

S11 E03

Heather Khym: [00:00:00] This episode of the Abiding Together podcast is brought to you by Siena and Company, Siena and Company is a new line of women's swimwear that is ethically made in the US and provides more coverage than the average swimsuit and it's made of recycled materials. The designs are very versatile and are made to be worn and loved and to be a swimsuit that you actually look forward to wearing.

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Sister Miriam: 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. Hi, my name is Sister Miriam James Heidland and every week I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger.

And we talk about all things. Christ, about life, about beauty, about sorrow. We laugh, we cry you'll fit right in. So grab a cup of coffee, settle in and welcome home.[00:02:00]

Hello, and welcome to this week's episode of the Abiding Together Podcast. We are back on video ladies, we're back. And so we just want to say thank you for all of you who have given us such wonderful feedback from our series on daughter and sister. I think it's been just really far beyond anything we had hoped for and just what the Lord is doing and everybody's life.

And, um, just everybody that has commented on seeing us and things like that. So we're going to continue our series on identity. And we're going to talk about

today in the next, uh, we're going to just start a four-part series on the identity of mother. And the power of motherhood. And we're going to focus today on the attribute, the feminine genius attribute of receptivity.

But before we do that, can I just, if you're not watching us, you should know I'm going to just be your, literally your color commentator, Heather, Michelle at gorgeous, like there in jewel Sapphire sweaters, Emerald. I'm the rock I'm gray, but that's okay. So there's nothing wrong with that, but I just wanted to say hello again to us.

And, uh, do you want to tell us what happened last night, Heather? Like what happened? [00:03:00] Like Michelle and I are dead actually. So Heather's the only one alive right now. It's a weird podcast.

Heather Khym: So we flew to Chicago yesterday. We arrived, we went to the beautiful St. Therese Shrine, which was gorgeous, but we actually got in this time, cause I asked them it was all locked so we got in.

We saw all the beautiful relics. It was wonderful. We went to super target. It was amazing because they don't have that in Canada. So it was a super awesome day. Had dinner caught up, went to bed and I'm two hours behind. So I fell asleep about midnight, 2:30am. A screeching alarm goes off,

Michelle Benzinger: screeching all in our own hotel rooms.

Heather Khym: A screeching alarm goes off. It's so loud that I was like, oh my gosh. So like I bolt out of bed and my heart's just like pounding. I'm like, okay. Pants, key for the room and purse. Everything else can burn. I like go out and all the lights are flashing. It's 2:30. So we're stumbling out. Everybody is exiting the hotel.

And I don't know where these two are, cause they're further down the [00:04:00] hall. So I was like, okay. They probably went on a different exit. That's what I was thinking. And then I, so I text, I was like, Hey, um, I'm going around to the lobby. Cause it's warmer there. If you guys want to meet there and. I didn't see them.

And I was like, maybe they're outside on the other side of the building. And they didn't bring their phones because they're not responding. I was like, they're probably just in their little PJ's freezing outside, poor girls. And then this morning I got up to a text from Michelle. That was like, Heather, what are you talking about?

So me and the rest of the hotel, people were outside or in the lobby, the fire department came the whole thing. That's amazing. But you friends. We're fast asleep on your bed well you weren't. Okay.

So Michelle is fast asleep so she's fired.

Michelle Benzinger: Totally slept through the whole thing, which is funny because I'm a light sleeper, but I have my earplugs in my sound machine going

I was bundled with my blanket

so

Heather Khym: you're fired and not in charge of our safety anymore

but sister on the other hand said to me, well, I did hear something [00:05:00] and then I just put my pillow over my head.

Sister Miriam: that may have happened. It could have happened.

Heather Khym: Yes. I'm like, clearly you are at peace with God and you were like, I need meet my maker. but I'm not getting out of this cozy bed. I agree.

Sister Miriam: The idea of going outside when it was 25 degrees.

Well, that's a fire alarm. I guess I'll deal with it if I have to I didn't see any flames. And I know

Michelle Benzinger: it's concerning on a couple levels but we are here.

Heather Khym: Yeah. You were completely clueless. You were like, wow. I would have gone down in a blaze of glory.

Michelle Benzinger: Come on, elijah. Here we go. Don't worry.

Heather Khym: Anyway, I'll take care ofy'all

Sister Miriam: Is that Bonjovi Blaze of glory no I won't do it.

No, I won't. I won't, I won't go down that path. So. So one of the things that we've done is we've taken the same scripture passage and we prayed through it

for four times, which I heard some people say at first they were like, why are we going to do this four times? But then by the time they're like, oh, thank God.

So this scripture passage that we're going to use to guide our discussion on motherhood is from the book of the prophet, Jeremiah. And it is chapter one verses four to five. And it says [00:06:00] this, the word of the Lord came to me saying before I formed you in the womb, I knew you. Before you were born. I set you apart.

I appointed you as a prophet to the nation. And I think even in that, there's probably portions of that scripture passage that we've heard before, especially about being in the womb. But I'm wondering just as we open up this discussion of, of mother as this growth of identity, and we're going to finish with bride in our next series, but, um, Michelle, especially for you, as you kind of put together this content and just have been praying about this, we all have, but what is your particular. The openness of your heart today is we kind of go into this receptivity and the, yeah.

Michelle Benzinger: Yeah. I think when we were talking about that identity series for women and how vital it is in this part of history, like, I really feel like there's something going on with women, like right now in history. For me personally, this is the time of history we lived in.

So it feels very personal to us, but really diving into the writings of John Paul II and Edith Stein and different [00:07:00] things. And like our main quote today is to be a mother innately means to cultivate, to guard and to develop true humanity. That's what Edith Stein says and thinking to myself, If we, as women are life givers, then we need to cultivate life.

And what does that look like? And we cannot cultivate something that we can, we don't already possess, already give. So it's really, what does it cultivate needs to cultivate our own life and our own selves. But, um, I was listening to, there's an old tale that says. The hand that rocks, the cradle is the hand that rocks the world, besides rules the world mothers and stuff like that.

Actually there's a creepy movie about it too.

but to see that each and every one of us is mother's whether, we have children or not, and that women have a life-giving force and that that force is being called forth in a powerful way. I think this time in history, more so. And that's like how the [00:08:00] Vatican II, um, counsel ends saying that women impregnated with the fullness of the gospel are really the bearers of peace.

But I think for me, as I've taken a step back and gone deeper into our own, my own personal family journey of healing and the season of realizing the best thing that I can do for even my own children is to heal myself. You know, well, not, well not to heal myself but allow the Lord to heal me yes. And that therefore will bring healing and many times, you know, and a good friend of mine that we have in conversation, she said that healed mothers heal the world.

Amen. And then she said, healed women actually heal the world. And it was just a saying a passing when she said it, but it gripped me so strongly. I was like, that is it right here? That is it? Yeah. So, yeah. Sister, what are your thoughts?

Sister Miriam: Well, I think as we unfold this, um, I particularly like the quote that we will, you, that you chose as the guiding quotes is to be a mother innately means to cultivate, to guard and to [00:09:00] develop true humanity.

And I think there's something even as women. And when we hear that to cultivate, to guard, to develop true humanity, that resonates with all of us and we all mentor young women and, you know, so often, and when we speak to young women, The come up to us after a talk and say, well, I'm not a biological mother, or I'm not, I don't have a home.

Like how can I make a home out of it? And the truth is this is innate in every woman that every woman is called to cultivate, to guard and , to develop true humanity. And I think even as we look at the vocations and how we're called to love and wherever we are in our state of life, that every single one of us has women.

This is a particular gift that's been given to us and the gift of receptivity of it's in our body, you know, Well, I think we've talked about this before, but you know, Mary conceived Jesus in her heart before she conceived him in her womb. And so that reality of being open like Adam and Eve in the garden, who in their hearts first bought the lie of the enemy.

It's in the garden, in our hearts where we first received the truth of who we are. And that continual receptivity of the truth is what allows our hearts to grow and on our bodies to grow in our, in our minds to grow. [00:10:00] So is. This has been a long journey for all of us, and it will continue the rest of our days on earth of, of the reality of cultivating , guarding, and to developing true humanity and allowing that to first happen in us, but then also in the people that we are with, that have been given to us.

So yeah. What about you, Heather? What do you,

Heather Khym: yeah, I think just to put it in context of the other two parts that we've already done, that it is a process of maturing, you know, that we go through, we first need to know what it means to be daughter before we can be a mother, you know, and, and, um, to experience the love, the.

The security, the safety, uh, the, the being guarded by God, the father in particular and finding our identity there, it increases our capacity then to be that for other people to be, to be able to provide and offer that to other people. And so I think what you're saying, Michelle. When we do our own work, you know, that kind of, uh, when we enter into the healing process, we allow our capacities to grow.

And so someone might be thinking, I am not capable of doing that right [00:11:00] now. And you might be an actual physical mother right now, or maybe you're not. Um, but I think these are places that we can grow. And that's a beautiful thing to know. Like, there's hope in that, that no matter what our story is, no matter what deficiencies have been there in our story or things that we haven't been able to receive, um, that God can fill in every gap.

Um, And prepare us for a new stage in life and a new state of being in her womanhood. And motherhood is one of those places. That's really important, I think, but there's, there's things that come before it, you know, definitely

Sister Miriam: it

Michelle Benzinger: is. And I think for us, all of us really it's the journey back to being a daughter, being a child, being a child, not being childish, but being childlike.

Like I feel like the whole journey towards the kingdom to turn toward the father is childlike. trust it is like the childness, the little parts of ourselves, the little parts, sometimes the ones that we don't like, and sometimes the ones that we have forgotten about and that we have to relearn our recalibrate again or read, you know, whatever, like we [00:12:00] talked about on the podcast before about play and rest and all those things that we did so well as a child.

Like when someone, you know, I always laugh, like when they were a little, once upon a time, time to take a nap. And you're like, I don't want that. Darn. I would love something, told me to take a nap now

but just to think that, that it's the whole journey back to a childlike trust and faith, but that is, it's a journey and you keep on going. And I think it's really

easy to get frustrated and be like, shouldn't I be further along than that, I know I shouldn't I be over this or why am I reacting this way?

Or why am I not growing and holiness in this area? Like shouldn't I be beyond this? You know, and I think that's the time to approach ourselves. Like we said before on the podcast to just have compassion for ourselves and have holy curiosity about ourselves and say, okay, why am I reacting this way? Why am I doing this?

But I think there's a longing in each and every one of our hearts. Well, I know there is to be mothered. Oh, yeah. You know, [00:13:00] to be a mother it's, um, whether we've had great mothers or not so great mothers, I mean, we've all had human mothers, so they're on the side of heaven, they're always going to have, there's always going to be deficits, but to be nurtured for someone to cultivate us to someone, to guard us, you know, we that's a longing in each and every person's heart.

Mm.

Heather Khym: And it's important to, I think, to know that it's both and the receptivity of like, I want to receive all of those things as a daughter to be mothered by someone, either, you know, physical mother, spiritual mother, but also that my role is to give that to another, you know, and sometimes we stay just in a process of like, I always want to be the one receiving, or I always want to be the daughter, but really our calling is then to go out.

And that is the full image of God. Like he both receives and gives at the same time, it's this constant, you know, receptivity and giving. And that is the image that we were made in. So it is really the goal that we should be moving towards is to have both of those active

Michelle Benzinger: or are we feel like we're the ones with.

Yeah.

Heather Khym: Yeah. That's the other [00:14:00] side for sure. For sure.

Michelle Benzinger: I'm always

Heather Khym: care about other people have no lack of

Sister Miriam: that and noticing that and looking, um, looking at what's happening there because of what I think you both are deeply talking about is the it's like the John Paul II language of self gift, every single one of us wants to be received.

And every, so every single one of us wants to receive also in that reciprocity of receiving and then giving. And when you look at mother really is the most mature identity of a woman of, of being able to, as she grows. Um, you know, and I think, I don't know about you guys, but I know I've heard stories from other mothers like other biological mothers.

And I know for myself, I started mentoring. people or just, as I grew as a woman that has many times is not until you have children, but the little parts of your own. That may be where you saw just lacks, where you were not received or mothered well, that now that your kids are demanding something of you and you're like, I don't know what to do.

Like, it feels overwhelming or you feel like a little girl at times. And, uh, sometime to go, we were at a priest retreat and one of the priests was asking Bob, [00:15:00] Dr. Bob Schuchts about like narcissist behavior personality. And, and Bob came back and said, all of us are narcissist in a place we haven't had where we have unhealed wounds.

And so it's like, cause it's all about us, you know? Just so sometimes we're surprised at what comes out of our hearts as we grow, but that the Lord is strengthening us so that we can be received because it's also not mature to say no, don't receive me. Like I'm going to always be in control. That's another way to be in control, whereas we can be mothered and we can be received by another and be, um, opening our hearts to that vulnerable and tenderness, and also being able to receive another and to give life to another.

That's the fullness of maturity that we're continually growing into. Yeah,

Michelle Benzinger: I agree. And it was interesting. And this past season where I've taken a little bit of a step back of just to really be at home and focus on that. What part of it started as one of my children, um, just had an episode, you know, where we, her trauma was very much displayed and we were very concerned.

It was nothing that she had done and like my heart. For her, like just all the areas that she was like [00:16:00] disassociated and, um, I mean, disassociated, like she didn't even know like where she was or whatever. She had a bad dream

and I was just like, oh my goodness. So when we were talking with another counselor, a great Christian counselor, she said, okay, the next step I'm thinking, right, we need to get her into this, or we need to do that.

And the counselor looks at me. She said, no, you needs to get as healthy as you can be. And you need to get your nervous system completely attuned. And completely regulated because a child will regulate with the mother, you know? So she said, it's a mother who heals the child. And I was like, oh, but I think I'm good.

And she said you are good now? And so this is exactly the time to do it. Don't do it when you are falling apart or whatever. She said, you are good. So go even deeper. And that's, and I think that we feel like a lot of times in the healing journey that we have to do it. Or like oh, let me earn it. Yeah, let me will it or whatever.

And what more and more I realized like, no, it's creating space for the Lord to move. It's creating space for the Lord to heal. And there's parts that you do have to own. There's parts that [00:17:00] you, but it's not this striving. No, it's, it's really the, this where you're abiding with the Holy Spirit to help him uh, cultivate this healing and co-create this healing, but I just realized it made me realize in a powerful way, how much communion matters like with other people like John Paul II often says, we are made for community, that's our deepest identity, but for other people to heal, you know, we have to heal, you know, we have to be, um, as whole and holy.

As we can be, you know, our give God room Heather, what are your thoughts?

Heather Khym: Yeah. Children definitely. Or other people have a way of exposing things within you, you know, your deficiencies, the things that maybe make you afraid. And I think we'll talk about that in a more, in some of the later episodes, like about wounds of a mother and healing that's necessary, but. I don't want those things. Sometimes they can be such a stumbling block that then the self-hatred begins or the shame begins. And it stunts us in our, in our [00:18:00] process of growing, but it really can be an opportunity to go, oh my goodness. Like here's a place where I genuinely need a Savior I need Jesus to come and heal me.

I need the father. I need the holy spirit to come and speak truth here into this place of me so that I can grow. Like God is all about union with him, you know? And he's all about all of us. Like you said, living in communion with one another. And so these things can actually be a really loving, gentle exposer

exposure from the Lord to say, like, this is not the fullness of who you are, and here's an opportunity for you to grow and to come to me and to receive from me.

All that I have for you so that your capacity grows your heart muscles stretch just as a womb stretches, you know, with the growing child like that your heart can grow bigger and that I can expand your capacity to love better.

Sister Miriam: I mean, isn't that what we all want, all of us want to continue to grow really.

Uh, none of us, all of us really love flowers that continue to bloom and the trees, you know, we've just been through fall and this winter and just now the spring and the summer, all of us love the cycle of nature. [00:19:00] And I think all of us in our hearts, even if we're in a really difficult part of our life, all of us want to see spring and summer again.

And then all of us know, even in the fullness of summer that there's, there's more, you know, and that's okay. And I, I love this, this catechism quote here that says Catechism 773. And the church, this communion of men with God in the love that never ends right, is the purpose, which governs everything in her that is sacramental means that is a sacramental means tied to this passing world.

The church's structure is totally ordered toward the holiness of Christ members and holiness is measured according to the great mystery in which the bride responds with the gift of. To the gift of the bridegroom. Mary goes before us all in the holiness, that is the church's mystery as a bride without spot or wrinkle.

And that is why the Marian dimension of the church precedes the Petrine so that reality of receptivity, which is the call of each one of us to receive for, to receive the holy spirit first to receive. And that's that I love that God never tires of [00:20:00] giving. Like at every moment, even now, as we listened to this where whatever you're finding stirring in your heart, coming to the surface, that even now we could just sit before the Lord and say, Lord, I want to receive whatever you want to give me here that he never holds back.

He never withholds or withdraws his love that he just continues to pour forth and in his gentleness and his goodness and filling us to, to holiness, to fullness, to wholeness and communion in him. And that that's the deepest as our, of every human heart.

Michelle Benzinger: And it was so funny when we were praying about the series and all of that.

Um, I kept on hearing like, you know, we have male listeners too, like

Sister Miriam: when we love the whole,

Michelle Benzinger: but it's good. It teaches you about women

Sister Miriam: anyway. And can't have, so that, to me, that sister, thank you for guys. Serious cause it's helping me understand my wife or my girlfriend. And I was like, amen brother. Amen brother.

Michelle Benzinger: And we were, when we were, when I was praying about this and we were praying about just content for the next two seasons, I kept on hearing him prayer. Like ladies, go first ladies, go first. Is that saying? And I was like, well, what is this? [00:21:00] Like, whatever is this me or whatever, you know, just really praying and discerning that.

And then I came across. Catechism quote and then the marian precedes the petrine. And I was like, that, is it because we are in our posture, Marian, like we have to receive the holy spirit in this full and everybody goes, yes. And like today we are actually recording on the feasts. I mean, the solemnity of immaculate conception.

Totally dating what day we are doing. But I was thinking about the first reading where, um, when the angel appears to Mary, I says, even your cousin, Elizabeth, who has been named barren, that just stood out to me, like someone named her barren. And I was like, but now, you know, she is six months a child because nothing is impossible for God.

So for us, there is, I really do feel like it is a call of the holy spirit. Like there is no area that we are barren because God is going to do miraculous things with God. All things are possible. So for each and every woman, whatever state in life that you are in, and that you're listening, the Lord wants to bloom and bear forth life in this barren areas and your [00:22:00] areas of motherhood.

If you are a mother and the areas you are single or whatever, whatever your vocation is, religious sister, whatever the Lord wants to expand what Heather said, your motherhood, but the holy spirit wants to overshadow you in a powerful way. Every area that is bearing in your life, he wants to bring forth life.

There is no area that he wants to, um, there's no area off limits. Like we're going to give him all access. And so this probably series the next two, it's probably going to be uncomfortable because it's uncomfortable us. We're living it. I would love to say we are very much, we said this often we're on the journey with you.

No way experts in this, you know, but we are on the journey with you, but we really want to. Spirit permission to bring forth life in all of our areas.

Heather Khym: Yeah. And I love that we're opening the door beyond like people's vocational call, you know, because I think sometimes our mentality is, well, if I'm in this state of life, then it means this or this stage of life or if this is this. And what we're saying is this call to [00:23:00] motherhood goes beyond all of that. You know, it doesn't matter what stage of life, what state of life, what vocation you're called to, or if it hasn't yet come into clarity yet that this is a place that God wants to cultivate something within us, even deeper, whether we already are mothers or not, you know?

And I think it's important to just go, wow, like, am I a place that, that people can come. To be guarded and to be developed and their true humanity, you know, do I have capacity for that? And if not, Lord, how do you want to bring that capacity about within me? Because it's what we all long for. It is part of our truest identity.

So when we're able to step into that, we're going to find things no matter, like I said, what vocation we're in, all of it will it will bless the area of life that we're in. Like, as we step into our, the fullness of who we are, it will get better, no matter what circumstance we are in. does that make sense?

Michelle Benzinger: Totally makes sense.

Yeah, it does get better, but oftentimes it gets [00:24:00] harder then better then harder

Sister Miriam: that's true. Yeah, no, that is true. And I, and also it helps us understand. Just the perennial call, like, which is why I'm so glad we're doing this series on identities. This is daughter, sister, you know, bride and mother, because every woman is called to that.

Like every man is his brother, um, son, brother, bridegroom and father, like that's the innate vocation of every man. And if it's true at John Paul II is saying that we're called to live in the fullness of our humanity and this catechism quote of

the fullness of the holiness not being a facade we put on or minimizing our brokenness or pretending like it doesn't matter or just trying really hard and performing well and being perfectionist.

Like that's just, those are just manifestations where our hearts have been broken, but really holiness. And remember Christopher West in theology of the body, like he kept saying that over and over and over holiness is measured in the receptivity of the bride to the bridegroom. Holiness is like the fullness, like the perfection, the fullness of, of life.

And because love never ends. It means there's always places the Lord is calling me to [00:25:00] grow because he wants to make me more beautiful and like who doesn't, what woman, like it just like this couch, it in the area of women, like what woman doesn't want to be more beauty. And we're not talking about the shallow idea of what so much, you know, is kind of presented to us as women, but just the beauty that the symmetry, the harmony, the grace, like, you know, Our Lady is beautiful because she's full of grace.

And this is, you know, sin is what breaks us. It divides us, it fragments us, but the fullness of grace unites us and brings us into wholeness and in communion. And I don't know any woman, myself included who doesn't want more of that. Like, give me more of that, you know?

Michelle Benzinger: Amen. Amen. And I think for each of us as women, The call of holiness is how much we receive.

Yes. You know, how much space we make and realizing like for us as women, we were all born of a woman. We all have a mother, so each and every one of us. And so even when some people bring up the word mother, that's a very painful word for us, some people, and for other people, it brings, you know, Just signs of, um, like warmth and affection, or you could begin in the middle, [00:26:00] all of the above, it can have all the things, but I love what Edith Stein was saying what she says to be a mother innately means to cultivate, to guard and to develop true humanity.

And John Paul II said is just woman who teaches man, how to be truly human, you know? And so the women, mothers are first teachers, you know, so what did we learn and what do we need to unlearn from our own mothers. But I think also like we are each, each and every one of us was carried in a womb and that's supposed to be the safest place in the world, you know?

And I think one of the questions that I've been asking myself over the last couple months is where am I not even safe to my own self, you know, like, where am I not even safe to find, hopefully I'm trying to be safe for other people, but I'm like, I had like that huge epiphany. I'm like, oh shoot, I'm not even safe to my own self in this area.

I can't even count on my own self to come through for my own self in this area. And it was hard to look at, you know, but the Lord always puts his finger on something because, oh, no, like this is where I want to restore, you know, but [00:27:00] this is where I want to come in, you know, and bring glory and show my beautifulness, you know, and restore it back to what your, like you were saying earlier, Heather, what you were designed for.

Heather Khym: Yeah. And there is a distinction between doing our work and striving and grasping, you know, so we're always going to keep going back to that because. At the heart of it is unity and union with God, the abiding relationship with the Lord, which is a place of peace and rest and love and acceptance and being known.

And even though there might be stretching, and even though we might have to do our part to participate, to like open the door and that can be excruciating. Sometimes we're not the ones that actually do the work. We open the door, we say yes, but God does the work in us. And sometimes he. You know, partners with other people to help that come about in our life.

And that's a really good thing, but I think sometimes when we say here's the expectation is that we're, we're able to offer all of this to the world and then [00:28:00] there's inevitably, some people would go, I'm already failing at that, or I can't do it, or I'm going to have to do more, you know, to get there, whatever the posture should never be in us that I need to hustle more. I need to like white knuckle it more. I need to, you know, just do better because I'm so horrible. Like the second that that starts happening, you can just hear the enemy and they're trying to twist and turn. So I think just to check in our own hearts, like, what am I feeling right now?

And how do I need God to speak his truth here so that it actually becomes fruitful and not destructive within me, you know?

Michelle Benzinger: I agree.

Sister Miriam: And I think we see that very clearly in how nature grows like nature, you know, and by and large doesn't violently grow even like when a man

and woman come together and a child is conceived just the way that the conception takes place.

And then as the embryo travels and, you know, the know the little newborn child or the newborn baby, or like the cells could plant themselves in the uterine wall and just how, just the growth of the child, like over nine months. And the growth of the [00:29:00] flowers in the spring and just the growth of it. It's a very gentle growth and it takes time.

It takes time. And just so often in life, I just been thinking lately, if there are many times in life where we have really wanted something and we wanted it right now and we're like, oh gosh, give this to me right now. And Lord's either like, no, or not yet. And it's not until later do we see the growth of like, oh, thank God, thank God.

He didn't give me what I wanted when I wanted it, how I wanted it, because it would have destroyed me or wouldn't too much. Or he had to wait 10 years or he had to wait just in just the, I've just been very captivated lately by God's sovereignty and his timing, which is often a mystery to me. I don't understand that, but all, but all I can do with the Lord is just today in mass.

You know, when we went to mass this morning, just surrendering everything on the altar saying. Jesus. I put everybody, I love on the altar. I put every desire. I have every hope I have every disappointment. Like I just, I surrender it to you. And I just pray that you would get back to me, whatever you want. I just opened my heart.

Like, Lord, I don't, there's so many things I don't know about [00:30:00] myself, but you know me. So just, you know, I give you permission. I surrender to you. Give you permission just to open my heart and just to allow myself to receive you more deeply. Like that's all I can do, you know?

Heather Khym: Yup. Yup. And I love that scripture that many of us have heard so many times there is no fear in love, but perfect love casts out, all fear.

So some of these topics, as we go deep, it can be like, oh man, some people have already been like, I can't listen to this. Yeah. So we're through this series, like it's too much, you know? Um, but there's no fear in love. This is an invitation by the lover of our souls, like to grow, to mature, to go deeper, to heal. Like these are all from the person who is love.

Yeah. So there's no fear in love. And I think that's just something to remember and hold, hold close to us.

Michelle Benzinger: And I think for like what you're both just saying, but like it tells us in the catechism, the holy spirit is the master of the interior life. Yeah. Like to follow him. He is the ultimate counselor. He is the comforter.

He is the counselor. So he is with us on this journey. And I think [00:31:00] oftentimes it says in scripture, you know, it just says it's better that I go, because I'm sending you the advocates I've been praying with that often, like. And a lot of scripture, I've had time to read a lot anyway, but when I've been praying that when he says, man, it's better that I check out and then you're sending somebody else.

But the Lord is like, I don't think we really even use the fullness of the power of the holy spirit, you know, because he is such, um, he's an invited guest, you know? So like holy spirit, if you're the master in the interior life, help me on this journey journey with me. Show me how your counselor, how your comforter, like I said earlier, how you want to overshadow me you know, because it's not in our own power, it's only in the power of the holy spirit. That's the healing takes place. And, um, and like Heather was saying, you have permission to be where you are. You have permission to be where you are on this journey. And if the holy spirit is stirring up stuff, good, the holy spirit is not stirring up stuff.

Good. You know, but you just can be where you are. And we're just excited that you're listening with us.

Amen.

Sister Miriam: [00:32:00] Yeah. Yeah. So maybe we could just ask like, just a little heart check-in maybe as we're, you know, whether we're watching this or listening to it and just kind of noticing dear friends, like what's happening in your heart.

And you know, if you listen to daughter and sister, you know, that might've been difficult or inspiring, or maybe a little bit of both. And even as we talk about mother, just kind of noticing what happens in our hearts. When we talk about that reality and maybe thinking about your own mama or just a lack thereof or whatever that is.

And we're just going to just ask the Lord just to speak to us. So just Lord, I just pray that you would speak to each one of us, whatever you want to say to us as women about mothers, about ourselves as mothers.

I just pray Lord that you would give us the peace and the serenity just to rest here, knowing that you don't wish to reveal anything that you don't also wish to heal.

and just so wherever we find ourselves right now, even as we listen that we are [00:33:00] safe, Lord, in your love and mother, Mary, that you long to reveal to us the face of the beautiful bride, the beautiful mother who always receives us, who always delights in us, who holds us and unceasing and perfect love.

Always. We are never out of your tender, tender care, your tender arms, your heart. Just says your face your face shines upon us with delight mother, that we would allow ourselves to be delighted by you.

Jesus. We pray that if there's any barriers in our hearts to receiving or to being received. We pray that you would be with us there and just show us what they are and in its owntime.

We surrender our hearts to you, Lord, in all of our fears, all of our dreams, all of our longings, all of our loves. We surrender them to you. We just make this prayer through Christ our Lord. Amen. Amen. Amen. [00:34:00] Well, here we go. Here we go, it's going to be beautiful. So, well, would we like to talk about our onethings for the week?

Michelle Benzinger: We can do

it.

Yeah. Michelle, you want to talk about your one thing? Um,

my one thing is a book I'm actually taking sisters books, but I gave it to her. Um, it is called shelter within her hearts and it's by Joshua Elsner and it's 33 days to deeper entrustment to Mary. If you want a great book to lead you through these mother steps.

Oh my goodness. That's a good one. It is this book. I came across it. A friend of mine gave it, um, recommended. To me and I came across him and he's a beautiful writer, but he really blends John Paul II's attachment communion. And it's just extraordinary, but it is a very healing book,

Sister Miriam: the website on too, because I think he has that book on his website.

Michelle Benzinger: He has a book on his website, so I'll post all the links to him. Yeah, it's a beautiful, and I'll be a good resource also,

Sister Miriam: Ms. Heather,

Heather Khym: [00:35:00] my one thing is a new, relatively new album that came out by a Stephanie Gretzinger called faith of my father. Her dad passed away recently in her life. And so she just like picked all these songs that were just sort of classic songs that you hear at church, you know, that have been prayed over and over again and are just saturated with the prayers of so many people in churches. And so faith in my father is the album and there's one on there as a deer. Oh my gosh. That was on. Particular song was on repeat for a long time in my house.

So

that is nice. He did recommend that to us. I think on a group text, you talked about that, so good. So good. I look forward to hearing it well. Um, can I announce that as my one thing, can I announce our Lenten book study? So do I

Michelle Benzinger: Do I even know what it is?

Sister Miriam: Yes! Yes we already talked about this. You're the only ones alive right now. Michelle and I are dead. Remember, go back to the beginning of our [00:36:00] conversation.

Heather Khym: Two hours of sleep. Yeah.

Sister Miriam: So people ask us every year, like what's your Lenten book study and where I've just delighted. And I'm just very humbled to just to announce our Latin books stay will be a new book that I wrote for less with Ave Maria Press called Restore

and it's actually, yeah, we should be okay. But

Michelle Benzinger: the study is

Sister Miriam: to take two, but I just wrote a book called restore with Ave Maria Press. And so it will be a guided meditation. There's gonna be a journal

with it, and it's going to focus on healing through the disciplines of prayer, fasting, and almsgiving. So taking the disciplines that we practice as Catholics, but then how do they have a healing?

Wait for homeless and communion in our life, uh, of Ave Maria press has prepared just a beautiful journal. There's artwork. We'll have a video that I'll release every week. So we'll go, um, just week by week and we'll walk our listeners through that. So I want to just recommend that to you. So you could purchase the book for a personal study for Bible study for your small groups, for your parish parishes, like let's just jump on the bandwagon and we will go through it together. Um, you can find that on Ave Maria Press or on amazon.com.

Heather Khym: I can't wait.

Sister Miriam: [00:37:00] Thank you guys. It was very kind of, you'd just be like, Hey, let's do your book. I'm like, that's wonderful as we should, as we should finish with darling. Well, thank you so much for joining us this week.

We are excited to just launch a new identity and to continue to grow in that. So until next week we will be Abiding Together. God bless you. Have a wonderful week.