S11 E08

Heather Khym: [00:00:00] This episode is brought to you by a Rooted for Good. A year ago this March, Rooted for Good sponsored their first ever Abiding Together Podcast, and the response was incredible. Since that time thousands more across the country and globe have started using and loving Rooted's all natural skincare products: their premium therapeutic grade essential oils, as well as their collection of really amazing self care products, such as a luxurious bath soaks and revitalizing sugar scrubs. They love being a part of the growing Abiding Together community and are honored to support such an amazing group of women who are truly striving to put Jesus first in their lives. They believe that the alignment in values is another thing that the Abiding Community really appreciates about Rooted. For every dollar spent on Rooted's products, 10 cents goes directly to uplifting someone in need in the developing world. Rooted's all natural products truly are both good for you and good for others. So they wanted to make this Abiding Together episodes special. For any of you who purchased this month using the code abide10 10, they will be gifting you with a surprise essential oil, just to say, "thanks." That's a free, premium, Rooted, [00:01:00] essential oil with your purchase. So don't wait. Go to rootedforgood.com and join many from the Abiding Together community in using and loving Rooted's all natural lineup. Shop your values and experience for yourself why more than 95% of Rooted customers give their Rooted products, five stars. They love supporting this great work and they hope to see you soon at rootedforgood.com, and don't forget to use abide 10 and enjoy 10% off your purchase along with your free essential oil. We hope you enjoy this episode.

Sister Miriam James Heidland: Hi friends, and welcome to season 11 of the Abiding Together podcast Abiding Together as a place where you can find connection, rest, and encouragement in your journey with Jesus Christ. Every week, I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger. And we talk about all things Christ, about life, about beauty, about sorrow. We laugh, we cry you'll fit right in. So grab a cup of coffee. Settle in, and welcome home.[00:02:00]

Hello and welcome to this week's episode of the Abiding Together Podcast. And welcome to week two of lent,

Heather Khym: Whoo hoo! Lent!

Sister Miriam James Heidland: A little crowd noise. That's nice. You're like, oh, that's awesome. Yeah.

Oh, that we could all say that at some point.

Heather Khym: Whilst we were like, dang it, week 2 it feels like week eighteen 18.

Sister Miriam James Heidland: Isn't it like, right in the middle of Lent like, oh, we're not even, we're not even close to the middle yet.

Michelle Benzinger: We're oh my gosh. We've lived through 20 20 and 2021. We can do six weeks of lent. Come on people.

Heather Khym: It's only been two years of life.

Sister Miriam James Heidland: So we are using the book, Restore, to go week by week through our Lenten journey. And this week, last week we talked about the desert and this week we're going to talk about freedom of heart, which comes under the section of fasting and part two.

And so our quote, that is going to guide us during the section of fasting so we'll be doing this for two weeks, a section of fasting last for two weeks. And so the guiding quote is from Saint John Paul, II which is [00:03:00] just really lovely. He says, "Penitential fasting is obviously something very different from a therapeutic diet, but in its own way, it can be considered therapy for the soul. In fact, practice is a sign of conversion. It helps one in the interior effort of listening to God."

And so we think of, yeah, all this, just a different kind of relationship we have with fasting. And there's many in, in the book, we talk about a lot of different ways of fasting and just, there's not, it's not just food. That is part of it, but also there's many different forms of fasting. And what fasting does is like we said, it, prayer heals our relationship with God, fasting, heals our relationships within ourselves, the relationship with ourself, and then almsgiving, which we'll talk about in a couple of weeks, heals our relationships with others.

But the scripture passage that's going to guide us during this time is from the Gosepl of Mark It's really St. Peter saying, "It is well that we are here". It is good that we are here. So even though it might be hard, it is good. Uh, it is good that we are here. So Michelle, for you, when we talk about fasting and kind of John Paul II quote of just the helps fasting helps the interior listening of our [00:04:00] soul.

What are some things that come to your mind that you can offer to our listeners as we dive into this?

Michelle Benzinger: Yeah, I think more than ever I really started to understand, like I've always known like in, you know, these things theoretically in your head, but I think until you experience them personally and they become tangible, you're like, wow, there is power and fasting.

You know, like I began the beginning of this year with a serious, fast, and yeah, it says, okay, you know, you're not supposed to tell people you're fasting, that's what scripture says, you know, go in your closet, whatever. Well, and I'm announcing it on a podcast, but anyway, that's not what I'm saying, but, and so, but even I gave up coffee, which I was like, oh my gosh, like small countries are being converted with my desire for coffee right now.

But really I realized, do I allow the Lord to satisfy my hunger? Do I hunger and thirst for him and really bringing things into the light and where do I dull my hunger and thirst with things that don't matter that are earthly things? Why don't I find comfort in him? And for me, comfort is a big idol.[00:05:00]

Like it's probably one of my biggest idols, you know? And not only for myself, I don't want anyone else to be uncomfortable either. I don't want anyone to hurt or have pain or, you know, almost to the point where like that's played out into some codependency in my life. You know, because I won't allow people's decisions than to allow their consequences, their own decisions themselves.

You know, so for me, it's just really brought a lot of things to the surface, but I, it says, it tells us in scripture, you know these spirits can only come out by prayer and fasting. And really that's true. Like I have never seen such an eternal shift in my spirit, than the power of fasting, you know, the, the Lord responds when we make room for him and just only hunger and thirst for him.

He, I mean, he sets a banquet table before us with his presence and he sets a banquet table before us with his, um, mercy, because I think one of the other things that fasting does is it, it's almost like it burns out the impurities, but it brings them to the surface. [00:06:00] And so like for me, when I've been fasting is just deep areas of repentance, and it's not so much the actual sense it's postures of the heart and it's lies that I've believed.

It is just, yeah, disordered thinking and he's brought all those too, and I'm realizing more and more like, even when there's deep repentance like to the point where you're weeping, there's deep kindness from him. You know, like we

say, his kindness leads us to repentance because like we said, in the first podcast on lent it's because he wants so much more for us.

And so it's just, yeah, I think fasting is a gift. I really see it. And I wouldn't have ever said that before. I'm like fasting's, a pain in the butt, but, um, you know, and why is it that I always want Chick-fil-A on Friday in Lent like never fails, never fails, but no fasting as a gift. So what about you, Heather?

Heather Khym: Yeah, I agree with all of those things that you said, and you said it so well, and I think fasting also is a tool that can [00:07:00] increase, we call it our "will muscle" in our, in our family when we talk to our kids, you know, like when we have so many disordered loves and desires, which I think at the core of all of those things is a desire for something true, good and beautiful desire for God himself, really.

But yeah, we do have disordered desires. We do have disordered loves, things that our hearts are drawn towards or in ways that are unhealthy and they aren't good for us and they're not going to, you know, allow us to live the full life that God has called us to live. And so fasting, it just strengthens that "will muscle" our ability to, to make our yes be yes and our, no, be no. Instead of just being like it being compulsive or falling into addictions, where we surrender our freedom, I think it actually helps us to live in freedom when we can say no to something. So the discipline of fasting, whether it be from food or salt or TV or gossip or, you know, like all those ideas Sister that you have in the book, no matter what they are, they [00:08:00] help us to grow that, that muscle to say yes or no to things which is vitally important.

It's such a great gift that God has given us. And I find for me, like when I give my word to someone or to something it's much easier to follow through than if it's just like on my own. And so sometimes that's, that can be like an important part of like making a commitment to certain things. If, you know, within yourself, you're like, oh, I can't, I can't get through this.

I'll say, yeah, I'm going to do it. And then I bail on it, you know, within an hour, like what, what is it that can help you practically get to a place where you can hang in there with that commitment. For me, it's I give my word to someone and then I won't break it, but you might need some accountability. And that's why I love that we have some people meeting in groups right now and listening with friends and, and maybe you need that as just some accountability to try something new in the area of fasting to allow that "will muscle" to grow and allow you to make choices that are, that are really for the good and the beautiful, [00:09:00]

Sister Miriam James Heidland: What you both are saying, it's so good. And I think nothing is so difficult than say, giving up something or surrendering something to the Lord. And then the first time you want it. And I think so often we're like, oh, I could live without that. It's not a big deal. I could live without salt. I could live without ketchup. I could live without whatever it is.

Like, I mean even small things where I could live without checking my Instagram, whatever that is for you. That limiting it or getting rid of it altogether, it seems like a small thing. And then you have the first inclination of your heart to go back to that thing. And then you're like, oh, I, yes, I'm giving that up for Lent. I surrender that for lent. And it's often a battle like right there in and of itself. It is a suffering and we are in our hearts, we don't, we don't want to suffer. We don't want the uncomfortableness. We don't want what's underneath that. We don't want to... the things that are discomfoting you know, we often of course, like in a natural way, of course, we're going to try to avoid those things.

But like you both are saying very beautifully, it's actually an encounter in those things that reveals the deeper places of our heart. It also reveals a deeper [00:10:00] places of why we do what we do and the places maybe where we've been hiding for a long time. In the book we talk about my friend, who was an Exorcist, talked about how our wounds are not arbitrary. Satan's like a sniper. And so often in our life where we have yet to journey with the Lord in those places where we're acting like you're saying Heather out of compulsion, out of the same responding the same to certain circumstances at responding the same to certain, you know, we go to the same things over and over and over again, without even ever asking Lord, like, Lord, why am I doing this.

And so even if it's something small in our life, when it becomes a struggle or like that's such like a, such a glorious thing, because you're like, oh gosh, I just want to have chips and salsa. right now. What is that in my heart? Or I want to do this instead of this, or I want to bail on my prayer time, or I want to kind of respond to somebody with a cutting comment. And for lent this year, I felt the Lord asking me just to be present to that person and just to receive them, you know, just at such great places, you know, in our hearts most of the time we, we fear [00:11:00] to go and there's really no better time in our lives, in this season of lent to, to let the Lord bring us, into those places.

Gosh, you know, like just this morning in my own prayer time, I was praying about that very thing in my life. And I'm like, why do I keep having the same response, Lord? I'm like, this is such a mystery to me, please, help me, like wherever I need to go here, whatever pain I need to fill, whatever lie I need to face, whatever blind spot, like I need, I need you to take me here because I've been avoiding this. So please let's go through it again. Let's go through it again.

Let's go through it again. So it's really just, gosh, like you're saying Michelle, like God is so kind. That is, that is the work of his kindness that he loves us so much that he is going to just to gently invite us into these places. Never forcing, never shattering us. He doesn't come to destroy us. He doesn't come to push us. He invites us in his loveliness. These are the deep places that the Lent is supposed to bring to the surface if we allow that. That's the natural progression of how it happens.

Michelle Benzinger: And I think for a lot of us that we think that if we fast for something or give up [00:12:00] something like Heather alluded to it in the previous episode on Lent that God will hold out on us. It, it brings up our trust issues. He really won't comfort me. He really won't satisfy. He really won't nourish me so we think we have to find it and do it for ourselves. Like, let me get this, let me do this. Let me, you know, and so it really actually shows our orphan spirit because we don't trust that a father will provide for us and be generous for us personally. Just the way I've reordered my days taking classes and all that, I've also reordered them for just like extended, like prayer, creative time, you know, just different things.

And I've been praying with the, one of the ways that I felt like the Lord has asked me to pray and journal is where you know, it says before I knew you, I formed you in the womb before, you know, and a prophet to the nations in Jeremiah. And so when I was praying, I felt like the holy spirit was asking me, what was I thinking?

Like the father saying, what was I thinking when I formed you? What would I put in there? Like, like almost like a recipe, like what are the [00:13:00] things that I would put in there? And I was in adoration while I was doing it, and I just started balling because I realized, and this is during my fast that I was doing is because I was starting and I love it Lisa Bevere says "A diet changes the way you look. A fast changes the way you see." Which I think is such a good line because I was thinking I could see how he created me and why he created me. I could see his faithfulness. I could see like, he's like, I gave you this desire of a story. I gave you this desire you know, like all the different things. This is what makes you you. Like nothing is by mistake. It's all intentional. Now some things are disordered and need to be restored and redeemed, but nothing is an accident.

Your creation isn't an accident. His care of us, his satisfying us, his nurturing us, his nourishing us is so intentional and so generous. We just have to lean in and come closer. You know, he's just waiting there, but he's such a gentleman. I think that's what I realized. [00:14:00] What's your thing, Sister. He's kind and he's tender. He doesn't force himself. You know, it's always invitational. Heather, what were you going to say?

Heather Khym: Yeah, I was just thinking about how often, um, you know, it's easier for... well, it's fairly easy for women, I think in general, to just give up things for the people that we love around us, I'll sacrifice my time or what I want, or yes, you can have the last thing, you know, instead of me, like, we want to put others first, generally speaking, and it can be easier, um, for us to do that.

But, sometimes it's hard in our relationship with God, when it comes to fast, we were like, oh, I just don't want to do this. And I think maybe a part of that is like, we forget he's a real person to be loved. He's just, he's just not like a slave driver who has all these high expectations of things like hoops that we need to jump through so that we can get the prize at the end of our life.

You know, he's a person to be loved. He's worth sacrificing for. And he won't be out done in [00:15:00] generosity. Like, like we forget that like our small gifts of, of offerings that we make are met with the magnitude of the creator of the entire universe, who is madly in love with us and wants to bless us and wants to pour life into us. Who's the author of life, not the author of death who wants to like restore and heal and, and like give us all of these good things. We, we forget that we're so... it's so easy for us to become small minded and to just go, ah, I don't want to do this instead of going, Jesus is a person, a man to be loved and he has already sacrificed the most and what is my response to that beautiful sacrifice of his life for me? So, yeah, again, I'm just drawn back to this, like, wow, I can get so off track with my thing. So small minded. And so maybe, you know, this week just an encouragement and this is to myself as well, like to just sort of bring that to prayer and say, Lord, like [00:16:00] help me to see you.

Will you reveal yourself to me? I want to love you. I want to fall in love with you. And if some of the things we're saying and our listeners are like, I don't even know what you guys are talking about. Like, I don't know, Jesus that way, like maybe this is an opportunity to just say Lord, like, I want to know you as a real person in my life, and I want you to become my friend and I want to become your friend. And what can I do to draw close to you?

Sister Miriam James Heidland: Yes. And isn't all that, that's true freedom of heart. That's the true freedom that this whole journey is about, of the Lord, bringing us back to the truth of who he sees us to be. And I think it is easy to lose sight of those things, to kind of go on this path of our own or have our certain ways of seeing God or, or, yeah, like you're saying, Heather, we get in the middle of where, like, I don't want to do this. And so what's the deeper place of this is for a purpose. It's not an end in of itself, but this is for a purpose. Okay, Lord, show me, like, show me what I'm not seeing, or show me what I'm thinking [00:17:00] about you here are, yeah. That tender, the tender encounter

with the Lord that, that all this, that, ah, that all this stuff brings out, which is so good.

Heather Khym: Hurts so good! I feel a song coming on! Sister, I yeah, I just, I love that. Like just what you were saying even earlier, like about, you know, how can I make space, like to just ask the question this. Lent, Lord, how can I love you better? How do you want me to love you this Lent and to receive it?

Michelle Benzinger: And I think the Lord is asking us, you know, it says, I love it. So beautiful. Like the church in her wisdom, fasting is to heal and restore with ourselves, you know? So to really ask, become a student of ourselves this Lent to end, not with condemnation, but with holy curiosity, we've said that often on the podcast to become a student with holy curiosity, Lord, how did you pour me and make me?

How do you delight in me? And you know, where is it that, that one thing that you couldn't imagine giving up? Like, all right, [00:18:00] start there, just start there. There's a reason like, oh, I can never do that. If you fill in the blank of whatever that is. Okay. Why? What is that about? You know, like, and what is the deeper longing and approach it with such tenderness and kindness about yourself and not condemnation and see what the Lord does, but it's so interesting. I thought this was so perfect when we were talking about fasting, just even building the Restore Lenten study on what we did last year with Claire Dwyers, Elizabeth of the Trinity, you know, This Present Paradise. St. Elizabeth of the Trinity is so beautiful because her whole mission was really to have the Trinity dwell within her. And in this book, Sister talks about where God is a refuge and that God is a safe space. Well, I mean, one of the questions that I've really been asking myself is where am I not safe for myself and for others?

Where does God need to come in and really restore the safety within myself? You know, there's some areas I'm like, gosh, I don't even trust myself with this. You know? Cause I can't say [00:19:00] consistent in this area, and I don't know what to do. And I was like even startled by one of my reactions this week, I'm like, who thinks this?

Like really? Like, who thinks this? You know, I'm the mom here. I can't be thinking that, you know, where's the adult in the room? I'm it? Oh, we're in trouble. You know? And so, but I was thinking to myself like, all right. And I stopped. I was like, all right, what's the deeper thing. What is this hitting on Lord?

What are you trying to reveal to me? And I think Lent is like a magnifying glass sometimes. It's like, let us look deeper and let us see why these things are coming up. And, um, where does the holy spirit want us to dwell even deeper in our souls.

Sister Miriam James Heidland: I was thinking, yeah, that's so true. And I was thinking of just the journey of, of Jesus himself into the desert and how the enemy is just relentless looking for access points, relentless.

And in Christ, there are no points of access none. And so the enemy of our souls is relentless looking for points of [00:20:00] access in us and looking for places he can implant lies and, and disbelief and mistrust and distrust and insecurity and immaturity and all the things where just the enemy comes over and over and over again.

And, it is the little by little, right? Like, isn't it so humbling. And I was going to confession I love, my confessor. He this older elderly priest. And I was just confessing just some struggle I was having with somebody in my life and he was great. I think he'd finally had enough of me. And he was like, do you, can you change that person? Like, and he's had a very kindly, but it was very honest. He was like, can you change that person? I was like, no, Father. Well, it sounds like you're going to have to just offer some areas of love for that person, because like, you're going to have to learn how to just love that person. Like you can barely change yourself and I'm like, Amen like, amen, Father!

It is the little, it is the little by little and it's, it's sometimes even in the deepest places of our own poverty where we just go and sit, I just go and sit by the foot of the cross all the time. I just go snuggle up and just sit there. I'm like, Lord, I'm just so incredibly poor and here, [00:21:00] this is again, and um, I just, I don't know what you're doing here, but like here I am here I am. And it's so humbling, right. For all the ways we have facades or we think we're better than everybody else. We're secretly. It's just like, oh gosh. Oh my gosh. You know, like, oh I'm so little, and those are just all my self defense mechanisms because I'm terrified of what's underneath.

Heather Khym: Yeah, exactly. Yeah fasting does expose our poverty within like our poverty of spirit. And that's really hard to look at. I think that's one of the reasons why I don't like it, you know, it's like, I don't want, I don't want to like, feel this impoverished place that I like to cover it up with all these other things, you know, so that I don't feel that Lord, you know, but it's like, he meets us there. That's Jesus as we see in the scriptures, he's always with the one who is impoverished and lowly and on the outskirts and who's hurting. And I'm like, he draws near to us in a very, very special [00:22:00] way where we're

impoverished. Like even just last week, I went into a weekend just feeling empty and you know what? It was amazing what God did that weekend.

I'm like, I think it's cause you prefer this Lord. You prefer it when I'm empty, when I have nothing to give, like, this is where you shine, like so brightly in my life. And so yeah, the idea of fasting, uh, it can just be places where we want to complain, but even that it's like, why, what is that in there that's complaining and miserable and not wanting to let go, like, and how can we allow, God's love to wash over us, you know, as that's part of, one of the, the little, um, places in your book, Sister, like his love washes over us. And it's such a beautiful image of like, in my poverty, am I just sitting there complaining about it and like, allowing my cravings to overtake this moment where the love of God can wash over me and like, to turn that craving to just say, Lord, this craving that I feel for [00:23:00] whatever cookies or something like, oh, could I feel this craving for you, Jesus, like, can you just turn this into a craving for you and for your kingdom and for your Holy Spirit to come into my life and transform me and my community and my place. Can you just transform these things that are so frivolous, like cookies and whatever and all that stuff, you know, like Jordan Peterson said something like, uh, this is paraphrasing, but he was something like, if you can't make your bed, like don't even think about going out and making a big difference in the world.

And I'm like, yeah, if I, if I can't say no to a cookie, like then what am I doing? Like, what am I, what does the illusion that I am under that I am like some great person out there, like making a big impact. Yeah, we got to get things straight and that repentance spirit of like, and this has nothing to do with like, "I'm a horrible person," you know, and "I should feel ashamed of myself," like, cause that's what the enemy wants to do when we look at our poverty is he just wants to [00:24:00] surround us with shame and hatred of self sometimes. But just to allow that poverty of spirit to turn into like Saint Therese's idea of little, which leads to trust and surrender and intimacy with Jesus.

Michelle Benzinger: Yeah, and I think there's something about fasting that that's so good, Heather, cause there's something about fasting the conviction and the craving go together.

Like he convicts us, you know, and we can identify these cravings. We can identify our poverty, but we don't stay there. We can identify them, but where we would need to go is to his greatness. We identify and realize who we are in our poverty, but we cast our eyes getting, gaze at his greatness and that he can do even more than we ever imagined.

You know? And that's, yes, we will not be completely healed and restored on this side of heaven, but there is still goodness in the land of the living to be had. You know, and we have to stand in that authority. And one of the things we've been talking about in spiritual direction [00:25:00] is it says, take authority. He said, Michelle, you have to have open hands to receive it. And he said it, he said, take it. You have to, as an action it's a verb. You have to move girl, take authority over these areas and really live into these areas and see like, okay Lord, Where do you want to restore? Where do I get stuck? Where are these cravings and identify but, okay, how are you going to restore it?

Like show me your greatness Lord show. Like Moses, show me your glory. I want to see your glory. Show me your glory through these areas, Lord, because you can heal and restore like no other. And that's who he is. He is healer. He is restorer. And do we believe that he is who he says he is in these areas of our life.

Sister Miriam James Heidland: Yeah. And really what you both have beautifully sharing is this is what's supposed to happen when we fast, as sometimes we think, am I doing it wrong? Like, this is really hard. Am I doing wrong? I'm like, no, this is actually how it works. You're doing it right. Actually, cause it's supposed to, because if it's nothing to us, you know, and, and I like, I love that Heather, I love when Jordan Peterson says that for maybe some of us just make [00:26:00] your bed for 40 days, like make your bed in the morning. And for some people like I can, I mean...

Heather Khym: Can some people in my family choose to do that? Can I choose who has to make their beds for 40 days?

Michelle Benzinger: Can people in my family just use one cup, one cup people, one cup.

Heather Khym: Can I pick everybody's Lenten fast?

Michelle Benzinger: Seriously? Let us do it for you.

Sister Miriam James Heidland: I mean, we can't do the 10 things so we can do the one thing. So it was like, shoot, man, start small, start small and just do it, do it, do a big and let it reveal whatever needs to be revealed. That's transformative. Right? So...

Michelle Benzinger: And I think we, I think we parallel, I know obviously myself, oftentimes I've thought conviction means condemnation and I'll go straight to shame.

And I think when I realized, and I trust more of the character of God and who he is, and like we said, a couple of times his kindness leads us to repentance. His revelation of these areas is beautiful. He's bringing revelation wisdom, you know, for me to grow. It's not condemnation for me to hide. It's actually [00:27:00] conviction for me to come closer to Him. And that is what he is. And I was like, okay, let's take shame out of it. And like you say, often, Sister, shame grows in secret. So what areas do we need to bring it to the light? What areas of our hunger that is disordered do we need to bring in the light?

What cravings, as you said, Heather, I love that, do we need to bring into the light because shame can't reside. You know, in the light and the truth, you know, it's like a mushroom. It can't do it. It can't grow there. I like mushrooms too. But, um, anyway.

Sister Miriam James Heidland: Yeah. So we shall see friends. We shall see what the Lord does this week for all of us. It's a wonderful adventure and we will see how he opens our hearts. Yeah. Any last things, friends, we don't want to cut you off.

Michelle Benzinger: No, we're all good.

Heather Khym: Yeah, that was really good.

Sister Miriam James Heidland: All right, Miss Michelle, would you like to share your one thing for the week?

Michelle Benzinger: Yes, I have, well, a couple of one things. I have three, and so, um, first of all, [00:28:00] Heather has a book coming out. She wrote a book called Abide, and she's being so humble and simple, and she has a book called Abide with Ave Maria Press and it will be out probably when this podcast airs at the beginning of March, Heather?

Heather Khym: Yeah. Beginning of March. Yep. It can be preordered anytime, but beginning of March, it's supposed to be out

Michelle Benzinger: You'll probably by the time this podcast airs, have heard about it a couple of times cause we'll have been sharing it before. So we are really excited about that.

And I also, we're just so proud of her also. One of our listeners sent me this beautiful gifts and it's called Sunday beads and it is this beautiful bracelet with a miraculous metal on it. And can I just tell you I'm obsessed with them?

Like I am obsessed with this bracelet. I wear all the time and I'm, it looks just, it's beautiful. It's absolutely beautiful. And so just thank you for sending me this gift and I will link it in my posts, but I literally do wear my little set [00:29:00] almost every day. It is beautiful.

Heather Khym: Let me see it. Oh, that's really pretty. Good job Sunday beads. Sister, what's yours?

Sister Miriam James Heidland: This Lent, you're looking for some soups. Like you're just looking for some good soup recipes. Maybe you want to just offer up and just do soup for your family for the evening. I found a very yummy French Onion Soup recipe that I would love to share with everybody.

It was like, quote, unquote "cold" in Texas one day. And so I'm like, I don't know, today's a good day for French Onion Soup, like said nobody ever. But I did. And so one of my, one of the things I don't like about French Onion Soup, many times in restaurants is it's so salty and so I wanted to find a recipe that was something that didn't have so much sodium in it, but so I found a really good recipe, so let me just tell you, and you can adjust it however you want.

It has much more onions in the recipe that I actually put in mine so you can feel free to modify that. But, uh, the secret, the secret, the secret is the caramelizing of the onions. So actually the recipe calls for like 45 minutes of cooking onions, and I would [00:30:00] say don't, don't minimize that. So I just want to, you were like, oh my gosh, we're cooking the onions for, I keep going back to the recipe. I'm like, I'm still cooking the onions as it was supposed to be doing this. And so it was about 45 minutes of caramelizing onions, but that is the secret. And you can put some extra herbs in there too. I put some fresh Italian parsley in mine, and there's many different variations, but if you'd like a good French onion soup, I think you'll like this one. So I just want to offer that to our listeners.

Heather Khym: I even have the French Onion Soup bowls, those little like crockpot bowls. I can't wait to make it now.

Um, my one thing is a cover of the song, "Shall Not Want." I think that's it. The deliver me, oh, Lord. Yeah, that's the one. So I'm going to put it, I can't find the link right now of exactly what it's called. This is so bad that I'm not prepared for this, but you're just going to have to look in the show notes for it.

It's cover of Audrey Assad's "I Shall Not Want." And it was just so beautiful that I was like, yeah, this is it. So that's my one thing. So you can, it's a good, it's a good one for Lent as well.[00:31:00]

Sister Miriam James Heidland: Well friends. Yeah, here we go on this first week of fasting and let's just see, let's just see what the Lord brings up and that's okay. And you might find, there are many times you just need to stop and breathe and just to ground yourself into breathe through it. And we just want to invite you to do that because the Lord is with you in every, every place in your life.

So until next week we will be Abiding Together. God bless you. Have a wonderful week.

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Thank you. And God bless you.[00:33:00]