

## S11 E12

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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 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.

Hello, and welcome to this week's episode of the Abiding Together Podcast. And welcome to the week of weeks. We have made it to holy week and we're going to dive into all the days of holy week, as we prepare, really to celebrate the highest day of the church, which is Easter Sunday. So Heather and Michelle, we're almost there girls. We are almost there and we were just looking at, Heather's making a piece of art. She just did. She just stained. What did you do? You stained in a headboard?

**Heather Khym:** Yeah, that's a whole bed frame. I just have to have a creative project And so I'm realizing that yeah, like I can do things just even at home. So I ordered a sander, I had this bed frame that was kind of like a whitewash beachy kind of thing. And our daughter didn't really like that style. So I sanded down the whole thing and then stained it and it turned out so good.

**Michelle Benzinger:** It turned out amazing. It's beautiful. Heather, you need to put a picture of it in the show notes.

**Sister Miriam James Heidland:** That's a good idea. You totally should. Yeah, well maybe you can do it. Yeah.

**Heather Khym:** You ready? For the week of week?

**Sister Miriam James Heidland:** I'm ready for it. Yeah. It's a powerful week. Yeah. Well, it's, it's a powerful week and so much has happened. Obviously, you know, we record ahead of time, but so much has happened, you know, in the weeks that we've journeyed together in lent and the world and our families and ourselves, and we shall see, we shall see what happens this week. Yeah.

**Michelle Benzinger:** Um, yeah, I'm ready for sugar. And so like, I just want jelly beans.

**Sister Miriam James Heidland:** Sweet tart jelly beans we know what the Easter Bunny's bringing you this week, girl. Yeah. And so

**Michelle Benzinger:** yeah, like, yeah, it was just like, let's ease in a little sugar and whatever, actually, as soon as I do, it's like one of those like false advertising because I've like made it a habit, not to have a lot of it, especially just on feast days. And so when I do have it. It feels good when I eat it and then it makes me sick, but, you know, and it's just like, darn

**Sister Miriam James Heidland:** it for, for so many things.

**Michelle Benzinger:** And you're just like, darn it. seriously. Seriously, come on,

**Sister Miriam James Heidland:** come on. So good.

**Michelle Benzinger:** So Lord, let us take pleasure in things that are heavenly, come on. Yeah, but isn't it just amazing, like we really like this is the pinnacle. Like this is a super bowl. This is the national championship of our faith. It is Easter. And I don't think that we give it enough. Give it enough prayer, give enough pondering give enough presence like, oh my gosh, Jesus rose from the dead. And that same resurrection power is within us. You know, that he can resurrect places and pieces of our own hearts and bring them back to life. And that it is just a powerful thing. And the time after Easter, you know, those 50 days from Easter to Pentecost, like it's a powerful time, you know, It is a very, very powerful time. And so how do we enter into this holy week with our whole hearts and our whole beings and our whole bodies, and really enter into this time set apart. Like I've said before on the podcast, I learned so much from my Jewish friends, how they celebrate the feast days. Like, man, they. Like she's, she always tells me she's like, Michelle, you have to be intentional about feasting. And so, because it's a preparation and I love the beauty of that. And I love that. And I was like, okay, how do I prepare for Easter? And I mean, I really kind of want candles. Like she has these really cool Jewish Shabbat

candles. I really want them some too, but like, how do I prepare like our table for Easter? How do I prepare this holy week? How do I prepare my hearts and all the different. So, yeah, and I love what you said, sister in this this week is like any, unlike any other week in the whole entire liturgical year. So how do we enter in fully?

**Sister Miriam James Heidland:** Um, and that's a great invitation that the Lord is making to each one of us of, you know, how will we make this week different than any other week? And in the midst of all the busy-ness and you know, the kids and all kinds of stuff, we have going on our lives, but how can we make this week different? And I think that's going to be a deep invitation to all of us and maybe an exciting surprise as the Lord opens up this week for us. And so this is, uh, we, we finished confessing and almsgiving. So holy week stands alone. And so there's a beautiful quote section for us on sacrifice from the book restore that we've been journeying through. And the quote that I chose for this particular section is from Saint Catherine of Siena, one of our girls, right? And I love this quote. She says he will provide the way in the means such as you could never have imagined. Leave it all to him, let go of yourself, lose yourself on the cross. And you will find yourself. I think we could do a whole episode just on that quote. Right, right. Which is so good. And so our scripture verses from Matthew 21: 9 on Palm Sunday, where the crowd shouts Hosanna to the son of David blessed is he who comes in the name of the Lord. And just as we journey through this week of holy week and the book restore there's many meditations each, each day, they're going to bring your heart to different places, but kind of maybe Michelle, as we dive into holy week and. Is there other traditions your family has as you prepare your heart? Or what about for you? Like how do you prepare yourself in holy week for Easter Sunday and then the octave of Easter, and then what's to come after.

**Michelle Benzinger:** Yeah. We were ahead of this conversation about like the people we do family dinner every Sunday night, how we wanted to enter into Easter. So we were this year, we were doing a Seder supper. Like we actually do all of that, but also how do we make this? Where it is simple. I am really great at having all these grandiose ideas and then the implementation either they don't happen, or I just get mad because I make them so big that they're so detailed. And I'm like, and that just, you know, that just doesn't bring anybody joy or peace. And it kind of like negates the whole situation, you know? So it really is just simple. Like how do we do this? This is the stations of the cross, but for us a big one is the divine mercy. Chaplet on. Good Friday. We do that. We do the stations of the cross. We do holy Thursday, we do foot wash. And our house, you know, I think that's just such a powerful thing. Not only do you go to the holy Thursday at church, but to do it in your house, you know, because those are the people that we are trying to love the best, but we also hurt the most. So that is, yeah. Keeping it simple that way. You know, Heather, what about you?

**Heather Khym:** Yeah. We like keeping holy we quiet. So, so this is funny. It's something that we've been doing all lent is not buying any extra food, except for like. You know, eggs and the fresh stuff, like fresh vegetables, but we're just getting, going through all the stuff in our freezers because you know how things just get sort of packed in there and you forget what you have. So like we're having some interesting dinners throughout like, oh, we have a lot of frozen berries where every smoothie, so, you know, again for dinner, but yeah, like, I mean in holy week, generally, like we like food to be quite simple. And for there to just be like a quietness and like, uh, just space, you know, like just creating more space and quiet and, um, yeah, just room for the Lord. So obviously the liturgies are such an important part for our family. I know you don't have to go, but they are so, so beautiful and they help to enter. To the various aspects and, you know, just even being able to pop over to the church and spend some time, like just being more intentional throughout the week. So how about you Sister?

**Sister Miriam James Heidland:** Those are, so those are such great things and it is true. There's something really particular and beautiful even about as we entered into holy week, even the mass, the Palm Sunday, mass, like all of us are literally holding palms and we're participating. Part of the gospel and like as the crowd and we're, it just, there's it just the whole nature of it changes. And it kind of, if we allow it to, it changes it from kind of watching Jesus Christ, do something out there to like what's happening within my own life. And how am I participating in this road to Jerusalem? How am I participating in my life? And you know, you're making Easter preparations and you're also making a tritium. Like the tritium is the holy Thursday, good Friday and Easter. Holy Saturday, it was called the tritium where the mass actually doesn't have a closing prayer, just. The, the mass of the last supper. There's many times at Chris mass in the, in the diocese, which, where we, the priest renew their priestly promises and their vows. It's like a celebration of the last supper. But like, after that, there's adoration until midnight on holy Thursday. And then there's, it's, you know, then it's good Friday and it's just beautiful to have the church, the liturgy unfolds. So we just want to invite listeners if you've never been to the tritium, if you've never been to holy Thursday, good Friday and Easter Sunday or Easter Sunday vigil, which is Saturday night. We just want to invite you to go this year. Just go to maybe just one. And just to experience what that's like. Uh, last year I live in south Texas. So last year, one of, one of the people, one of the churches, one of our parishes did a living like stations of the cross, but it was like on a good Friday, but it started out on the other side of town and we walked through town with Christ and it was a very, very visual reenact. Of Christ walking and it was so well done and it was, it really put for my own heart, like a new dimension onto what Christ in a way of what Christ really suffered. And so, yeah, this it's a really, it is a special week. And so just inviting, you know, our listeners, like what, what in your week, this week, how can you make it? Then the past, like what, is there something that you can do as a family or wherever a community that you're in, or even with yourself of like, how is

this week going to look different? I usually always go to confession holy week before also because I want to go to confession before Easter. So just different things like that, that can help us prepare. Uh, so maybe we could talk about some of the, some of the discussion questions, uh, as the days progress is we're going to hear the readings and we're going to see different characters in the story. So maybe we could talk about Mary of Bethany and how she takes the leader of costly perfumed oil, and she breaks it over Jesus. Uh, you know, some people say that it was probably their inheritance because they had no parents like Mary, Mary, Martha, and Lazarus that it could have been part of their inheritance. So it's something that was very costly and the fragrance filled the house and, you know, gee, she's anointing Jesus out of love and she's anointed him for his burial. And then Judas what's happening. Judas is judging her and he's saying, why is she wasting this? So this could have been, I mean, and it's totally duplicative as heart and Jesus defense. And he says, leave her. Like you just, you leave her alone, like what she's done, she's done it from you. So just leave her alone. And so what have you guys noticed kind of in your own heart where the Lord, maybe some, I don't know, costly oil in your life. That that is a gift to the Lord, or just maybe in places in your own heart. I know myself included. I've had places in my heart, like Judas, where you just see the extravagance of other people and you just judge it because it just comes from like a miserliness of our. What are some things as we maybe talk about that story, or even talk about the betrayal of St. Peter that just stir your heart as we journey in this week?

**Michelle Benzinger:** Yeah, I think for me, like the costly of oil, I just think that's such a beautiful, you know, uh, Mary of Bethany, I think for her like that it was extravagant work. That she did not care what other people thought of her. Like it was, she was a desperate lover. She just wanted to get to Jesus and do I'm always so convicted by law. That that is how I want to be. And I love it. A couple of years ago, Catholic creatives, they use the quote Lindt is for lovers. And I love that. And Christopher West is such a beautiful teaching. I will post that link here talking about that. That is what they used to anoint the bride groom in before his. Is that same oil that she did and Mary of Bethany, and that he is the bridegroom that he is coming for us. And one of my favorite quotes is one from Pope Benedict. When he says insecurity is transformed by intimacy and she just, she didn't have, she was not insecure and God's love. She does not insecure and Jesus's love, she approached him with boldness, but she approached him with such intimacy. And I think to myself, like one of the things I love about Ignation spirituality is when you put yourself in the scene of the gospel. And so like, when you feel like, all right, what does it look like? What does it smell? Like? What does it do? And to like put yourself in that scene of that gospel, like, that would be a beautiful thing to do this holy week. Allow yourself to be Mary or Bethany and allow yourself not to be controlled by other people's thoughts. But by the reckless love of the bridegroom. And what w how is he looking at you when he's watching a speech? How are you looking at him? Like you're

touching his feet, which, you know, it says like in Jewish time that it's like, man, they walked everywhere. You got some nasty feet, please, you know, and she washes his feet. It says in some interpretations with her tears and then dries them with her hair like that. Intimate gestures. And some people will be like, that's not appropriate, but we have a God that just breaks all barriers and he meets people where they're at. And so like in this holy week, what does it look like for myself and for each of us to love him with this lavish love with this love that goes beyond. Any constraints and just love him with all of our just bound hearts in his presence. Heather, what about you?

**Heather Khym:** Yeah. And you could see where judgment could creep in like how that could be via somewhere. They're like, this is Jesus. This, this is the savior that we've been longing for. And you're crying on his feet and wiping it with your hair, like gross, like pull yourself together, you know, and sometimes we can be judgmental of other people and how they come before God. And it might be the very best that they can. Yeah at that time, but yeah. Assister, you mentioned St. Peter's betrayal and this story. I mean, it's one of my favorites. I love Peter and I love just the whole thing, how honest it is and, and the restoration that occurs later as well. But just something that struck me the other day, there was something about this scripture that was being read the other day. And, um, when Jesus. Walk past Peter. And it says like when the cock crowed three times, whatever, and Jesus looked at Peter and I just thought that moment where they lock eyes and Peter knows that Jesus sees everything. Like he sees him and he sees him in his worst absolute worst moment. Like, what is that like? To let Jesus see us at our absolute worst. And I can think about the times of my life, where I've allowed myself or the, the gaze of the one who was faithful, who was always faithful, like to look at me who has a harlot in some ways, in my relationship with him, you know, where I wander and I squander and I be Trey and I turned my back on him and I sin and all of those things like. When I've let myself be seen there, there's nothing that breaks your heart more because of the love that comes, you know, it's like, it's not, I mean, yeah, it's the sorrow and it's the guilt and it's the, oh my gosh. Like, I've wronged someone that I love, but your heart breaks under the love because it's just so pure and good. And he still loves, like, he's not looking with like, You know, you hurt me and I'm angry, like with scorn or condemnation, like that's not the eyes that Jesus looks at Peter with nor is that the eyes that he looks at us with. So, oh gosh. I just love the whole scene with Peter is just so honest of the human condition.

**Sister Miriam James Heidland:** Oh, and, and both. Yeah, both of them. And I was just thinking, as you both were sharing of how Jesus is not careless with our vulnerability, he's so careful with it. We've all had moments in our life where people have brought us their vulnerability. We didn't know what to do with it, or we've brought our vulnerability to somebody else. They didn't know what to do with it. And Jesus always knows what to do with it. And that invitation. Uh, reconciliation

with Peter and just his defensive Mary, and, you know, his rebuke of Judas of OMA, you know, is still trying to call him to conversion, like just, you know, and Judas at that. At that time, he, like, he still has a chance like to convert and just like the hardness of Judas, his heart and the places where Jesus continually invites us over and over and over again. And he never tires of doing that. He doesn't ever stop doing it of the continual invitation to, to come to him to be reconciled to him as, as the light. I love it. The next day, we talk about the prologue of the gospel of John, where we talk about the light. And John says the light shines in the darkness and the darkness has not overcome it. And I remember before I was in graduate school, just reading that particular scripture passage and just thinking, well, maybe one day it will, you know, like it hasn't, but maybe one day it will. And in Christ, the darkness will never overcome the light in Christ. The darkness is not even equal to the light. Satan is not. For example, Satan is not God's. You know, he's just a small creation and the darkness in our life. And in, as we've been going through lent the Lord in his mercy has revealed much in our hearts, our desires, our, our disorders and all of that. But it's all of that for a purpose of his light can bring integration and wholeness to it. And that light will never be overcome by the darkness ever. It never will. And so at that, like this, like when we talk about things like this, like this is our. Like, this is our, this is our faith. It's not this wrote once a week kind of thing that we just do to fulfill an obligation. Like this is our faith that Jesus Christ is by his stripes. We are healed. The he takes on everything in our life that he suffered and died for us. He takes on the thing that destroys us sin and death, and he takes it unto himself and he transforms it and he brings it into eternal beauty. Like every time we receive the Eucharist, we say that Memorial acclamation, while you're crossing resurrection, you've set us free. When we eat this bread and drink this cup, we proclaim your death. Lord Jesus. That. It's just, gosh, you know, I think say Bishop long-chain so that if we really knew what the church taught, if we really knew what the church taught, we would never leave the church because we do, we leave the church because we have what we think she teaches. But if, when we understand what it is, we would never leave because it's Christ, like, he's so

**Heather Khym:** beautiful. So. And he's so relevant. And I think that that is what a lot of people miss and sometimes through their own faults sometimes through, you know, just poor teach teaching and preaching and, and example, you know, on the behalf of people in the church ourselves. But, but yeah, Jesus is so right. He, he brings meaning to our life by the Teresa says, Jesus explains our life. Like does he not like when we really dive into it, it's not 2000 years ago. Jesus, who is out of touch with reality and out of touch with my, my humanity in my life and all the details of my life. It's like he's relevant in every single place of our life. Right now. That's the realization, which. The one, we know that he's relevant, then we know that we can ask him into all of these places because he has, he has the power to do something about it.



**Michelle Benzinger:** Um, yeah. And I think it's interesting, like when we think about Jesus come into our life in a powerful way. And I think ever since we did our last lesson study, I'm on Elizabeth, the Trinity Clare's book. Just what does it mean? Like Elizabeth, he was so beautiful, like allowing the Trinity to take residents as like, make their home with. You know, and make their home within us. And at the beginning of the lens, I was praying to the Lord and just asking him like, all right, do you want to do with the slit? What are we going to do? Like, how are we going to journey together? And one of the braises, I heard it, like, I felt like I was sensing and prayer was, I want you to be drunk and love. And I was like, all right, that's an interesting one. I was thinking of that first thing I was thinking about. Okay. The drunken love song with Beyonce. Lord, that is really inappropriate. Crazy love is good. But the one note I was like, that is not an inappropriate song that we need to be discussing. And it was so funny that I was just praying even more. And I came across a quote from St. John's. And it says, let Christ. So BR food and faith. So our drink that we made joyfully receive the sober inebriation of the spirits come on. And it was like the sober integration. And he St. Ambrose goes on to talk about like how that awakens us, that that brings us to life. That that brings us to the power of the holy spirit, which is the resurrection power. And. The largest convicting me. Like you have to stop. There's certain areas that you still are doing things in your own power. And I realize this because everyone that is close to me knows I'm not a drinker. Like I don't drink and I don't have any moral reasons why to drink. And I was actually praying about that because on my twin and I was not a drinker in high school or whatever, and I was praying about that the other day. And it was because this is really funny on my 21st. I got so drunk on Goldschläger cinnamon. I kissed, I mean, it's only now that I could had this scenario. I mean, our generation

**Sister Miriam James Heidland:** just laughed out loud right now.

**Michelle Benzinger:** We know that as this tiny little thing and I was doing shots and I remember even the guy I was dating was like, honey, you need to take it. He's up fine. Okay. Like, and I was just like, it was horrible. Like this was like a confessional. But totally sick. Totally sick was totally out of control, but I remember that's why I don't drink because I don't like being out of control. And the Lord was like, this is not a virtuous thing. Actually, this is like your control. And then it was praying a deeper battle and Lord. You even put constraints on the holy spirit. Like, you feel like you're open more than most, but like really what ways have you allowed yourself to be drunk? And him? I was like, so convicted, like so convicted because like, okay. Allow him more room because like, as we go through. We're about to hit Pentecost the next season. And I'm always struck how the apostles that were scary and cowering in the room, the upper room become the bravest people and what was the difference? It was the power of the holy spirit working in and through their lives. And the Lord is calling us to be. Basically drunk and love people, not uncle saga, but on the holy spirit,



**Sister Miriam James Heidland:** put that on a mug Abiding Together,

**Michelle Benzinger:** put that on a shot glass. I'm like, um, my mother would be so proud.

**Sister Miriam James Heidland:** Yeah. Yeah, but like, this is yeah, Michelle. Amen. And this is our faith, right? This is our faith. Like this is the beauty of our faith that we just don't encounter. Very often. We don't hear about it. We don't, we're not immersed in the scripture. So we don't know the stories we don't know. And we don't know people who are living like this many times. And so, but like, this is the truth of our faith. Like this is, this is why it resonates with every deepest desire that we have because it's true. Jesus Christ is reality. He is the ultimate reality. Yeah, I it's just like, ah, it's so beautiful. Anyway, Heather, what we're going to say. Sorry to cut you off.

**Heather Khym:** nothing. I've just enjoyed this conversation. It's just so true at the same time. Like I was just thinking about the control thing and I was like, you know, often we want God to ask our permission to like, come to us and check in with us first, before we make an agreement to something. Of course God wants once our yes. Yes, of course. To get to that place where we have said, Lord, you could use me. You don't need my permission. Like you could just come and use me however you want in the most appropriate way. Like, you know, so that you can just like, Lord place me where you want to place me, like, whatever conversations you want me to have to have those conversations. If you, if you want. To be crazy and share with somebody, something that I wouldn't normally do, like gave me the grace to do that, to just allow the holy spirit to move so freely within us. I mean, it's a beautiful thing. And I think many of us w I mean, Michelle, you're not the only white. Like we, we stifle the movements of the holy spirit and, and often we want to know it's like, well, God, tell me, tell me what you tell me what you want, instead of just saying you have my permission, like to do whatever you want. In and through me,

**Michelle Benzinger:** and I think almost even repenting of those areas, like where have I cycled the holy spirit? Like the Lord's really, I just have beginning, I was starting to begin to dream again. And it was just been very painful because that's the thing that I used to be able to do the best dream with them. But I was trying to, I realized I was dreaming of my own. I wasn't co-creating with the holy spirit. I was seeing what I can produce and not what I could create. And creation is what the holy spirit does. Production is man-made creations, holy spirit driven. And so like, what is the holy spirit inviting me to co-create because what he gives us. Yes. There's sacrifice, but the burden is easy and liked and he carries, he does, like we've said before, he does the heavy lifting. So like, where have I like. Stifle the holy spirit, where have I stifled resurrection power in my life? Where have I closed my heart and not been a lavish lover? Where has he called me to bold love? And I love Pope

Benedict always says, you know, Christianity is a love story. It is an events, but what we are, we're coming to the main event. This Easter Sunday, this is what we, like you said sister, like, if this is real people, you know, the resurrection is real. How are we living our daily reality that this resurrection power is a real thing.

**Sister Miriam James Heidland:** Yeah. And this is exactly what the Lord has been doing in our lives during lent. And this is exactly how we go forth. So everything we're talking about today, it's like, oh, it doesn't end on Easter Sunday. This is just the big. Like this is the beginning of taking everything that the Lord is doing and continuing to walk with it and letting it marinade in our hearts and to transform us into allow the Lord to bring us into, to deeper places. It's just so important. It's just, it's just so important. And that's the Dubai. Journey that the all of us are on that's the day by day journey. And I think one of the quotes that I use on for Easter Sunday and restore is the book. I started out with the same quote with a book, and I'm just, I love the Easter vigil liturgy. It's so incredibly beautiful. The prayers are so beautiful. And one of my favorite prayers is when the priest takes the Pascal candle, that he's just blessed. He likes it in the new Paschal fire and the, the Easter vigil takes place at night. So there's only the lit by the fire and the priest praises peroneus has made the light of Christ rising in glory, dispel the darkness of our hearts and mind. Right. May the light of Christ rising and glory dispel the darkness of our hearts and minds. And that's what we've been talking about this entire, these entire weeks, these six weeks of letting the light of Christ dispel the darkness of our hearts and minds. And this is what he continues to do in our life. Like what you both were just beautifully saying, like this is Jesus Christ, the risen Lord taking on everything, continuing to dispel the darkness of our hearts and minds. Why, so that we can love. So that we can receive him, we can love and just the beautiful ways that he does that. So this is the good news. Y'all seriously, this is the good news and amen. Amen.

**Heather Khym:** Amen

**Michelle Benzinger:** Amen.

**Heather Khym:** So good. That's so good. Yeah, because I think we're right on, you know, the point is to live into it. Yeah. This week live into it. If you can go to the Easter vigil, I would encourage people to go and listen to those prayers. Like let them be prayed in you. Let the holy spirit pray these prayers in you for them to become a reality within your own heart, your relationships, your community, your family. So people that you care most deeply about. Yeah, here

**Sister Miriam James Heidland:** we go. Friends. Here we go. Well, ladies, any last words and this official Lenten series before we wish everybody happy Easter.

**Heather Khym:** We give good advice here at Abiding Together,. That's so great

**Sister Miriam James Heidland:** What about you? Do, are there any last words for our listeners before we close our line? Wish I'd been

**Heather Khym:** happy Easter. Yep. Yeah. I just, I just hope that this week is yeah. That you create space for the Lord to be who he is in every. That you, you allow them to see you in your most broken places and that he would meet you there and you would just offer him whatever it is that you can this week. Just honest, vulnerable, real. Amen.

**Sister Miriam James Heidland:** And it's my heart. I just pray that this London season has been a time of just deeper encounter with Jesus. I, I really do pray that all of us wake up Easter Sunday different than we were Ash Wednesday. And even if it's an only a small way. I, it is worth it. Christ is real, he's alive and he loves us and this journey is worth it. Our faith is worth it. This life is worth it. And so just to continue to just invite us on this journey and let's keep going, like, we go forth friends, like we go forth, we keep going. And it's a beautiful, beautiful journey. Yeah. Well, ladies, Michelle, would you like to offer everybody your. Holy week slash happy Easter and one things.

**Michelle Benzinger:** Yes. Sister alluded to it earlier, but I love the Chrism mass. I love when the priest renew their bowels and all of that. And I just love the gifts of the priesthood that gives to the priesthood. And we have some really good, we've seen some harp. Parts of the priesthood and where that bother hit has not been what it should be. But really in the last couple of years, I've seen some of the most beautiful examples of fatherhood and priesthood. And I'm really thankful to my priest brothers. Like I'm very thankful that I have some really good brothers in Christ that are priests and they love me really well. And I was slapping at one of them the other day, just, just their humor and their humanity and their holiness all wrapped up into. And so they make really good brothers and they are really good bothers to my family. And so I'm very appreciative of them. So they are my one thing.

**Sister Miriam James Heidland:** Amen. And Heather?

**Heather Khym:** Well, my one thing this week is a new series for youth by. Called the life on purpose series. I was invited to be a part of it. And I was just so glad that I was even a part of it so that I could see it it's really, really well done. And I can't wait for my teenagers to watch it. It just came out. It's alpha canada.org, and the link is going to be in the show notes, but it's a free four-part series for teenagers, how to live your life on purpose is really good. Yeah.

**Sister Miriam James Heidland:** That's a great idea. Especially as you launch into the Easter season, that's a great. Yeah. So this is a great idea. Well, um, I have been

thoroughly enjoying something called soaking in his presence by a worship artist from Bethel. And it's instrumental music written in the presence of God for just letting your heart rest. And I'm telling you all, I like, I listened to it on Spotify. I found it on YouTube first and let's do on a Spotify. So I put it like on a timer. And I just tell you like 30 minutes. I'm sitting that and just praying so deeply, it is open up part of my heart that I, I just have not known before and just like, oh, I, so I just want to offer that to our listeners. Maybe this holy week is we just want to soak with the Lord in his presence and just put it on the background. It's so very calming. It's very beautiful. And it's just very uplifting and also just very deep. So I just want her to offer that gift to our listeners. So soaking in the Lord's presence by Bethel Bethel worship. Amen. Well, dear friends, happy Easter. We wish you every beautiful, wonderful grace. Enjoy the resurrection and God's love for you and his eternal heart for you. So thank you so much for joining us on this Lenten series. Thank you dear Heather and dear Michelle has been fun to

**Heather Khym:** sister, this book. Beautiful. To read your words. Your heart to lead us during this, this Lenten journey. So thank you so much. This,

**Michelle Benzinger:** it was so funny. People would say something to me and they're like, she wrote this, she wrote this. And I laughed because I feel like it's part of our conversation. Can we talk about both to see your heart on pages? And so it is so beautiful to see.

**Sister Miriam James Heidland:** Oh, thank you friends. I appreciate that. Thank you. That blesses me a lot. And thanks for just being willing to have this book as part of our journey. So well friends until next time, happy Easter.

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