

## S11 E14 Transcript

**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 part two of our series on bride. And this is our final kind of installment of the identity series, which we started with daughter, sister, and then mother. And now we're finishing with bride as the, really the fulfillment of all of our vocations, to belong totally to the Lord forever for eternity. Last week we spoke about freedom, about belonging freely to the Lord and freely to our spouse and to whom we've been called to give. And this week we're gonna talk about fully and totally. And the statement of intention we were talking about the marriage ceremony last time, and we're gonna take those vows and really expand upon them. But the statement of intention for this week is what you're asked at the wedding ceremony is, do you come here fully, without reservation, intent upon giving yourself to your intended spouse in marriage? Which that's a lot. Oh my goodness, without reservation too. So I was like, wait a second.

**Heather Khym:** Yeah, I think about when I was 23 saying that, you didn't know anything girl.

**Sister Miriam James Heidland:** So Michelle, what about you as we kinda go through this and I know there's a beautiful quote by Pope Benedict we can look at also. But, what do you guys think about the reservation or coming fully, which is so deep?

**Michelle Benzinger:** Yeah, I think coming fully, like coming fully is very similar to freely. By coming with your whole self, coming and giving without reservation. Where there's no hindrances is very similar to what we talked about last time. But realizing that love is a powerful force, is the most powerful force on earth and to love. And this quote by Pope Benedict, which I had never read. And I discovered it is from actually World Youth Day in 2007, it says, "My dear young friends, I want to invite you to dare to love. Do not desire anything less for your life than a love that is strong and beautiful. And that is capable of making the whole of your existence, a joyful undertaking of giving yourselves as a gift to God and your brothers and sisters. An imitation of the one who vanquished hatred and death forever through love. Love is the only force capable of changing the heart of the human person and

of all humanity, by making fruitful the relations between men and women, between rich and poor, between culture and civilizations."

**Sister Miriam James Heidland:** That's a good word. Wow.

**Michelle Benzinger:** And says "Love is the only force capable of changing the heart of humans." And you love the saying, "But love heals." Love heals and transforms. So I think for us to come fully and to everything is to really take assess all the parts of our heart and see which parts of our heart are still closed and to see which parts of ourselves that are still being, like that we are hiding from. Very similar to last podcast episode and how do we give ourselves fully to one another.

**Heather Khym:** Yeah and we really don't have a perfect model for that in one another, but we do have a perfect model of that in Christ. Like he is the perfect teacher. He came to earth to show us how to live among other things. But that's one of the reasons why he came. And so in his life we can come to understand how to give ourselves fully, because that's what he did. He came to give himself fully to us, in everything hold nothing back to the point of death. And all of it was for a purpose for us. Like it was all for us, not for him, but as a gift. So he made a gift of himself completely to us. And I think when we hold ourselves up to that standard often we can just go, Ugh, like I can't do that. I can't love like that. And there's a part of that that's so true. We can't, we are incapable of that kind of love on our own power, because there's distortions, there's our own stories, there's our vulnerabilities that have turned into fear. There's all of those things at play, but it truly is allowing the love of God to come into us so fully, that that's what we're able to give to others. And that's a process of allowing ourselves to become transformed, but we have to at least pursue it to know that that's the goal, to know that that's where love is actually found. He is love, God is love. We hear that all the time, but I think we forget he actually is the love, that any expression of love, any real love that we experience is God. So yeah, I think it sounds so basic but yet it's hard to live, it's the hardest thing to live.

**Michelle Benzinger:** Oh, I agree.

**Sister Miriam James Heidland:** Yeah, it is true and that's why we talk about, it's a school of love. And maybe we could read our scripture pass from Genesis that is guiding our series on bride, and which is from Genesis 2:18-25. And it says this, "Then the Lord God said, it is not good that the man should be alone. I will make him a helper as his partner. So out of the ground the Lord God formed every animal of the field and every bird of the air and brought them to the man to see what he would call them and whatever the man called every living creature, that was its name. The man gave names to all cattle and to all the birds of the air and to every animal of the field. But for the man, there was not found to help her as his partner.

So the Lord God caused a deep sleep to fall upon the man and he slept. Then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, this one at last is bone of my bones and flesh of my flesh. This one shall be called woman for out of her man this one was taken. Therefore a man leaves his father and his mother and clings to his wife and they become one flesh. And the man and his wife were both naked and were not ashamed." I just thinking when we talk about fully and totally, it's only in the covenant, which is the covenant of our baptism but also the covenant of marriage. It's only the covenant that allows the freedom and then where we are now, the fullness and the totality of everything to come out in a safe place. And it's really the, I mean, that's what baptism does for us, that it gives us the freedom 'cause there's nothing that could ever happen to us that will allow us to cease to belong to the Lord. That mark upon our soul we will always be marked, whether we want to remain in a relationship with him or not is up to us, but there's a marking of a covenant which forever marks us as belonging to God as his children. And there's a mark of a covenant of marriage, which in its heart and which is the process of growth is, that gives all of the parts of our hearts the ability to come out onto the alter and to be seen in to be contained knowing that the relationship won't be terminated. And I know this is ideal, so I please understand. But that's why I really believe that humans, no matter how society tries to redefine marriage and redefine masculine femininity, society will always be fascinated by a good love story between a man and a woman, a love that lasts a life time, a love that overcomes obstacles, a love that gives, a love that receives. That is a never ceasing fascination. It's why we like to watch Royal weddings. Like the world is fascinated by the concept and the reality of marriage even if it tries to redefine it, because at the heart of every person we know that we are made for free total faithful, fruitful love, that will end. 'Cause as etched and our being as sons and daughters of God, as being made the image like this of God. And so, it's a hearkening unto the truth of who we are. And as we allow that to unfold, and as for both of you especially who have human spouses, who each have their own stories as well, which is not easy by any means. Myself, my own life with the Lord, of course, but then with my religious community and the people that God has given to me, that's the restoration of our lives. And it's so easy to pull back at times and not to love freely and totally, be like, no, I'm sorry of being hurt here, I'm tired of being alone here. I'm tired of being abandoned here and not received here. So I'm just gonna pull back and I'm just gonna put all my fig leaves and I'm just gonna coexist. And the Lord's not calling us to coexist, but to become one.

**Heather Khym:** That's why I think it's so important to have, like, you're saying sister this is the ideal, but we have to have the ideal in mind. Like we have to have something to shoot for, that we're committing to no matter what our vocation is, but in marriage specifically, you have to know what you're both shooting for. Or else what is your marriage all about? Is it about pleasure? Is it about, like those things

won't last. So you know that a marriage will come to an end that doesn't have the focus on the right things. So at least say, this is the goal that we both are submitting ourselves under, is like God's idea and perfect image of his love, which is marriage, like this is what we're gonna submit our relationship under. And so all the decisions that we make when we wrestle inside and we don't want to, is gonna have to come under this again, because that's when things get out of order very, very fast, is when I go, but this is how I feel. This is what you're not doing for me. This is how you hurt me. This is what's so dysfunctional in our relationship. It's like all that totally true. I've been there, Jake's been there. Like we are in the middle of this all the time. But it's our submission under the will of God, but also the perfect image that he desires for us, that we just go, "God, we're just gonna keep hoping that you will take all of this and turn it into something beautiful. We just keep pursuing you, submitting it under your grace, your authority, your power to redeem and restore, that's what's gonna actually do it and carry us through." And I think for people who are wanting to be married or looking to commit themselves to Jesus forever in this most beautiful vocation that speaks of all eternity, we have to know what we're getting into. This is the fully. Are you gonna bring your whole self, but also be willing to receive fully the other person, the whole self of the other person? To not say, I love this part and this part, I'll receive that but I'm not receiving that. Where we want a little bit of a schmorgesborg of a person that we love. And it's like, can I-

**Michelle Benzinger:** How we treat the church too.

**Heather Khym:** It's so true. And I think like, as I've learned Jake's whole story and he's learned my whole story over the years, which I think is just a beautiful thing for all couples to take time to do. I it's good for friends too. But to really listen to the whole story of one another, like what happened when you were little, the good, the bad, the ugly, the hard things like that have made you who you are. There's so many times that I wish certain things didn't happen to Jake, that it's broken my heart and that's made him who he is and suffered in so many ways and vice versa, to there's parts of my story that have been so damaging and traumatizing to me, that make me incapable at moments of loving in the way that I wish I could. But can we still receive each other there? Can we still accept the fullness of who we are at this moment, with the hope that God is gonna come and redeem and restore, and that we are called to play a part in that for each other, like wholly. Like that's the tough work of marriage is like, I'm actually meant to be, this is what God has called us to, so I'm part of the way for Jake to experience the fullness of who he is. And he is the way for me, like with Christ, like to experience the fullness of who I am. So can we be places of healing and restoration for one another, as we give and receive the fullness of each other.

**Michelle Benzinger:** And it's so perfect because the scripture, our guiding scripture this says, "You will your mother and father." And I don't think we're taught well or

we teach couples well what it looks like to leave well. And I think that is one of the things that we stress so often in this podcast is know your story, take the time and know your story so that when you do get married or you do join your community or wherever you are, you leave your mother and father well, you take the blessings, but then you also identify the hardships. And so you leave it and then it says the next part, "You cleave to one another." So you cleave to your spouse, you really, the Hebrew of it is almost the same as cleaving to a mother. It is this new attachment that has taken place because you are one. And how do you cleave? And how do you cleave fully? Where you give just only per, oh, I'm gonna just get close to you parts to myself. But no, the cleaving is like your whole being, the Hebrew word is like, your whole entire being you cleave to each other like a mother with cleave to a child, you need this person. And then it says, you leave, cleave and then weave. The Lord is doing something new. He is weaving these two people and like I said earlier, that the world has never seen before. This is a new love story, because it is a new creation this marriage, that the world has never seen before. But, if we even go like we have to put ourself in the ideal and knowing that the side of heaven things are not gonna be perfect. We're always returning our way back into Eden. But, that if we do this our job as spouses is to help reveal the glory of God in this other person. Our marriage is supposed to be a signpost for the marriage of the bride groom and the bride, the church did so. So that is an ideal that we need to put in front of us. Like that is an ideal, not to reach a standard of perfection but to have this vision of glory that we wanna display to a very hurting world. And I think that is one of the reasons why family is under attack so much, because it is the place where... Someone asked me, "Where do you think the Holy Spirit is gonna move next powerfully?" I said, "Revival is family and family is revival, but whatever it looks like." And the Lord I think you said, last podcast it blows our expectations because it's not what we think is gonna look like. And nothing usually ever is, the Lord's ways are never our ways. We do and you'd be like, "Oh Lord, Holy Spirit if you weren't here I would've done it this way, this would've been more efficient." But we're helping God display his glory. And it is his glory, not ours. And that is done within family.

**Sister Miriam James Heidland:** It is. And the particular distinct, I was just thinking of both of you and just a distinct way you live out each of your marriages. And there's a way that God loves that it's revealed through each of your marriages. Like every marriage is needed. Like every marriage, sometimes I think it's probably like a religious life, it's easy to look at somebody else's marriage and say, I wish I had that marriage. And there's nothing wrong with emulating beautiful things about others, but there's a particular like every human heart loves God in a way that nobody else loves. And there's a particular manifestation of Christ love for the church that every marriage in its beauty and also its tenacity and its faithfulness reveals to the world wouldn't. God is so gracious of how he does that. And that's why like the continued showing up and the continued vulnerability and the naked without shame. And

that's really what the Christian life is, is going back to the garden, of going back to being naked, so to speak, without shame which is excruciating for us. We all want a different way, we're like, oh Lord not that, like can I just be self relying over here but, that is very serious. I remember I was on a retreat and the priest was talking about that, of this whole restoration of Christian living is being naked and vulnerable before God, like that's heaven, like that... And I was like, Oh, can I, even part of me was like, I'm of course, these my naked, but it's like the parts of our hearts which is why spouses, the revelation of like the original nakedness on John Paul II's "Theology of the Body" is that the original nakedness of their body revealed the original nakedness of their souls, that they weren't holding back from each other, that they loved each other for their own sake not for what that person could do for them. And you see with the incidence of original sin and the acquisition and really the taking of the lie of the evil one that has shattered. And so that's the restoration of our hearts, but gosh, all of us want to be loved well, we've all had experiences of what it's like to be loved well and to love others well. And then all of us know what it feels like to be loved impurely, or to be loved outta being used or manipulated. And then we've all know what it feels like when we've done it ourselves, and like kind of like the internal compass that we have of what the Lord is calling us to do to be able to give the gift of our ourselves, which is the returning to him and the ideal of what is true so that we can live in that way.

**Michelle Benzinger:** And I talked about it before but. Chris and I had this experience where I was in a place, like this just deep place of healing and I was verbalizing and had really been able to name the parts I just did not like about myself, the little parts and the human parts. And so I'm bringing this to him, I was telling Dr. Bob this story. I was bringing it to him and I was like, "I just don't like this part." And I was bawling and he's like, "This is not your parts." And Chris said this before, he's like, "This is our parts." And he's like, "And I love you," and he was so tender and made me, there was something in me that raised up I wanna be like, "Oh, you like, I was so angry." I'm like, "No you don't." Because I wanted him to shame me, because I'm shaming me. I'm like don't you dare, I hated that. I was like, I mean, it made me want to crawl outta my skin. I was like, why wouldn't you shame me? I wanna shame... And it was so funny like Bob's like, but you felt safe enough to reveal those and I'm like, "You stopping talking too." Like everybody it so like...

**Sister Miriam James Heidland:** So vulnerable, it's so vulnerable.

**Michelle Benzinger:** It is so vulnerable and I didn't want to be because I wanted to see the Lord as juror and judge, I wanted to be like I don't wanna seem full of grace. I don't wanna seem full of mercy. I feel like there, and that's not who the Lord is. So he is using person to receive these parts of me that I don't care for, but that's how the Lord, but it's like taking off that bandaid and having someone else help you clean out and you're like, that's mine, that's mine, but it's not.

**Heather Khym:** Well to be loved in our ugliness, in our most our places of most poverty, there's most poverty is, it's excruciating.

**Sister Miriam James Heidland:** It is, it feels like... It hurts.

**Michelle Benzinger:** I mean, C.S Lewis, "Chronicles of Narnia," you feel like the dragon having your skin pulled off, it hurts.

**Sister Miriam James Heidland:** Yeah, we want that but we fear at the same time. It's like we want to be loved like that, but at the same time it's- It's like the push pull. I mean, we've all had experiences I think of somebody, I know I have many times people point out like my weakness, but they do in a way of like, "Well, I can see where you need to grow," and I'm like, "Thank you." Like I appreciate that. And then versus other people that will call out, like Chris, like call out in tenderness, the places where they see that I'm little. And even though it's hard still, it's such a different reception of somebody who really loves you.

**Michelle Benzinger:** It's a reception. And I would see it as earlier I saw it as an exposing, or appointing and instead of it was a reception and an unfolding, instead of it like, the Lord is like, I'm not an expos or an accuser. If you feel like you're accused that's not the voice of the Lord.

**Heather Khym:** And on the other side, how do we learn to love another when they are showing up with parts that aren't beautiful in that moment? Like how can we learn to be like Christ then? Like to really love our spouse or love community or love even Jesus on the cross. So that's not beautiful there, like that's painful, like he puts himself in a vulnerable place, saying I'm giving everything to you here and there's nothing held back and will we love him there? I mean the whole thing it's excruciating, but can we learn to love that way? Not just be loved that way, it's both. I think that's important in relationships, especially in the marriage relationship that we're not just looking to be loved all the time, that we are looking for opportunities to love and forgive, to be the first one to say I'm sorry, to be the first one to lay down your desire for the other person's good. Not just to be taken advantage of, but for the other person's good that these actions should be geared towards the other person's good and healing and the good of the marriage. And a lot of times that means it's not about you and it's not about what you need. And I think even that can be very vulnerable, to just go, I'm gonna set myself aside to love you in the way that you need to be loved right now. And you don't deserve it. And you might be mean and a jerk and bringing some ugliness to the table, but to love anyway, and to put yourself in a place where you're susceptible to being hurt. I mean, that is what love is really about, it's so hard. Like we need grace to do this. We need the sacraments of the church. We need very life of God active in us to love like this, because this is beyond our human capacities. I mean, we're nothing

without Jesus. Can I just say that over and over again? This is where I go so often in my marriage is like, Lord, I can't do this without you. Like, I'm nothing without you. Nothing good can come from me without you. It's you, you are the giver of all good things, of the power that I need, of the mercy, of the grace, of the kindness. Like you are everything that I need here. So I find myself begging God a lot, to help me to love like he loves. Like teach me Lord to love better.

**Sister Miriam James Heidland:** What would be some things? And maybe you kind of hinted on it Heather and Michelle for both, if however vulnerable you wanna share but. I know there's a lot of people listening saying like, I would love to grow more in my marriage. Like I would love to grow more totally and fully in my marriage. For your own experiences like when you've had, 'cause you guys have been married like 20 years, a give or take, but you've had moments over the last 20 years or so of your marriage where you realized you were holding back, or you realized you were hiding. Were there particular things that you came to with, Lord like you know I have to step forward here. Like what were some practical things that you could help married couples with? Especially women of like, I want to live more fully just to know how are my husbands not interested? Or like what would you guys say? Like how do you in your own heart as women, as brides, when you see that part of your heart that's hiding or holding back, like what are you supposed to do? Like what do you do?

**Michelle Benzinger:** I think it's interesting. I think one of the conversations we had in our marriage, especially in the last six months are, what are the topics that we don't think we can broach with each other. Chris is like, everything needs to be on the table. Like every conversation, there doesn't need to be a topic where we do not discuss it. Or where there's, especially for me when things gets, especially if we're diving deep into a situation or talking deeply, if I feel uncomfortable, I will always wanna step back. And Chris and I were on a walk, and we're having a really good, hard conversation about just some things that have come to light. And we've reached a beautiful resolution, and it was painful, a beautiful resolution. And then as we continue to walk Chris brought something else up, that I had asked him to hold me accountable on and I just got mad. I was like, I just recovered. Like we just were on solid ground. We were beautiful. Like God just did restoration and then you just pulled this in. And I mean, I just was... And he's like, "Why can I not talk about this? "We cannot have any area of our marriage that is off the table to talk about." And I was like, well, "I felt like I just got blindsided." He's like, "Okay, but then you don't know my heart for you." I mean, it was just challenging. And we're standing at the end of the driveway having this conversation and I'm literally discerning in real time this conversation, thinking, I could just turn away and walk and say, "I'll talk to you later about this. I'm not in a place, I need some space." And I was literally discerning in the situation in the moment and the Lord is like, and then you will put



up a wall that will take, I could feel him saying, that we'll take months to put down. Or if you stay and you lean in and love,

**Heather Khym:** We're good at that as women.

**Michelle Benzinger:** Like if you lean in and love this wall will come down, you'll go closer. And so it was literally a real time discernment and I'm like, okay. And I just leaned into Chris physically and emotionally. I was like, I will stay in this moment. And we stayed and we talked it out for a while longer and it was beautiful, but there was something in me that the Lord knew needed to break, this self-reliance, into just this place that I didn't want him to come in, and this place that I needed to grow and to be able to trust him deeper with that place and vice versa and to receive him well in his places also, and know that I will go there and to say, "Okay, like nothing could be off limits when we discuss things."

**Heather Khym:** Yeah, I think one of the biggest areas that I've had to grow constantly, is in staying open after I've been hurt. It's very, I mean myself protection I just wanna wall up, like you were saying, but also like there's a coldness that starts to occur in my heart where I'm just like, I won't, I don't want you to affect me. And that goes for both. Like you've talked about this before sister, when we numb things, we numb the good and the bad. And so for me when I feel hurt, when I've been lied to betrayed or hurt in a deep way, I just wanna go, I will not let you do that anymore. And I'm not saying it, it's just internally this happens so fast and even in your mind, like things start to shift and it's just like a space and coldness that come up where like, I won't let you affect me anymore because it hurts, it's painful, I'm gonna protect myself now. So to stay vulnerable and open up again after being hurt, that is the constant work within my own heart is like, stay warm, soft, open, susceptible to all of it. And it's really hard for me to be disappointed and to keep pressing in, or to trust again after being hurt, like all of those things. But marriage requires it. You cannot move forward without it. Like you have to be willing to be hurt and keep going and to press in and to allow healing to occur and restoration. I'm not saying just keep being battered and hurt and put it all under and deal with.

**Michelle Benzinger:** And we are not talking, just to clarify, we're not talking about significant abuse, we're talking...

**Heather Khym:** Yes exactly, thank you for clarifying that, that's so, so true. There's definite lines that should not be crossed and where you need help. But I think that's why we've always had accompaniment with us in our marriage, whether it be, you guys know so of my story and my marriage and just my own personal journey, but I need people in my life as well as counselors and those who are equipped to help us work through things. I mean, Jake and I have been in counseling off and on for most of our marriage. It's just, we are the perfect storm. Our wounds are the perfect

storm when they come together and I'm like, mysteriously this is what got desired. It's not easy, it's not easy. But I have to trust that the Lord's plan is this was the way to bring us into full communion with him. Really that's what it's all about.

**Sister Miriam James Heidland:** It's the perfect storm but it's also the perfect restoration and redemption.

**Michelle Benzinger:** Yeah. They go together. Yeah.

**Heather Khym:** Yeah, exactly. Sister, I'm just curious for you. In your vocation, how have you, I know we're coming to the end here, but I just really think it's important to hear from you. Like how have you been able to give yourself more fully over the years? Because obviously you start you're able to give what you can at the beginning, which feels like fully and then you realize over and over there's places. So what has that been like for you that process?

**Sister Miriam James Heidland:** Well, yeah, it's been a huge process. I was just thinking, I recently celebrated 19 years of vows. I saw a picture on somebody's social media feed of sisters who just made their first profession. And I was thinking to myself, like probably like when you go to a wedding, you're like, oh, vow. And just thinking of just the grace of learning so much over almost 20 years. And yeah, I think really coming to terms, in religious life you go where you're sent and you live with whoever you live with. And sometimes you get a choice moments you don't. And just many years ago I had a really hard time with somebody that I lived with and it was very difficult and I didn't have the tools at that time to do anything what we're talking about, this is many years ago I had none, all I knew how to do was to ignore that person. And I didn't talk to her for weeks. I just absolutely ignored her for weeks. And I just look back at myself there and I'm just like, what? Just how hurtful that was to that sister. And like what impoverishment that is in my own heart. But that just, I remember just coming through that and kind of like growing as a person and just for all these counseling, like all these years of counseling, all these years of trauma working, healing and working with Bob and just all the things of coming to see more and more like not, in our convent, like not getting along is not an option, that's just not, and you're not always gonna be best friends with people, but Lord have mercy kind. I'm like, if I can't see, we've said this before but I really believe, if I can't see the Lord's goodness in you at some level, that's not your problem that's mine. And so I think taking it very seriously, God is going to hold me accountable for how I treat the people that I live with. It doesn't matter if you go on stage and talk to thousands of people, if I can't be kind and loving in a sincere way, not a condescending way, but a sincere loving people that God has entrusted to me in my own life, I have no business doing anything else. And it's like so convicting of, like the Lord convicts me of my poverty all the time, but it's like that is just so, it's

just something I take just very seriously. And I obviously don't always get it right. But man, my goodness.

**Michelle Benzinger:** There's this Protestant pastor that lives in our town and I was having a quick conversation with him when I was picking up something and we were talking about family, and he said, "Well, I have to get home to my son's this." And I was like, and the way he just said it was super endearing and I was like, oh, and he's like, "The Lord has shown me it doesn't matter if I'm famous in the pulpit, I gotta be famous at home." And I just loved that statement. And I was like, "Oh my gosh, Amen." And he was like, "I didn't wanna be famous at home." He said, "It doesn't matter." And he said, "Really it's God's glory." But I just thought, yeah.

**Sister Miriam James Heidland:** Well and I think also, as a wrap up this episode, but we talked a lot about in our motherhood series on repair. And the repair of marriage is the repair of relationships, the repair of brother sisters, of sisters of brothers, like that, the repair is always the most important thing of going back to somebody and say, "Gosh, I'm sorry I did that or please forgive me or I missed your heart here, or please help me understand your heart I don't understand, could you tell me what's happening in your into life? I don't know and so I'm just guessing, could you help me?" I think that that's the beauty of the continued and that's what makes for longevity of relationships, 'cause there's a natural urban flow to every relationship. But can we continue to the place where called Lords asking us to continue to show up and to give and to see what the Lord does with it.

**Heather Khym:** God can redeem it all. Amen.

**Sister Miriam James Heidland:** Yeah. Amen. Amen. Well, here we go. We'll continue on our journey. Um, Michelle, would you like to talk about your one things for your one thing?

**Michelle Benzinger:** My one thing since it is May, this whole area is just Mary. So May is been the month of Mary and the month of mothers and just as she is the was the spotless bride. But just I've been really spending time in Nazareth with holy family, my prayer a lot and just Mary and how she loved fully and freely and totally. And how she loved Joseph, but how I've been, one of the things I've been thinking about is, how she loved Joseph to love her just as much as she loved him and just what their relationship was like. So yeah.

**Heather Khym:** So my one thing is this little ring from Pink Salt Riot that says love heals. Yeah, I saw that she made this ring. I don't have it, I want it, I'm ready to order it, but with the boy order issues, I'm gonna get it soon is what I'm saying. I hope to get it soon because I just love it. I saw that she posted it and I was like, oh my gosh,

that's so powerful and so good. I like to have those little reminders around me, that are just like this is, love heals. Like it heals me, but also like I need to be a love that heals in the lives of other people. So, check it out, Pink Salt Riot, you can find it on her website, she's so good.

**Michelle Benzinger:** Jill's awesome

**Sister Miriam James Heidland:** Jill is great. Well, I have been going through hashtag nun confessions. I'm not sure if you guys know this about me. So this is real time unfolding. I've been going through a country music phase for.

**Heather Khym:** Maria is dying.

**Michelle Benzinger:** oh, I love country music.

**Sister Miriam James Heidland:** It's not even Kale, y'all look at how they turned away from me. They have rarely turned their faces from me. Do not turn your face from me and you walk in my trust.

**Michelle Benzinger:** When you're in my house I had country when I was cleaning the kitchen. You were like, oh I love this.

**Sister Miriam James Heidland:** I Love country. Anyway I grew up on, my parents were from south Texas anyway. So a Spotify's been my friend. I just been listening to country for a long time. Anyway, there's a song that kept coming up, I think it's more of obviously more of a contemporary song, but I can't remember the... Yes, you're laughing at me right now, but it's called Some People Do. And it's kind of a story of what we're talking about of a man knowing he is wrong to his wife and he's hurt her a lot. And he's like, some people don't stop doing this, but some people do. And I hope tonight you forgive me because some people do. I actually have a conversion. We can play later if you want.

**Michelle Benzinger:** Country songs like are weird poetic.

**Heather Khym:** fLike who's your favorite country artist?

**Sister Miriam James Heidland:** I don't have a favorite. I like a whole mix. 'Cause my parents used listen an old country. My mom and dad saw Johnny Cash when he was first starting. Like they went to like, that's like in the eras of the 1960s, like the dance clubs. It's early stuff like Charlie Pride and Johnny Cash. And we always grew up on like Texas, kinda like old school country. But I so I've always liked it, but whatever it

comes up in my Spotify playlist, I like all kinds of stuff. Some of it's much more contemporary, but just some good, just good-

**Michelle Benzinger:** Just good lyrics.

**Heather Khym:** It's in your bones, it's in your blood.

**Michelle Benzinger:** Your little wee soul does not have to like country music.

**Heather Khym:** It's a place I need to grow you. And I love your country music.

**Sister Miriam James Heidland:** I love it. All right friends, well, thank you so much for joining us. And next week we will continue in our series on identity of bride is part three. So, until next week we'll be abiding together. God bless you.

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