

## Unity & Charity - Season 7 Wrap Up

**Sister Miriam:** [00:00:00] Hello, and welcome to this week's episode of the abiding together podcast. The last episode, y'all the last episode, episode number 24 of

[00:00:10] season seven.

[00:00:11] **Heather:** [00:00:11] running through the finish line.

[00:00:13] **Sister Miriam:** [00:00:13] can you believe that? We're running all the way through. We're not stopping a few feet before the finish line. We are running all the way through. All right.

[00:00:18] So yeah. And here we are. Can you guys, we were just talking about that. We're like, what episode is this? We are on the last, this is it,

[00:00:24] **Heather:** [00:00:24] 24, 24, just since January, we have. Gone strong way to go

[00:00:31] **Sister Miriam:** [00:00:31] Yeah, that's so true. Michelle, what about you? Can you believe that?

[00:00:35] **Michelle:** [00:00:35] Yeah , I'm running through, through the finish line, but then I'm collapsing on that.

[00:00:40] **Heather:** [00:00:40] you like water?

[00:00:41] **Michelle:** [00:00:41] Oh, water. Seriously.

[00:00:42] We are feeding

[00:00:43] **Sister Miriam:** [00:00:43] her Starburst jelly beans at the end. We're like.

[00:00:45] **Michelle:** [00:00:45] Seriously. I need some electrolytes here. People like, come on, give me my banana, give me my, everything that you're supposed to get at the end of a race. And so,

[00:00:52] **Sister Miriam:** [00:00:52] So, yeah, in light of where we've been since January 20th was our first episode on the good soil and we, gosh, we've gone, we've gone so many places. The world has gone so many places since January 20th. And here we are. So we thought what we do is just spend some time sharing with you some of our favorite memories of, and some of our favorite episodes of the season.

[00:01:10] And maybe it also inspire you to either listen again, or check out an episode. You haven't checked out yet. We also want to talk about where we are with our word for the year, and we just want to offer you a final, just a parting word for the summer. As we kind of face so much, discord in the, in the world and what's happening.

[00:01:24] We just want to offer our hearts for you and what the Holy Spirit's doing there as well. So. Michelle. What about you? I remember recording the good soil our first episode of the year, and I was literally in Chicago and it was like 20 below zero in Chicago and that the good soil and the Bareness, which I lobbied for the title of being the Baroness of Winter.

[00:01:41] I, I didn't, I didn't win. It ended up being the bareness, but what were some of the, maybe in January, February for you, Michelle, before we started our Linton book study, what were some of your favorite episodes or just kind of the thoughts that you had about that time?

[00:01:54] **Michelle:** [00:01:54] Yeah. the Lord , very often speaks to me like how we've created things and things in ministry in garden terms. So there's just so much, and he's done that throughout scripture and throughout the writings of different saints and mystics and all this kind of stuff with the good soil.

[00:02:07] But just realizing now where we are in the state of the world, like, okay, like, what are the questions that I keep on asking myself is , what seeds of my planting and what seeds am I sowing really? You know, we're just like we were talking about like the discord and the disunity within the church.

[00:02:24] Just social media is just a really hard one. And then just in the world, you know, and one of the questions I keep on asking myself, am I sowing seeds of peace? Or am I sowing seeds of discord? And really allowing myself to keep on going back to, what kind of a seeds am I sowing and what kind of fruit am I producing?

[00:02:44] And is there bad fruit and where do I need to be pruning? And I think this is a conversation that we constantly have to be having with ourselves. So like those first two episodes in January are two, to really go back and visit abiding versus striving and the good soil, because these are questions that are not a one time thing question. These are questions that have to be asked of our hearts and our souls continuously, you know, because that is the refining purifying process of the Christian life. What about you, Heather?

[00:03:13] **Heather:** [00:03:13] And I would also say like, yeah, ask ourselves. And that we need to be willing to ask one another, those questions sometimes like sometimes a friend is, just out of place a little bit, they're not operating out of the fruits of the spirit and there might be something out of sync and as a close friend to be able to go in love and humility and say, I love you friend, but can, can you help me understand what's going on here?

[00:03:33] Because this is what it looks like. And to have a conversation about it and openness, we don't want to make assumptions about people, but this is part of journeying with one another to help one another grow in holiness and to not think that we're always right, but to humbly come alongside of one another.

[00:03:49] I think that's, that's wonderful. I love the episode that we did, from the focus conference called made for mission. Yeah, we were in this little VW van, which was so cute and funny, but we couldn't hear a darn thing. the whole, it was so loud because there was so many people in this huge hall. but yeah, that, that particular conversation I thought was just jam packed. I personally learned a lot from that conversation and it was a lot about personal holiness and that's something that I just keep coming back to over and over and over again, with everything has been so tumultuous going on in our world. I keep coming back to, what can I do? I can't change some of these things right now in the snap of a finger, but I can allow the Holy spirit to change me.

[00:04:33] I can allow the Holy Spirit to refine me. And there are parts in me that are, like you said, causing discord or participating in certain things that are not okay. And I was about

to have a meeting with someone, and it was going to be a very hard conversation and there was a lot of relational disruption. And a lot of division that was going on. And I was like, okay, the enemy is fully at work here, but also we are as, as human beings, I've added to the discord or whatever, by my assumptions and my judgments. And so anyway, I was praying in the shower as I do. And I was like, Oh, Holy Spirit, you know, just bring peace to the situation.

[00:05:10] And I just felt, as I was praying like that, like for God to come into the conversation that I was about to have, I just felt this gentle voice of the Spirit say, Heather, why don't you ask that? I come into you. That I bring peace into you, that you be the conduit of that peace, that it doesn't just come into the situation per se, but that you open wide your heart, to have peace and that it come from you that when you speak, it's my peace that when you act it's my peace, when you don't speak, when you don't get defensive, that it's my peace working in you.

[00:05:42] And I was like, okay, that's next level? I was being convicted, you know, and I wanted to, you know, also start singing. Let there be peace on earth and let it begin with me because you know, sometimes those things yeah. Which I did in the shower. No. which those things can sound trite sometimes, but it's true.

[00:05:59] It's so, so true. If I'm not willing to let it begin with me, then I have no right to go telling other people what to do or judging people on platforms or ranting about whatever. Like I need to let it begin with me, in the smallest situations. Like that's the mother Teresa quote, you know, you want to change the world, go home and love your family.

[00:06:19] Like it's so, so true. You begin with what's right around you and you move from there.

[00:06:25] **Sister Miriam:** [00:06:25] Hmm,

[00:06:26] **Heather:** [00:06:26] Yeah.

[00:06:26] **Sister Miriam:** [00:06:26] gosh, both of you, that's such great stuff and isn't that so true. And so often we want to clean up everybody else's side of the street. the only side of the street we can clean up is our own that's it? You know, and that's something that we, we would do well to continue just to ponder in our own hearts and our own souls.

[00:06:42] And it was so much fun to be with y'all at the SLS conference. That was a lot of fun. We had us with our 10,000 of our closest friends and, I,

[00:06:49] **Heather:** [00:06:49] the things you miss about COVID times.

[00:06:51] **Sister Miriam:** [00:06:51] I know, we're like, I remember when we used to gather together before we didn't do that anymore. That's what we do now. We don't do that anymore, but, I also really liked the episode on gathering people, which I know is really close and for each of you, I mean for myself as well, but you guys just set a good table on it. And if people haven't seen it yet, Heather, can we just give a shout out to your salmon wellington video that you made? It is so stinking cute. And like, I want her to come over right then and there and you set the table.

[00:07:12] You were just, it was like, you shouldn't get your own show on the cooking channel. And I mean, then Michelle's like, you should have a Judah do one with you that

would bring the house down. Can we just talk about that? Like you're talking about gathering people and then. When we had the Father, Josh Johnson on who was all our personal favorites, I mean, he just talked about the power of the Holy hour and that's something as well that this summer

[00:07:30] **Heather:** [00:07:30] That was awesome.

[00:07:31] **Sister Miriam:** [00:07:31] that we do take in as churches do begin to open.

[00:07:32] And maybe we do have just a different time schedule just to be able to really take advantage of that, to go sit with the Lord, when we can, to ask for his grace and to ask for that the transformation, to begin with with each one of us. and then we dove into our Lenten book study, which was Epic.

[00:07:47] I think we can agree about that.

[00:07:48] **Heather:** [00:07:48] That was awesome. Yeah. Michelle, that was another episode that stood out to you.

[00:07:53] **Michelle:** [00:07:53] I loved, Seek it was a blast. I have to just give a shout out to all the college kids, like your zeal and your, just your heart was beautiful. And, we just love speaking with you. I was having this conversation with a friend of mine that both of us disciple a lot of college kids in 20 somethings.

[00:08:08] And we really feel like that your generation is a generation that is going to bring the church into some fullness and that you all are going to do some amazing things and that you all are actually going to be the ones that can live in this tension that we are in where it's not an either or church, but it's a both/and, and bring us into the fullness of the church. Where we're very rooted in scripture and tradition, but we are a church of. Justice and charity and peace and love and all of the good things. And I just think that you all are going to really probably be the generation to do it. And I'm putting that on you because my kids are gonna come right after you.

[00:08:43] So y'all just opened those doors and do all that. And, I love the gathering people when, like you said, and, like, cause that's just such a thing in my heart. I love to gather people. I love to set a table. Heather can cook, I'll just set the table. But, you know, but like sister said, the power of the Holy hour is a really important thing.

[00:09:01] I think if there's one grace, yes, it's the power of the Eucharist and the sacraments are very beautiful in my spiritual life, but one of the things that I hold fast to his, my Holy hours. And it was one of the hardest things when COVID started that I did not have my Holy hours. And then I was able to get mine back earlier than anticipated

[00:09:20] and just that time with the Lord, if you want to be able to hear the Shepherd's voice, if you want it to be able to hear the bridegroom's voice, get in his gaze, get in his eyesight to be able to look at him, have him look at you.

[00:09:33] And this is the place to quiet your heart and quiet your mind. And it is just a place for his love to be, illuminated, you know, in your life. And, I love it because it's a place that's quiet and my cell phone is off and nobody can get to me. Mama's in Holy hour and nobody can find me

[00:09:52] so yeah, those are my couple things and Return of the Prodigal son. It was just Epic in itself. Heather, what about you?

[00:09:57] **Heather:** [00:09:57] Yeah, what you're saying about a Holy hour, you can't replace what it is to be in the physical presence of Jesus, in the blessed sacrament. And I would also say like, for me, I still haven't been able to go to mass. I'm living with people who are a high risk. And so I haven't received the Eucharist in a long time and we haven't had Holy hours and my heart aches for that.

[00:10:19] And if you aren't able to go like that doesn't mean that you can't deeply connect with the Lord and sit in his gaze. And no, it doesn't replace physically being in his presence, but God is kind and he wants to meet us exactly where we are. So I would just encourage you if you're in that place to just create a prayer space in your home.

[00:10:39] It can be very, very simple. It can be in a corner somewhere, just a little wall where you put a chair, like anywhere that you create a sacred space to commune with the Lord, it's really, really important. I loved our episode with Bishop Barron, like that was a tremendous gift to have him on, obviously we had this wonderful conversation, but it was hilarious.

[00:10:57] Like after we got off the call, we were like, what just happened? it all worked out the, and praise the Lord, but gosh, those things keep us humble and laughing, you know, but

[00:11:07] that conversation with him was wonderful. I mean to just listen to him and sit at his feet to talk about beauty and he's so human, so real. so if you haven't listened to that one yet, I'd recommend it.

[00:11:18] **Michelle:** [00:11:18] Oh, yeah, he was so personable and so funny. And just like I loved when he, got like little heated up about was funny. Like, you know, he was, he was just really great sister, what were you gonna say?

[00:11:28] **Sister Miriam:** [00:11:28] I think, when we looked at this last season, we've had so many beautiful guests on and just a lot of rich things. And I, you know, when we look to lent to the book study that we did and when we prayed the stations of the cross with people and it's like, One of the things I keep thinking of is how many people on our Facebook page said, you know, I read Henry Nouwen's book years ago and I haven't picked it up since, and it was so beautiful to revisit it.

[00:11:46] it was so beautiful to go back and see now where I am and what the Lord is saying about the younger son, the older son, the father, and like what the Lord? And that's the beauty of a timeless. A timeless work is that you can pick it up at any time and you can read it again and see it with new eyes.

[00:12:01] And so like, that's the beauty of revisiting things like that, whether it's for the Jacques Philippe or, whatever that is for us, that the continual growth of our hearts. And, I was just happened to be praying with somebody recently and they, and it was a video prayer call and it was very beautiful because they just so happened to be sitting right in front of Rembrandt's painting of the prodigal son. And I don't think they even meant to, but I said, can I just point this out to you? this is exactly what's happening in our prayer right now. I

said, I just want to point out what the, what the Lord is doing for you. And it just was such a beautiful reminder of, of his such tender love for us, you know?

[00:12:31] **Michelle:** [00:12:31] Mm, mm. And I think that book the, return to the prodigal son is just that constant reminder of the father's pursuit for all of us, that he is constantly pursuing us. Whether we feel like we're in the father's embrace already. Then he squeezing us even closer or if we feel like we are far off, he sees us in the distance.

[00:12:50] So wherever we are on the spectrum, he is just pursuing us and he is coming after us and he wants us to be an even deeper relationship with us. And that he is always continually inviting us to a deeper relationship with him. And, and I loved our time with, Matt Maher, like he is, you know, and I love, For someone that's known Matt for a long time, and I have to say something and people ask us a lot about guests for our podcast.

[00:13:16] And we really feel like the Holy Spirit has ordained to this podcast to be a brute of the, of our relationship and what we're learning personally in our spiritual life and how the three of us come together. And like it's an overflow. What the Lord is teaching us to teach you. We want to give you a fork and a knife, and to help you, we want to journey alongside you for you to grow, and for us to grow, we want to show you from our, you know, things that we've learned.

[00:13:40] A lot of times, things that we've made mistakes and growing and learning and. So the way we've heard things, but the majority of the time when we have guests, we don't feel like this podcast is one where we have a lot of interviews. So, we do have interviews, but the people that we do is because they speak to a theme that we really want to illuminate for you all in your growth or we have done life with these people, so like, the majority of all the priests, probably with exception of Bishop Barron, we do life with, we have relationships with our families, all those kinds of they're good dear brothers to us. And, our been really good spiritual fathers to us and with Matt also, like we've been in relationship with him for many, many years and watched his growth and watched his journey and watched his ability to worship grow and watch him live this unity and this tension, what does it mean to be the church being in unity with our protestant, brothers and sisters. And so the way in the power and just the humbleness that he spoke of and just really the reverence he spoke of, of the Eucharist and just that ache, we had some really good conversations before and after with him and our recording and it just, Oh, like a totally reverberate in my heart.

[00:14:49] Like this is the ache of the father that we are all one, and as a parent, you want all your children to get along and you want them to love each other and be. For one another. And it tells us in Psalms how beautiful it is when brothers dwell in unity. You know? So the father's heart is breaking with them where there's so much to see in a day, whether it be, right now it feels like the country and the world is so divided or would it be across races or denominations or whatever his heart is for unity and his heart is for peace.

[00:15:18] And, I really just feel like we need to lean on the father's chest and hear his heartbeat for that. And get in rhythm and alignment to bring that peace and bring that unity to the

[00:15:28] **Heather:** [00:15:28] Hmm. Yeah. I was just listening to a homily by father, Rob Galea.

[00:15:33] **Sister Miriam:** [00:15:33] Oh, yes. huh. I

[00:15:34] **Heather:** [00:15:34] Yeah yesterday. and he was, it was the Trinity Sunday and he was just saying, the Trinity is unity. They love perfectly, perfectly giving and generosity and love. And this is what we're made to image, is this unity everywhere in every circumstance

[00:15:50] and I think it's really, really important because it's racially, it's politically it's, you know, inter denominationally it's within our families. Like this touches every person and every part, no matter what your circumstances, and if we truly are to image the Trinity, then unity is at the forefront, love and unity is at the forefront.

[00:16:10] Sister, what are your thoughts?

[00:16:12] **Sister Miriam:** [00:16:12] and one thing that I was really particularly edified by, Matt Maher was just, you could tell the depth of how, how much he thought and prayed about these things. You know, and I think the last time I saw him in person, he was at a concert and people were screaming his name and he actually stopped.

[00:16:26] He was like, just please, can we just not do that? just stop. this is about the Lord. And I want him to be glorified. this is not about me. He's like so please, I appreciate it. He's like, please don't do that. You know? And I just listening to his, the richness of him, tell his story and you can tell, this is a man who has prayed and his pondered and his red in his reflected very, very deeply about these things. And it was just so edifying to hear somebody share from the reservoir of their intimacy with God and where they've been and their journey. I was so edified by it. it was really very uplifting and it just makes you want to dive deeper into those areas yourself.

[00:16:57] You know,

[00:16:58] **Heather:** [00:16:58] Yeah, definitely. I also loved our conversation with Father Justin. He's been on twice now, a good friend of ours. he's an Exorcist. And the thing that I love is that he doesn't tell stories that like glorify the enemy he speaks about God's sovereignty so articulately, and so if you haven't listened to that episode or an in particular, the first one that we did with him, like those are wonderful, very meaty. Like he, it's a deep dive for sure. but yeah, I would, I would recommend that you go back and listen to those. And also, someone said to me in an email Hey, could you have more female guests on?

[00:17:34] it just seems like you guys just have priests and other guys, and they're great and I was like, Oh, we have had a lot of guys on this season, but in the past, actually we have about equal number of female guests as well. And they've just been at different times and it just happens to be, we don't plan it out that way.

[00:17:48] I've actually never thought about it that way, but it just is where the Spirit is leading at that time. But yeah, if you want to hear from other female guests that we've had just. Go back into the seasons over the summer, that's we're taking a break. So there's a lot of episodes, you know, this is seven seasons worth of, just wonderful content and great conversations.

[00:18:05] **Sister Miriam:** [00:18:05] and speaking of ladies, I love that we didn't episode about our mamas, you know, and things that we've learned about our moms. that's such a great, just that great thing to revisit the continual gratitude of, receiving and learning and

learning how to love well, and then we, we dove into the Holy Spirit, of the divine mercy and then the Holy spirit and the fruits of the Holy spirit.

[00:18:22] And then Fr Jacques Philippe's book, which we obviously recently finished and we're going to take on our summer school course.

[00:18:28] **Heather:** [00:18:28] Yeah.

[00:18:30] **Sister Miriam:** [00:18:30] Of "in the school of the Holy Spirit" And I think, I really do think, and maybe this is like, you know, kind of a time we can talk about that is that that school, the Holy spirit is for a time such as this, for a time such as this. I was, you know, just this morning, praying for us and for the world and just, you know, asking the Holy spirit to come and give me the grace, I would say this is really, My heart for all of us and for our listeners, as we kind of go into this summer and just as very, so many things are happening and we don't know what's going to happen.

[00:18:55] And just that we must, we must stay close to Christ and we must choose. We must choose love. Like we must choose courage. We must choose what is good, true, and beautiful. We have to, and I was asking the Lord in a brand new way today. Jesus, give me your heart. Give me your heart so I can love you so I can love myself and I can love other people the way you love them.

[00:19:16] I cannot do it on my own. I cannot do it. So please, I must please give me a heart transplant so I can learn how to love well, and I can see people the way you see them and see you and see myself. And so I think that's a continued journey. My dear friends, I think social media right now is a dumpster fire.

[00:19:32] And I was joking with Heather, Michelle, that somebody on Twitter put a meme of Santa Claus and they said, ain't nobody got nothing this year. Like that was the meme, but I was like, and it is so easy friends. It is so easy to make a comment and just go off. we must be very, very careful about that. Very careful.

[00:19:50] It would serve us all very well that you not only discern that one, two, three times before you post that, because it's sometimes a smallest comment that is just not helpful. like you both were saying at the beginning of the episode, you know, am I cultivating good seeds?

[00:20:02] And sometimes, you know, saying hard things is not easy that not saying not to say anything, but please let's let's I think we should all be very, very, very, very, very, very, very, very, very, very attentive to what is coming out of our mouth, what's in our hearts, you know, from the fullness of the heart, the mouth speaks.

[00:20:16] And to ask ourselves, is this really helpful? Is this really going to be helpful and then ask the, you know, to ask the Lord for like, Lord, give me your heart so I can see and love the way he loves. So I'm taking that very seriously myself and asking the Lord to, you know, illumine the ways in me where I'm an unwitting tool of the enemy out of my own self centeredness or my own self righteousness or my own like, I don't want to be an unwitting tool, the enemy, I want to be a tool of the Lord. And I don't mean that in like a useful purpose, but I mean, like, I want to be an instrument for goodness truth and beauty, and be able to stand firm in who Christ is and who he is in me and, and, and the world. Well, so I



think that for me would be my little fervorino for, all of our listeners this summer and, and something that I'm first and foremost, taking to heart myself and walking in that school as well.

[00:20:56] **Michelle:** [00:20:56] Hmm.

[00:20:56] **Heather:** [00:20:56] Well said,

[00:20:57] **Michelle:** [00:20:57] well said

[00:20:58] and we had done a podcast episode and season the, season before this past fall, last fall about social media and the power of words. And I would really go back to that previous season before this one and listen to that because, Heather was saying, you know, like she was singing in the shower would let there be peace on earth.

[00:21:14] and for another like cliché, Christian song, we sing at mass as but it's not a cliché. they know we are Christians by our love, and right now it looks like we know we're Christians by our division, because we are meant to unite what is divided and we are meant to be peacemakers blessed are the peacemakers because they are the children of God, but we have to have peace within ourselves.

[00:21:34] To bring peace to others. So that takes a lot of interior work. That takes a lot of, you know, and if we can't even map, like scripture tells us, we have to master our own tongues. And so when we see something and it strikes a nerve on, especially in social media that may this be an invitation to pray for that person before we comment on that person, may we learn the grace of a Holy pause to say, Lord, do not. Let me react, but help me respond. And this is where we need, like, Holy spirit, come be my advocate, be my counselor and be my teacher, and I think in these times, like there is a call that Florida's really stirring us.

[00:22:10] And I was telling the girls, I went to go visit one of em, you know, just a special person in our life. She's like become like a surrogate black grandmother to. All of us, but I mean, she's just a simple, prayerful powerhouse woman, you know, prayer warrior. And, we were just talking about everything that's going on.

[00:22:25] And she's like, Oh, sweet girl. God is a God of justice, but it's not something that he does. It is who he is. And when the kingdom of darkness and the kingdom of light converge, there's a lot of shaking and there is a lot of topsy turvy, but this is also for the kingdom of God is at hand and we have this beautiful opportunity to link arms with the Holy Spirit to bring peace, but to bring love, and really go back to first Corinthians love is patient love is kind so if we do speak the truth, don't let us not. I'm preaching to myself, cut off, speak the truth in love.

[00:23:02] We like to say, but I'm speaking truth, but we forget the last part in love, and really let us pray. I mean, let us be on our face and pray, for our own selves and then for the others and for the world. Go ahead, Heather.

[00:23:18] **Heather:** [00:23:18] Yeah. And not just talk about praying and not just talk about getting on our face, but actually

[00:23:22] do it.

[00:23:23] The disposition of humility and reverence and openness. people have stories, the people that we respond to in our lives or on social media, they have stories, even if it's coming out in, in brokenness and woundedness, they have a story.

[00:23:38] And the question really is, is Lord, like, how do you want me to respond to like, really like, knowing that everyone has a story. How can I be a peacemaker, but also one that brings restoration, that the restoration that you are working in my own heart, overflows into the other relationships that I have.

[00:23:56] And I think for some people, we need to ask ourselves, like, even though I might be right with what I might say right now, maybe the greater discipline is for me to be quiet. And to listen, maybe that's what needs to be cultivated. It's not saying more, it's listening more.

[00:24:11] And I think these are all wonderful questions that we actually need to ask ourselves. And I hope friends, don't just listen to this podcast and be like, Oh, that was good. You know, but. But prayerfully, just sit before the Lord. Like, I love how father Josh has this thing, where with a lot of things, he's like, let's do a Lectio Divina about this.

[00:24:27] What stood out? Like, what is the Lord speaking? And sit with that and take time with it. That's the cultivating of the fruit is that we need time with the truth that the Holy Spirit is speaking. And I'm not saying everything we say is like, you know, the Holy spirit speaking to you, but, but at the same time, God uses all kinds of means to speak things to our hearts that we need to hear.

[00:24:47] So, so to think about that, yeah.

[00:24:49] **Sister Miriam:** [00:24:49] And it's our, just our hearts for you, dear listeners, as the summer unfolds that you be just richly blessed, and we were going to move into our one thing here, but it's just been one, yet another just delightful season to spend with

[00:25:02] **Michelle:** [00:25:02] hold it. We can't do our one thing yet.

[00:25:04] **Sister Miriam:** [00:25:04] Oh no, we can't. We're not going to.

[00:25:07] **Michelle:** [00:25:07] I want to hear how the let's see listeners should get bonuses. I want to hear how you're doing with your word of the year.

[00:25:14] **Sister Miriam:** [00:25:14] Oh, dude, I forgot about that.

[00:25:16] **Michelle:** [00:25:16] I'm here for you. I'm here for you. You guys, this is like the only time that I actually remember the schedule

[00:25:20] **Heather:** [00:25:20] Michelle is on point

[00:25:21] **Michelle:** [00:25:21] Uh, thank you. And so gold star for me Santa is bringing me something.

[00:25:27] Okay. So sister, I'm gonna host the show. Now, sister, how are you doing with your word of the year?

[00:25:35] **Sister Miriam:** [00:25:35] well, my my word for the year. And if you didn't hear that episode, that episode was actually on December 30th. So it's the season before, but it's the word for this year? So if you're like, what are you guys talking about? December 30th? We talked about our word for the 2020 years. So you can go back and listen to that if you want.

[00:25:49] my word for the year is listen and girl I'm listening.

[00:25:51] **Michelle:** [00:25:51] You listening

[00:25:52] **Sister Miriam:** [00:25:52] And I think about it. I think about it a lot. And I was just thinking about it this morning about like, you know, that's my word for the year and how, how fitting, like how fitting since, you know, the world really shut down in so many things, you know, I think we, all of us have a top 10 list of things we just, we wish it wouldn't happen to our life. And they all happen at the same time. You're like, okay, well, we go, you know, not only are they happening, they're happening at the same time. And so the Lord was like, listen to what I'm saying. And so, yeah. And like we talked about listening is related to obedience.

[00:26:19] So I'm like, okay, am I surrendering to what the Lord is doing now, and I don't want to miss a thing. So yes, that is a word that I go back to all the time and it is very fitting. I, it is so fitting for a time such as this. So listen, and I'm listening and I'm just praying to listen to evermore deeply. Yeah.

[00:26:35] So what about you and miss Heather?

[00:26:38] **Heather:** [00:26:38] Yeah. So my word is littleness and, I got my little bracelet from pink, salt riot with littleness on it that I wear all the time. It's just a little, a little haha, reminder to me and yeah, definitely. I've been living into that and pondering it and. I'm trying to act in it, you know, just dependence on God and that balance between not diminishing what God is doing in my heart or his calling for me and falling into, you know, just pity or, or being too reserved, but also being so dependent on him and not being willing to move forward, throughout my day or with other things without knowing that I'm, I am in step with him and.

[00:27:18] Yeah, just, just knowing that I really can't do anything great without him, nor do I want to try. so I'm continually learning those lessons over and over again, but also the littleness is coming out and feeling overwhelmed, you know, by all of these things of the world. These are too too big for me, too great for me. but I've been pondering again like that scripture of Shadrach, Meshach and Abednego just in the fire and and being in a situation that's overwhelming and there's another person in the fire with them and just finding so much comfort in that, that the Lord is with me and he is for me and I need to cling to him and all the places that I feel small and I don't get it right.

[00:27:59] And where I feel weak and, And yeah, that he's there, he's there to be depended on. And he, he isn't concerned, about the things that I'm concerned with, as far as that, they can't be taken care of. He knows exactly what to do, and he is strong enough and his arms are big enough to carry me through it.

[00:28:14] So yeah, the word of the year has been so applicable and, and something that I've held very close to my heart in this time, miss Michelle. Come on. Bless us with your, with your, with your word

[00:28:25] **Michelle:** [00:28:25] I hear

[00:28:26] **Heather:** [00:28:26] which is just so good. The word we all wish we had Michelle. Go ahead.

[00:28:31] **Michelle:** [00:28:31] well, you know, I'm just saying, but just kidding, romance, and it has been just a beautiful journey. Like it has been a beautiful journey has been kind of a painful journey cause it's brought up areas that, where I have kept Lord out are areas that I build up walls of self protection are the ways that, it just areas that, and some of those areas of self protection were it's helped me get through seasons of my life and to survive, and I needed those, but it's time for those walls to come down and for me to allow the Lord to love me fully and completely, and to be receptive to that longing and that ache. And, I just can't say enough about the beautiful writings of the church doctors like st. John, Chrysostom and I have this quote and it says "longing in itself is a prayer of deep intimacy and intensity longing for God is a love too deep for words" and just allowing myself to long for the Lord in different ways, and really to experience him as a bride groom and really to allow his intimacy to penetrate all of those areas of my heart. And we say like, okay, yeah, I'm going to live in Genesis. I want to be in the garden. I want to live, you know, naked and unashamed. It is uncomfortable. Like I have squirmed more this year than I have almost any other year. Like it is uncomfortable and you're

[00:29:45] **Heather:** [00:29:45] It's too much. It's

[00:29:46] too

[00:29:46] **Michelle:** [00:29:46] too much.

[00:29:47] Give me my darn fig leaf. Bring that baby back, you know,

[00:29:50] **Heather:** [00:29:50] I need a weighted, I need a weighted blanket

[00:29:52] **Michelle:** [00:29:52] So exactly. I need to feel secure, you know, and it is, but it's like, gosh, I forgot that. You know, when he speaks to us in the song, the songs, let me kiss, kiss you with the kisses of my mouth. Gosh, man, we serve a passionate God. You know, he is the best romancer of our soul and he is so good and kind, and he is just, yeah, he is, just showing me his beauty and his longing and I am just forever grateful.

[00:30:19] and so that he considers me to be a lover. There we go.

[00:30:24] **Heather:** [00:30:24] Hmm, that's awesome. Well, I would love to close just this part before our one thing with a prayer, the peace prayer, prayer of Saint Francis. it is hung on the wall in my bathroom for many years and I pray it, constantly because, I just think it's something that is so applicable for now and always, so I just wanted us to pray that together in unity and dear friends listening, I hope you'll join us right now.

[00:30:49] In the name of the father and the son and the Holy spirit. Amen.

[00:30:52] Lord, make me an instrument of your peace, where there is hatred. Let me so love where there is injury pardon. Where there is doubt faith, where there is despair hope where there is darkness light, where there is sadness, joy. Oh, divine master grant that I may not so much seek to be consoled as to console.

[00:31:16] To be understood as to understand, to be loved as to love. For it is in giving that we receive it is in pardoning that we are pardoned and it is in dying that we are born to eternal life. Amen.

[00:31:31] In the name of the father and the son and the Holy spirit. Amen.

[00:31:34] **Michelle:** [00:31:34] Amen.

[00:31:35] **Sister Miriam:** [00:31:35] Amen. Amen. Amen. Amen. Well, let me move onto our final one thing for the season. I, I just want to say, my one thing for, for season seven is really all of you, our dear listeners, and it's just been such a joy to journey with you again, and I want to. Especially, thank you for all of our benefactors.

[00:31:52] Y'all are just so generous and we just couldn't do what we do without you. So thank you for all of you who are able and just willing to help support us on Patreon and just all of your kind prayer request and our, your, you know, your, your intentions and just your just deep, beautiful affirmations emails that you send us.

[00:32:06] Just such a beautiful place and we are just all very humbled by that. So I just want to say a profound thank you to every single one of our listeners and to our generous, generous benefactors. You are certainly my one thing for the season seven, and I will just continue to offer all, all of you in prayer this summer.

[00:32:21] So that for me, Heather, Khym is my one thing. What about you? My dear

[00:32:27] **Heather:** [00:32:27] yes. My one thing was also are our Patreon supporters. I'm so incredibly grateful for your generosity and we're humbled by it. We've been able to hire people to support us so that we can continue doing what we're doing. Like as the podcast grows and our audience grows and our platform grows, we want to be able to steward it well, and we want to be able to do the best that we can and offer the best that we can at this season of of our lives and, and to do that, we've needed a lot of support. So I'm also grateful for all the people who are supporting us with their time and talents, you know, for Kristina who edits our podcast, who so generously does that for us and, and Kate and Katie and Emily and Anna who's on a break right now, but just everyone who has been pouring into the podcast and for Chris and your kids, Michelle, and for Jake, my husband and our kids, like who make time for us to be able to do this and work on these projects and pursue the Lord.

[00:33:22] I'm just so grateful for all the support that we receive and people have been so generous and kind in really linking arms with us in this mission. And what God has entrusted to us. So thank you very much, Michelle. What's your one thing.

[00:33:36] **Michelle:** [00:33:36] Am. I was too. I was going to say our enlist staff that helps us, like they partner, it takes a village people, it takes a village and, there's a lot of intricate work. And to our private Facebook group, you all have been, where we were saying a lot of social media has been kind of like a dumpster fire, you all have been a refuge you've actually been so gracious and kind and displayed such beautiful fruits of the spirit.

[00:33:58] And I thank you for that. And you've kept the conversation about the podcast and areas of spiritual growth and you haven't gotten into the weeds. We have not gotten into the weeds of the conversation. So, thank you so much. And we can't wait to be back to journey with you all again.

[00:34:17] **Heather:** [00:34:17] yeah, over the, over the summer, we're going to be taking some time to rest, but also to discern what we're going to talk about and where we're going to go for the next season, we already have ideas brewing. Michelle has some things percolating already, that we believe the Holy spirit is inspiring. So we're excited about where this is going to go next season.

[00:34:34] So hang tight over the summer. Look back into old episodes, engage with friends start a small group over a book study, or a series that we've done in previous episodes. You can find all of that on our website, abiding

[00:34:46] **Sister Miriam:** [00:34:46] And do have we chosen a date, our launch date for season eight in September. Do we know that.

[00:34:51] September 14th. That's wonderful. And yeah, friends remember to stay in the school of the Holy spirit this summer too. Like let's just stay in the school of the Holy spirit and just see how he leads us. See how he leads us.

[00:35:03] any final, last words, ladies. Final. Last words of season seven. Michelle, you got anything

[00:35:07] **Michelle:** [00:35:07] no, I don't. I wish I did.

[00:35:10] **Heather:** [00:35:10] she's talked out, we've done back-to-back episodes. I would also like to say that if everybody wants to stay connected with us, like on some regular stuff, we are going to be offering special content for our Patreons. If you want to donate. I'm on Patreon. You can get extra content over the summer. but also our Facebook group.

[00:35:27] You're welcome to join that and Michelle mentioned her private Facebook group. It's not private as in, you're not allowed. You're all welcome.

[00:35:32] **Sister Miriam:** [00:35:32] so God bless you, dear listeners, God bless your summer. And just, I wish we all wish you just such deep peace and rest and encouragement and refreshment and, yeah, until, until then, until then dear friends, we will be abiding together. God bless you. Have a wonderful summer.