

S11 E09

Heather Khym: [00:00:00] Hi friends. This episode of the podcast is brought to you by Chews Life. The mission of Chews Life is to equip all Catholics with rosaries for life. How do they do that? By creating rosaries for every age group and every person.

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Sister Miriam James Heidland: Hi friends, and welcome to Season 11 of the Abiding Together Podcast. Abiding Together is 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 like, about beauty, about sorrow. We laugh, we cry, you'll fit right in. So grab a cup of coffee, settle in and welcome home.

Hello, and welcome to this week's episode of the Abiding Together Podcast. And welcome to part 3 of our Lenten series. And we are journeying through the book Restore, [00:02:00] and we're going to talk today about the roots of sin, which is going to conclude the second section on fasting, how fasting heals the wounds within ourselves.

And so I think the Lord is going to reveal a lot within us today, but before we do that, as we always do, we're going to just like hang out for a bit. So, Michelle Benzinger, you just got back from a lovely trip with your bridegroom. Did you want to tell our listeners how awesome that was?

Michelle Benzinger: I was...my husband and I got away for a couple of days, just the two of us. And we were supposed to go on a vacation with extended family, but through a series of details and whatever, we were not able to go, but we already had someone coming to watch the kids. So we went away just the two of us for, oh my gosh, three nights, four nights. Yeah. And it felt so weird. Like we're like, oh my goodness, we've never been gone this long, just the two of us with out extended family.

And it was awesome. We decided that we really, really like each other even more than we thought. So it was really good, yeah, it was really great. And we decided we're going to really rock [00:03:00] empty nest syndrome. I am not in any way, shape, or form ready for empty nest syndrome. I am already starting to grieve my senior in high school this year leaving.

So, I mean, I'm fine with everybody home. But we were like, hey, it was just the two of us for dinner at my mom's lake house and I was like, all right. We can really rock empty nest syndrome here too. We can have

so much fun. So it was great. Um, yeah, it was really, really good.
Heather, how are you?

Heather Khym: Doing good. Yeah, I just had the thought the other day, yesterday, actually, I was like, oh, I remember we were swimming in May.

And I was like, that's not that far away. And it was like the first glimmer of like, there's, it's going to stop raining and get lighter soon, which was a really hopeful thought. But right now I'm in the middle of planning for our upcoming women's event that we're doing here in the Vancouver area. I'm really excited about that.

It's like the first time that, that people will be able to get together kind of, you know, for one purpose, one name without all these [00:04:00] divisions that have been in place. So I'm very excited about what God is going to do and just, yeah. The opportunity to get together. So it's fun to plan. It's fun to get, get the ideas going for it.

Sister Miriam James Heidland: Can you tell everybody the details now or by this airs, are you going to make like an official announcement for how people can, it's going to sell out? Yeah, I mean,

Heather Khym: It may be sold out by the time this podcast comes out, but the theme is "Graves Into Gardens" and the Lord really just put that on my heart, and I'm so excited to break that open.

Sarah Kaczmarek and Debbie Herbeck are coming, and we had a prayer time the other day to just talk about the theme and our talks, and it was so powerful. I was like, I cannot wait to see what God is going to do. So yeah, it's going to be in BC in Surrey at Chandos Pattison. And you can register on our website, liferestoration.ca.

Sister Miriam James Heidland: What is your capacity for the event?

Heather Khym: Well, as things are always changing right now. So as far as we know right now, it's [00:05:00] 750. That's a half, that's a 50%

capacity of that space. So if that changes then, hey, there might still be tickets. I don't know,

Sister Miriam James Heidland: Oh my gosh. That's huge. That would be wonderful.

Heather Khym: I know. So, how are you Sister?

Sister Miriam James Heidland: I am doing well. I've been at my desk all week long, working on an advent project. So it's kind of weird to work on an advent project in Lent.

Heather Khym: Did you hang up like some Christmas lights and get in the mood?

Sister Miriam James Heidland: It's in my room permanently. So that kind of helps, but yeah, it's just kind of funny to get your head in that mindset, but I've been just making myself work at my desk and not, you know, I go outside and play for a couple of hours ago for like a long walk, but I'm like no back to the desk, so, but it's good.

It's, it's, that's how you get stuff done. Sometimes as we all, as we all know, I saw somebody on Twitter yesterday. I don't didn't know them, but it went viral. It said, "I'm really good at working for 20 minutes and giving myself a two hour break."

Heather Khym: Oh I'm an expert at that. I love that.

Sister Miriam James Heidland: And it had like a [00:06:00] hundred thousand retweets or like, yeah. Don't we all know that.

So good. Well maybe what we could do friends is we're going to start on page 85 of Restore. If you have the book, you're most welcome to turn that page with us. We are going to use the quote. It's just from a prayer that I wrote up from that particular day. And it says, "Jesus, may I hunger more deeply for you today. May my aches lead me to call out to you so you can fill me."

And our scripture passage comes from the reflection on the Third Sunday of Lent from Ezekiel that says. "I will sprinkle clean water upon you, and you shall be clean from all your uncleanness. And I will put my spirit in you." And I was thinking about that.

You know, we talk about fasting and you know, all these disciplines, like we said that as students, it reveals all kinds of things in our hearts that the Lord wants to bring us into communion with and fasting, I think particularly reveals some things, but I love at work where Ezekial you know, [00:07:00] God is saying, I will sprinkle clean water upon you. And you shall be clean from all your uncleanness and not just to do that, but so that he can put his spirit within us.

And I think we've all had those experiences of like we were saying that healing is not just to stop her pain. It's to bring us to love well, to bring us into wholeness and healing.

And so Heather, what have you noticed kind of in your journey of just fasting and in your life of your experience with fasting. And I think all of us have an interesting relationship with fasting from whatever it is, but what are, what are some things that you find that it reveals in your heart and where do you go when you find those aches that come to the surface?

Heather Khym: Yeah, I think the biggest thing that it reveals to me is my lack of trust. Like I think there's a lot of self-soothing or safety or security that can be found in like, okay, if I have all of these things, whether it be food or this or that, or whatever the things are that I pad my life with. And if I take them away, you know, then it starts to touch on these things.

Like, can [00:08:00] I feel safe, secure with God alone? Is that where I'm finding it or not, you know, what are these things and what are my attachment levels to these things that I pad my life with. So I, I find it exposing internally. It's not just like, oh man, I'm really craving, you know, chocolate. And I'm having to say no, and that's so hard.

Yeah, of course. That's, that's part of it. If you're giving up something that's difficult. I think, yeah, for me, it just exposes the places where I lack trust in the provision of God, you know, in his providential love for me. But also just like, am I going to him to feel safe and secure? Am I going to other things?

So it, it begs a lot of questions when I start fasting, and I used to like it more than I do now. Maybe it's because I'm more aware of my weaknesses that I'm like, oh, okay. This is more than just giving up something. It definitely stirs up deep things for me. It's an incredible gift that I can say, even with the difficulty of it, the [00:09:00] spiritual fruit that comes is unmatched by anything else.

Yeah for me anyway. That's what I found. How about you, Michelle?

Michelle Benzinger: Yeah, I think the spiritual fruit that it manifests is beyond compare, like in really the spiritual disciplines when he says, like we said, the last podcast episode, but only these spirits come out with prayer and fasting there's something about that, because I think it's a holistic approach, you know, body, mind, soul, and just, it reminds me of, you know, Jesus going into the desert for 40 days, but, you know, with Lent and he gets tested and it reveals things and it brings up things. And for me last week, I ended up finishing a really long, significant, fast that I did. And it was very...

Heather Khym: Which involved no coffee. That was big.

Michelle Benzinger: I mean, it was huge, but what I didn't count on was the last couple of days, the spiritual attack was brutal. My last finishing days and the grace and the comfort I had in the middle of the fast, where I was like, feeling change and transformation.

It was like all [00:10:00] consolation was gone, and it was just this brutal attack. And it was interior. Like it was a heaviness that was like almost in my heart. And I couldn't have, I didn't, I was actually talking to a good priest friend of ours about it. And I was like, I don't know what this is, but it was so hard.

And then when Chris and I got away for our getaway. Like I was trying to put language to it and I must have cried like so many times over the last four or five days. And it wasn't tears of sadness. It was tears of deep fear coming out that I had not been able to put name to, but it was like the Lord had like excavated parts of my heart that were...had not, I haven't gone there yet. And you keep on thinking, come on, like seriously, how many layers can there be? Like, I've had hit the bottom, but it wasn't. And it was deep fear. Like, I mean, it was like paralyzing fear. And I mean, I had just the craziest thoughts. I'm like, these are not rational thoughts.

Like where are these coming from? You know? And, it was I think part of a spiritual [00:11:00] attack and part of it was the Lord putting his finger on stuff that I had not surrendered fully. And that I had named fully and completely, you know, and I think Sister Miriam does such a beautiful job in the Restore book on this chapter with fasting and naming, um, disordered desires.

And I think that's one of the biggest things with desire is naming the ache, like really putting words to it and what it is. And it's something about it. Even when I finally was able to verbalize it and put it out there with Chris, it was like the weight of it almost went away, which is in naming exactly what it was.

You know, it was these areas of fear and it was almost like, um, I was like in Wizard of Oz, it's almost, when you turn back the curtain, you see this little bitty...you're like, wait, that's not what I thought it was like this huge thing. It's this little thing. But it's just bringing it all into the light and really naming it.

And, um, fasting does that. It excavates parts of your heart that would never in my mind, be able to be seen or [00:12:00] felt or, you know, revealed to each of us, you know.

Heather Khym: I was just looking to you Michelle, and I was like, what? I was like, what you and I just said is like the worst sales job on fasting.

Michelle Benzinger: Seriously, people are like, "Don't do it!"

It's painful. It exposes all these things. It made me cry. It's like all that stuff, but I'm like, it's actually, it never used to be that way. That's what I think I was referring to is like at the beginning, you know, the Lord is gentle with us. And like you said, Sister, the goal isn't just like relief of pain or whatever. It's intimacy with Him. And so like many years now that we've been practicing these spiritual disciplines, the Lord is excavating deeper. So at first it's just surface things. It's not like we're saying, hey, friends start fasting and you can like unleash all of this pain in your life. I think it's like the Lord is gentle and, and Sister, that's something I appreciate so much about your book is that you really are like speaking the Lord's gentleness.

You're so [00:13:00] gentle with your words and how you're leading us through this. And I'm like, that's so the personality of God, that's so his character that, that he is gentle, that he takes us where we're at and he pushes us a little bit deeper so that he can draw us closer to him. So, oh, this sounds like some people are like, man, I'm not going to fast after listening to that. I think just remember that God is super gentle and it's gradual, and we're going into deeper places now because we've been working on all of these various layers. Um, but the fruit of it, like we said, and that's, that's important to note the fruit of it is deeper intimacy, which is what we're all longing for. That God actually does meet the deeper ache that fasting reveals. So, sorry. Now go ahead Sister.

Sister Miriam James Heidland: I just want to say, I hope, I hope that everybody does fast because of what the two of you just said, because that's exactly what's supposed to happen. That's in from, I mean, like we said, I don't know.

I know in my own life, you know, you talk about fasting, whatever it is like in your, in your life, whether it's in Lent or it's for another purpose. And it's [00:14:00] like, oh, you give that up and you just white knuckle

it. And then you're really tempted to do whatever you gave up. And then you either manage or you don't manage.

And then somehow, and it's, I think we miss, I think we miss the whole point because what you both are saying, that's exactly what's supposed to happen. And there's things that won't be revealed unless we allow those things to come to the surface and like the preparation, like you're saying Michelle, like the excavation and, and yeah, the deeper longings of our heart.

Like those, those are the places that we, we soft and cover over, you know? And I think we've all like, you know, if you've ever been traveling for the whole day you have your bag on your shoulder and you don't realize how heavy that bag gets, and then you set the bag down. And you just say, oh my gosh, like that was...

I mean, you just think of all the strain on your body and the tension and just the way it kind of makes your posture out of order. It's not until you set it down that you were like, I had no idea I was carrying that. And I think what fasting does in that regard is that it's crucifying, but it that's what it does is it orders our loves.

And it, it, we, we carry so many things where we try to push away from so many things that, [00:15:00] we don't even realize. And that that's one of the best special things about Lent is like, it's not just a diet, it's, it's whatever we're fasting from, whether it's food or whatever it is, it does reveal those deeper places.

And so we can name, like you're saying Michelle, so we can name. And I, I wonder sometimes, I don't know. Maybe we can talk about this for a second, but I think sometimes the scarier thing is naming the true desire underneath. Like I agree, I'm saying. Really want to be loved here. I'm so lonely and I'm aching for communion, and I'm just dying.

Like I think to me almost that's almost scarier or whatever it is, like, whatever that is for us is almost scarier of naming the true, like, um, I think it's on page 105. Dr. Bob, Dr. Bob Schutz talking about how

behind every disordered desire is a good and holy desire, an unmet need, an unhealed wound and a hidden pattern of sin and that, that good and holy desire that's right underneath our disordered desires. I think that can be so challenging to name that because that's the, that's the true part of our heart. That's so carefully guarded. What do you think about that?

Michelle Benzinger: You know, it [00:16:00] reminds me of the CS Lewis quote. "To love at all is to be vulnerable. It is not a safe investment."

You know, the beginning of that quote. Everyone rarely reads the very beginning of that quote from CS Lewis says, look, vulnerability is not a safe investment. You know, it isn't. And we like Heather was saying, we want the safety and security and it is not. And I think I realized in the last couple of days, even revealing these parts of my heart and naming them and putting them out loud to another person and have them received so beautifully and so tenderly brought an area of freedom that I wasn't used to being in. I could feel parts of my heart and my body. And it was like all coming together and integrating together for the first time ever. And it was such foreign land. I didn't know even how to maneuver it because of the such a different feeling, because I'm like, oh, is this what freedom feels like?

Wow. And to not go back to closing my heart off, you know, because I, there was something about me is like, you're like, all right, where are my darn fig leaves? Where [00:17:00] are they? Like, I want them back. I want it back. Cause this is freedom. This is walking in the garden. And I was like, gosh, this is just so such a different feeling for me.

But, it was also such a beautiful feeling like, oh my gosh, I can trust the Lord in this and really mean it, like He will provide for this ache, you know? And I've been really thinking about manna and heaven, you know, as they wandered in the wilderness, the Lord gave manna and the Hebrew word means, what is this?

Like, what is it? And that's what I was thinking is Lord, what is this? Like, come on. Like, tell me what you're providing for me. Cause I don't know

what this is because the feeling is so foreign to me. And was His presence in a powerful way, it's Him in a powerful way, but we have this fear that he's still holding out on us, don't we?

Like we are still Eve, and he's holding out on it. So we are going to self-sufficient and provide for ourselves because that man is not coming or it's delayed or he won't provide an abundance for us. There's [00:18:00] just still that fear. And what is it? Heather, what are your thoughts?

Heather Khym: Well, I feel really vulnerable right now, so I might as well just share it.

But what has been revealed to me recently, this seems so dumb in so many ways, but it's like so specific, like what this looks like in my life. It's so specific. So Kraft, Mac and Cheese, when I was a kid, and I was going through the most traumatic time in my life. That's that was for some reason, I don't know why there's an association that I have with Kraft, Mac and Cheese.

When I was going through this time, which was like something I liked, I was 12, 13 years old. You know, something that I liked that somehow brought some tiny bit of comfort to me when I was going through all this trauma that, no one knew about. No one could speak, I didn't have any outlet for it. So it was just all internal.

And so there's this little strange attachment that was made with Kraft, Mac and Cheese. [00:19:00] So still as an adult. And I didn't know this, but like still as an adult, there's certain times that I'm going through something really, really hard, the craving for Kraft Mac and cheese, which is...I, I can cook some good food.

Like, I mean, I don't need Kraft Mac and cheese. Like it has nothing to do with that. And I've, I've realized just recently, I was like, oh my goodness. When that craving comes for Kraft Mac and cheese, or if you see me cook it up Kraft Mac and cheese, I'm like, what that says is I'm in a place where I feel so overwhelmed, and I don't feel like God is showing up for me.

So I'm going to go to the Kraft, Mac and cheese, because that's what I always went to. And it's so subconscious and has been for all of these years that I'm like on the surface level, it looks like I'm having lunch. On the interior level, it looks like God, you're not showing up for me. And here I am, this little girl [00:20:00] again, that is just needing so much for you to come into this place where I feel overwhelmed or I feel trapped. I feel like my freedoms have been taken away whatever those triggers are. And I'm like, wow.

Like when that came to me, so fasting can look like...Oh, it exposes these places that are like so deeply wounded still. And how many times have I worked on that wound? Well, for like 30 years I've been working on that wound, and I'm like, and it doesn't mean that the Lord hasn't been healing. He has been healing, but it is like that.

It's like an onion. Layers donkey. It is, it's like layer after layer. And the Lord is like, I'm not content with one layer or two or three. I want the whole thing healed right down to the Kraft Mac and cheese, Heather, like, you know, you're experiencing all this freedom maybe from fear, which was like the biggest place that I needed healing.

But now it's getting down to the, Will you trust me that I'm going to provide for you. Even, even if it doesn't come with like the feeling of consolation, do you trust that [00:21:00] I am right here providing for you? Um, so yeah.

Sister Miriam James Heidland: Oh gosh, Heather, I just, oh my goodness. I, that is such a tender and stunningly beautiful story.

And I, I just want to honor that part of your heart cause like that, that is...you have named what is so true for every single one of us. Like every single one of us has our Kraft Mac and cheese on the surface. It looks like one thing, but we, we know very well, it's something totally different.

That's yeah. That's a beautiful, that is a beautiful place. And I...Yeah, I just, I don't really have words. I just want to honor that part of your heart

Heather Khym: Yeah. And I think that that's right what you said, you know, we all have, what is it? What is your Kraft, Mac and cheese, or what is your, what is your thing?

You may not know that that's even present in your life, but we all have those places and that's the gentleness of God is that He's [00:22:00] not coming at us., like, hey, can you get this stuff out of the way? Like, you're really screwing up here. Can you get your crap together and get with the program here? He's like, so kind and gentle.

And like, I'm here to love you. I'm here to heal you like there's freedom for you. There's all of these words of hope. And I'm like this is part of what we need to have exposed within us is like, where, what is the voice of the enemy and what is the voice of the Lord really in these places? And can we hear him in the gentleness and love, which he approaches us with?

Michelle Benzinger: And I love it. There's something beautiful about what you were saying, Sister, about the quote that Dr. Bob used that behind every disordered desire, every disorder sin, there's something there. Go deeper. Like there's a root there. Go deeper. And I think it's St. Julian of Norwich says when God sees sin, he sees our pain, you know, there's something painful, brokenness to it.

So yes, there's sinfulness and that we have to take responsibility for that, but it's to go deeper. There's pain. There's a [00:23:00] reason. And at the very roots, which I think you did such a beautiful job, communicating in the book Sister at the root something beautiful and true and good, you know, but it's covered up by something that's been disordered or something that's been misused or whether it's been done to you or you've chosen to do it to yourself.

There's something deeper in it. And it's just been interesting, even in my parenting. Really leaning on the Holy Spirit to parent different children in different situations. And there's a class that I took, and it's called Beyond Behaviors, and it's a really great child psychologist for the class I was taking.

And I had a situation with one of my kids and he was upset that it was time to put his phone up. You know the phone, which is like, you know, the ring. Gollum and the ring. So we put his phone up and then his reaction did not meet the situation, does the same role, same thing. So he went outside and pitched, like, we have a walkway in between our house and our garage or whatever, and he was pitching a [00:24:00] fit and dropping some really nice words, which is, you know, not why we do at our house.

And I was about to come out guns ablazing, you know, who do you think you are, and it was once again, this child, it was just the Lord, the Holy Spirit's done this to me a couple of times with this kid, he's like, don't go guns ablazing, go beyond the behavior.

What's at the root. So when I was like, all right, what. Alright, I'm sensing that you're angry. What are you feeling? But ended up being a huge dialogue between the two of us and huge things breaking in him, but I had to go deeper. I had to go, not that there's not responsibility. Like there will still be, I mean, consequences for the thing, but it wasn't to shame or punish. It was actually to form and to love and to be, and there was just a breaking in that because I went to the deeper things and I'm really just praying about having real compassion for him and going to the deeper areas, but then thinking about a similar situation to myself, having [00:25:00] real compassion for myself and having real, forgiving myself for reacting in certain ways, in certain things, not that there is...

I mean, there's going to be accountability and responsibility regardless, but to go deeper, I'm really, we say this often on the podcast, but really become students ourselves, you know, and self-awareness of ourselves and offer compassion to ourselves. Like Heather, that's such a beautiful story that you told.

You know, there's not judgment. There's just compassion, you know? Cause it's a little girl that needs to comfort, you know, all these little places that still need comfort.

Heather Khym: Yeah, I love what you're saying there, Michelle, like again, just like I was saying about Sister sort of revealing this part of God's character of gentleness, like for you too, in that situation, you're showing your son, a part of God's character, which is, I'm not about just behavior modification. I'm about your heart. And like, I think many of us get into that it's behavior [00:26:00] modification. Even in our fasting, it can be like, okay, yeah. I need to whip myself into shape. I need to get myself...you know, there's like a harshness in which we approach ourselves because of our disordered behaviors. But yeah, getting back to the heart of it is always important. That's a beautiful story. I love that.

Sister Miriam James Heidland: Yeah. I, and I, you know, I'm just thinking, I'm thinking of your child there, Michelle, and also Heather, just thinking of you as a girl, that age, standing at the stove, making Kraft Mac and cheese. And, and I think, you know, like the places in our hearts, I was been thinking a lot lately just about just deep areas in my own poverty and, and the places that just get triggered, those little places.

We've all had people in our life that have seen those places and have shamed us for it, or have just mowed over us or have belittled us or just were like, get your crap together. Like, what's wrong with you? And it, we, we learn like that that's not safe. Like we learned that those places aren't acceptable or we try really hard to clean ourselves up to be loved.

Or we interpret our [00:27:00] own identity through the lens of somebody who is like shaming us in the most vulnerable places, and I was just praying about that, like last night as I was just putting my hand on my heart and just praying about that place in my own heart and, and, um, just encountering the Lord there, like, oh, like, just because that person is not able to receive us in our littleness, it doesn't mean that we're bad or awful. It's just a place they can't do that. But God always does. Like, he always is just so kind and the truth that he reveals and what he's asking us to do, but like, he doesn't ever shame us for these places.

Like he just reveals such depth and truth of who we are and who he is. And he's just so tenderly kind, you know, so no matter what we've had in our life and experience and none of us get it right. Like we've all hurt each other at times and it's like, oh God, He doesn't ever do that. Like he's always so incredibly kind.[00:28:00]

Heather Khym: Yeah.

Michelle Benzinger: Yes. We have a young dad here and he lives behind our house and they have two little girls and he's just so funny and he's, um, in the military. So, you know, you see him a lot in his flight suit when he comes home walking the girls or whatever. So one of the little girls fell on our sidewalk, you know, and like scraped up her little hand. And so the husband was talking to my husband. And so the little girl was like, dad I'm hurt. And so he bends down and he's a big man. Then this dad looks at her and goes, oh my gosh, I see the hurt. Okay. I'm kissing it. And then she grabs his face and she goes, I feel better. I just wanted you to see it.

And he, and he's holding her face. I see the hurt baby. I see the hurt. It's all better now, but I just like watching the little interaction like, we just want someone to see the hurt, you know, and to see it and kiss it, make it in the Lord's like, that's how I am with you. I just want to see it, you know?

And I, and he received it so well and it just like funny, just this big man bending down to [00:29:00] see her a little and they're holding each other spaces. Yeah. It's just like, that's the Lord. He's holding our face and saying, I see it. Bring it to me. All of it.

Heather Khym: That's a beautiful image. I think for us all to pray with this week in particular, like what are those wounds that we want the Lord to see, and to just have that intimate, intimate moment, you know, that's beautiful.

Sister Miriam James Heidland: Yeah, I think we all want to fast now, don't we?

Heather Khym: Dang it. Pressing into all the hard places. It's all good.

Sister Miriam James Heidland: Isn't it worth it. Yeah, certainly it is worth it. Well, my dear friends, as we kind of transition here to our one things, Heather, would you like to offer your one thing to our lovely folks this week?

Heather Khym: Yes, I forgot to, um, let everybody know that there's a Lenten [00:30:00] playlist.

So I did post it in our, in our little discussion group. So if you're not a part of that, our private Facebook group, you're most welcome to join, to get some up-to-date things going on, but I do have a Lenten playlist, and hopefully that will bless people. It's uh, on Spotify. Spotify is free, but you can get the link in our show notes. Michelle?

Michelle Benzinger: My one thing is, uh, actually a good book by a good friend of our, Fr. Josh Johnson. And I was actually blessed to get an advanced copy and read it and write an endorsement for it. But it's called, On Earth as It is in Heaven: Restoring God's Vision of Race and Discipleship. And it is brilliant.

We've gotten a lot of requests here in emails about like the racial tension and all of this. And I love what Fr. Josh has done. He has rooted it in our faith and in his experience, which is beautiful, his story woven through it. But through the lens of may they all be one, you know, every [00:31:00] tribe and tongue and real John 17 vision.

And I mean, I read it, and I called him right away. I'm like, boy, such a time as this for you to write this. I mean, it was just so beautiful and it's so beautiful and so rooted in the beauty of our faith and the beauty of scripture and tradition. And I'm just so proud of him. And so, I mean, Fr. Josh is special to each of us, but I mean, I just love that boy. Well, he's a man, but anyway, so good, but it's On Earth as It is in Heaven by Ascension Press.

Sister Miriam James Heidland: That's awesome. He's so good. That's wonderful. It's going to bless people immensely. Well, my one thing is also a book, but I have been enjoying. I love, I mean, I love to listen to stories. I love to listen to things and I have been listening to the Hobbit by JRR Tolkien on audio book, but it's read by Andy Serkis.

And Andy was the voice of Gollum in the original Lord of the Rings. But Andy Serkis does every voice for every dwarf, every elf king, for Gandalf. [00:32:00] It is so like his range acting is it's thoroughly entertaining and it's, so his inflections are great. It's funny. I've like laughed out loud. It's just, it's so good.

So I would, I'm sure there's many versions of the audio book, but if you want to listen to the Hobbit, which is a, you know, a children's story and it's just so there's so many great things in there, but I want to just recommend the version read by Andy Serkis, because I think it's really, it's been a lovely bedtime story for me. I listen to it when I go to bed, so I've absolutely enjoyed it. So I recommend that to the peeps.

Michelle Benzinger: And have you all seen on Amazon Prime? Like The Ring is supposed to come out, the whole remaking of Lord of the Rings.

Sister Miriam James Heidland: It was on Prime. Okay.

Michelle Benzinger: Yeah, it's supposed to come out. Some people have said that it's going to be like adult-ish maybe Game of Throne-ish. I don't know about it yet so do not take it on my recommendation. It has not come out yet. But, their marketing is on point, like their vision. Oh, I was like, oh, look at this, it's gorgeous. The pictures that have come out of it are stunning. And I'm like, take me back [00:33:00] to middle earth, but we'll see. We'll see how it goes.

Sister Miriam James Heidland: Well, friends, we just want to invite you this week to, um, just allow the father to embrace your face. Allow Jesus, to do that and to let Him see, cause he wants to see you. He wants to bless you there. So thank you for coming along with us and we

will see you next week. So until then we'll be Abiding Together. God bless you.

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