

S10 E10 - Sister Part 3 Transcript

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Hi and welcome to season 10 of the Abiding Together Podcast. We are so excited to have you with us this season. Abiding Together is a place where you can find connection, rest and encouragement on your journey with Jesus Christ. My name is Sr Miriam James Heidland, and every week I am joined by two of my dearest friends, Heather Khym and Michelle Benzinger. We talk about our life with Christ. We talk about big things, small things, beautiful things, sorrowful things. We laugh, we cry you'll fit right in. You are most welcome here. So please grab a cup of coffee, settle in and welcome home.

Hello and welcome to this week's episode of the Abiding Together Podcast.

Michelle Benzinger: That's us.

Sister Miriam James Heidland: Which you can see or hear on YouTube here we are. Again, once again.

Michelle Benzinger: I see you.

Sister Miriam James Heidland: Together again. I know we're all at the same table.

Michelle Benzinger: I see you. Okay we're good.

Sister Miriam James Heidland: Are we still alive?

Michelle Benzinger: We're still here.

Heather Khym: We're recording all this in two days. Can we just say that to everybody?

Sister Miriam James Heidland: Yes, we can.

Heather Khym: So like we're wearing some similar clothes for those of you who are watching because, Michelle, do you have 12 outfits? I mean, Sister has it easy. We're like.

Sister Miriam James Heidland: I have 12 of these. I've changed after every... I don't even know, like you guys, I don't know what you're doing.

Heather Khym: Yeah, I'm like, I don't have 12 shirts to wear. I don't think so.

Sister Miriam James Heidland: It is per season though, there it's per block of topics. This is block two. So people that are watching us, people who are listening to us have no idea what we're talking about. But people are seeing us, can see this.

Heather Khym: Maybe they'll want to see Michelle's beautiful lilac shirt.

Sister Miriam James Heidland: Yeah, 'cause you guys kind of match.

Michelle Benzinger: Thank you.

Heather Khym: We planned that. No, we didn't.

Michelle Benzinger: Okay, go ahead. Anyway, welcome to "Abiding Together."

Heather Khym: All the guys are like, "See ya."

Sister Miriam James Heidland: Yeah, the guys are like I'm turning this off, okay. Well, welcome to our four part series on the identity of sister. And we finished last week, talked about the universal call to sisterhood and the gifts of sisterhood. And today, ladies, we're going to be very honest, and we're going to talk about the wounds of sisterhood.

Michelle Benzinger: Mean girls. Regina George.

Sister Miriam James Heidland: She's not coming on at this time.

Michelle Benzinger: On Wednesdays we wear pink. Want me to quote more?

Sister Miriam James Heidland: It's Thursday.

Heather Khym: She's quoting the movie for those of you who don't know.

Michelle Benzinger: Yes if you haven't seen the movie Mean Girls, okay. It's a classic.

Sister Miriam James Heidland: Yeah, and so all of us, yes. All of us, all of us and the wounds we bear in our hearts. Some of our deepest wounds come from women and from sisters. And we talk about wounds of motherhood, but we're talking about especially wounds of sisterhood, of other women like friends, sisters, it just kind of an exterior also kind of reality too where we've just been deeply hurt by other women, which causes us many times to close our hearts and to make a vow saying, "I will never trust women. Women are not safe. They are this, this, this, and this." And we close our hearts off to something so beautiful. And so we're going to talk very honestly about that today, but what we're doing first is we're going to once again, guide this whole series in one particular scripture passage. And we're going to talk about just the deep beauty of sisterhood in Mary and Elizabeth. So once again, we will read from the gospel of Luke 1:39-56. "At that time, Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah's home and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice, she exclaimed, 'Blessed are you among women and blessed is the child you will bear.' But why am I so favored that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb, leaped for joy. Blessed is she who has believed that the Lord would fulfill his promises to her. And Mary replied, 'My soul proclaims the greatness of the Lord, my spirit rejoices in God my savior, for he has looked with favor on his lowly servant. And from this day, all generations will call me, blessed. The almighty has done great things for me. And holy is His name. His mercy extends to those who fear Him from

generation to generation. He has performed mighty deeds with his arm. He has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones, but has lifted up the humble. He has filled the hungry with good things, but has sent the rich away empty, he has helped his servant Israel remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.' Mary stayed with Elizabeth for about three months and then returned home." You can just feel like, we're going to talk about woundedness today, you can just feel the closeness of Mary and Elizabeth, like the safety of their friendship. And the safety of their, the bonding of their hearts and just the beauty of their shared life together, focused toward the Lord. But in that we all know the other side of that as well. And so maybe Michelle, do you want to read that quote from Edith Stein that you have, which is so piercing? I have, I've thought of it so many times since you shared it with us many, many months ago. And I love that we're going to talk about it extensively today.

Michelle Benzinger: Yes, this is a quote we used from our advent series last year, but it is too good not to repeat because I really, I think about this all the time, this quote, and it says, "None of us is completely free of the fierce tendency to grasp and control. Every woman has something in herself inherited from Eve and she must search for the way from Eve to Mary. There is a bit of defiance in each woman when she does not want to humble herself under any sovereignty, and in each there is something of that desire which reaches for that forbidden fruit."

Sister Miriam James Heidland: Oh girl.

Michelle Benzinger: I know amen. I mean, and I think this is like that. I love the fierce tendency. It's not just a little tendency, ladies, it is something fierce within us about to want to grasp and want to control. And that we've been using Elizabeth and Mary as this prototype of what sisterhood should be. What kinship should be, sisterhood is family and all that, and I wanted even, for us to even talk about, to contrast that and compare it with Hagar and Sarah in Genesis. Because here it is very similar for Sarah. She was given a promise also, that she and Abraham would have more descendants than the stars. And even though she was barren and that she was older, that she would have all these descendants. And so the Lord gave that promise and then years go by and that promise isn't happening. So Hagar, their slave woman, she makes a plan, and asks, her husband, which I'm like, "Girl, whatcha doing?" To sleep with this slave woman, and I'm like, Abraham, what, I mean, the Lord works in mysterious ways.

Sister Miriam James Heidland: Isn't like salvation history great?

Heather Khym: I know, you're like, The Bible, drama.

Michelle Benzinger: Basically, yes. I was like, "What Abraham," I mean.

Sister Miriam James Heidland: The whole dysfunction. The whole dysfunction of it all.

Michelle Benzinger: Yes.

Sister Miriam James Heidland: Yes. Everybody, yes. Everybody's family got a little dysfunction.

Michelle Benzinger: And so poor Hagar, she does it, she is obedient to Sarah and does it, and then Sarah gets jealous and then Hagar gets pregnant. That's where Ishmael comes from. And then because Sarah didn't hold fast to the promise, she grasped, she manipulated, she did all of that. She did not hold fast to the promise or she didn't hold fast to the way that the Lord was going to deliver that promise. And I don't know about you, but there's so many times, like "Okay, Lord," I know like you want something that the Lord has for you, but you're going to make it happen on your own. But we don't do it in his power. We do it in our grasping, and we want something forbidden fruit, or, "Oh, maybe I should do it this way." Or and we take it and then we get mad, when things don't work out, like the way we want, but that jealousy of Sarah with Hagar, and then she banishes the poor woman. And then we'll go into the very ending of the story in a little while with Hagar.

Heather Khym: I'm wondering what that's stirring in you Sister.

Sister Miriam James Heidland: Well, I'm just noticing. It's such a deep story, and also, you see the heart of Hagar who, probably is younger obviously. And let's be honest, women, in our brokenness now she got what she wanted and she's pregnant and she's got a promise too, she's got an heir, right, and then she begins to despise Sarah. So you can see that the, the reciprocal hatred, you see the jealousy of Sarah after she realizes what she's done. And maybe the favor Abraham now gave Hagar. I mean, you just see all the dynamics of our hearts and then Hagar looking at her saying, "Hey, I'm pregnant." And you can just, you can just imagine.

Michelle Benzinger: And young and pregnant.

Sister Miriam James Heidland: Yes, and young and pregnant. "I have the heir, the firstborn." I mean, she's not stupid. Like she knows what's going on. And then you see Sarah turning to her husband and you just see like this disintegration of their marital bond and just the brokenness there and, then Sarah abuses her so deeply, she flees, just the horrific abuse, but you see in both of those women, just say, for example, just the tremendous brokenness of both and just all the ways that, that we

as women, we have to be attentive to our hearts, because that manipulation, that seduction, that harshness, the grasping, the control, the fear, the domination, the damsel in distress, like all those ways that we try to get our own needs met are ferocious within us.

Michelle Benzinger: Fierce.

Sister Miriam James Heidland: Unless we come to Christ and ask him to order our loves and order our hearts. It's yeah, it is, it's formidable. Let's be honest. What about for you, Heather?

Heather Khym: Yeah, I was thinking, about my experiences being younger with other girls and stuff, and I thought, there's so much of my life at the beginning, was around boys. I just grew up in a neighborhood full of boys. There was no girls in my neighborhood. I had my brother who was the next closest to me. I'm the youngest. And my sister moved out when I was only 10. So I just didn't have a lot of girls around. So I was friends with the boys, which meant I was into sports. I played soccer from a really young age. I mean, my parents are Scottish. My dad's a huge soccer, football, dad, football fan. So that was just a part of my world for so long. And so I tended to be more into sports and hanging out with the boys, but that caused a lot of jealousy with the girls 'cause I was always the one with the boys and I'm thinking, "What are you, what?" I was so confused by it because I didn't even understand that was not on my radar in grade seven. Like I'm just thinking.

Michelle Benzinger: That's seventh grade for those in the United States.

Sister Miriam James Heidland: Middle school for other people.

Heather Khym: Okay, this Canadian kid doesn't know how to speak your language, just kidding.

Michelle Benzinger: We love you. We're here, we're supporting you.

Heather Khym: Yeah, so I think my first experience that I can remember is just being confused by judgment and jealousy that they were experiencing. And so they didn't like me. So then I was ostracized for a little bit from the girl group, but I was just so confused by it because I didn't even know what was going on. It wasn't even what was happening in my own heart. And then I think like, and then it sort of switched, as I grew up into high school, then I met some girls who just were just like me. I don't know what it was. It wasn't that they did the same things as me, but they got me, they saw me, we understood each other, like even our humor and everything just sort of came together, and that was so healing for me to have girls

that even to this day, we're in touch with each other and have a group text where we're texting each other every day. And the loyalty that they've shown has been so healing. So those are like just two experiences of one that hurt that was also so confusing to me because I didn't even, I think I didn't even know a lot about my own feminine heart, because all I was around was boys, like, aside for my mom, I was just like boys, boys, boys, so that took some growing. But for awhile there was no other women there, no other girls there to even show me anything. So yeah, yeah, how about you, Michelle?

Michelle Benzinger: I think for me, like from a young age, I was really shy. Believe it or not as a young girl.

Heather Khym: I don't believe it.

Michelle Benzinger: I know. As a young girl and then I grew out of it, around fourth or fifth grade, but I've always had girlfriends, that's something that's very easy for me. And there was a couple of mean girl things in elementary school, but they weren't huge, it was just little secrets or whatever, but they also confused my heart because I was always one of those ones where I just really couldn't understand why people couldn't be kind. And it's funny because I see it in my daughter, Lily, like she's very kind.

Sister Miriam James Heidland: She's lovely.

Michelle Benzinger: Yeah, and so she's just being like, and wants everyone to like one another, "Why can't we all like each other."

Heather Khym: It doesn't make any sense

Michelle Benzinger: It doesn't make any sense to her. Yeah, it doesn't make any sense to her, and then, I think there's something that happens in middle school, middle school, I was always, middle school and high school.

Heather Khym: There's a lot that happens in middle school.

Michelle Benzinger: Yeah, I was always really good friends with certain people, but I also was really good friends with people that could be really mean too, but I was never one of them, but then I probably think there was a lot of guilt by association, and that, and I think for me, it was actually a sin of omission, like I didn't do anything, like I allowed other people to do, which is I think about that. But then yet there was a really good sisterhood too. It was like a whole mixed bag of things. I think when I left and went to college and then, and when I got deeper into my faith,

I really realized how sisterhood could be transformed and go deeper. And that it could really learn how to be for one another and in an even deeper way. But I think for me, women is like, I'm a girl, like I just like girlfriends, like I've always had them. I wasn't a tomboy, and so I just, yeah, it came very naturally to me, but then, I have been hurt, I think more so in when I've had children, just dealing with different mothers, I think that has been the more challenging part for me, is like, when you deal with other people and other people's children, and I'm not, I cannot stand, when people label.

Sister Miriam James Heidland: The tension.

Michelle Benzinger: Other people's children or when they label, it's not even, it doesn't have to be my own child, like, "That kid's bad." Or, "This is this child," or, and just, the competition when it comes with mothers, with their kids. That drives me insane, you know. So I'll tell you how I really feel about it.

Heather Khym: And seeing our girls hurt by other girls..

Michelle Benzinger: Oh yes.

Sister Miriam James Heidland: It probably feels like, well, I think in many ways we relive middle-school over and over again. As middle schoolers, as high schoolers, as, I mean, there's certain dynamics, even as adult, we've all had conversations where you've been in the midst of adult women, and it does feel like middle school. You have a queen bee and you have like all these and you had the girls still, the grown women still competing for attention with the queen. It's just fascinating how like our childhood wounds will often play out over and over and over again. And I think for me, I've always been surrounded by girls because I played sports my whole life and was in dance and music lessons and band and things like that. And so there's a beautiful camaraderie through that. And there's also like, I think there's also been a deep competition as well because some of my earliest memories of friendship is fun, but also comparing myself. And that has been a deep sorrow in my life of comparing myself to other women in my life and mostly is me as inferior, experiencing myself as inferior. And I, yeah, I love, I just, I had had a lot of different kinds of friends because of sports and because of different things I do at school and in different classes that I was in. But there are also times I think, especially probably late middle school and high school, I was one of the mean girls, to be quite honest and I don't know if I've ever said that in public before, but it's true. And I just think of myself then, and I was horrifically awful to a couple of girls in high school, and I wish that to this day I could see them again me 'cause I would apologize because I have not forgotten. I'm sure they haven't forgotten either. And I look at myself back then, so let me just say this to all the women, if you've been bullied by other girls in high school or in middle school or in your life, I just want to say how sorry I am for

that. And the reason why I did that, the reason why I was so horrendously unkind to some of the girls in my school is because I was so deeply insecure and I was so hurting and so full of self hatred, that it was much easier for me to pick on them and to be harsh to them than to face my own brokenness. And so just on behalf of that, I'm very sorry, just very sorry. And you know, when I look at myself at that age, I didn't want to be like that. It just, that was, I was surviving. I was surviving and that's not, oh gosh, things you wish you could go back and repair and maybe one day God will allow me that, but that's really what's happening. Bullies will often, or even people that are unkind to you, whether it's a bully or not, with people that are unkind to you often present as having all their stuff together, but inside they're tremendously broken, otherwise they wouldn't quote unquote need to do that. There would be no need.

Heather Khym: It's like, they're so low that they can only, they're only way in their mind out of that is to step on other people to get up, you know? Yeah, and it's just a, it's a horrible dynamic. And I think the more that we understand people's stories again, like that's where we can have some compassion, it doesn't excuse all the behavior, but I think we can have some compassion and understand, but I think at those early ages, that's not on our radar. And so sometimes we can look back and I would say, for all of us and for those listening, like to be careful about being dismissive, because you can look at something through your adult eyes now and go, "Well, I know they were just, you know, whatever, whatever," but as a kid, you didn't know that, you just experienced the pain and the hurt. And so it's okay to just like have the pain and the hurt there and to invite Jesus into that, to heal that.

Sister Miriam James Heidland: 'Because they do leave lasting effects because we do in those painful moments, we make vows and we make agreements that echo throughout when we're grown women now saying, "I will never trust women," or, "I don't feel safe in a company of women. I only feel safe around men or I only feel safe around," and it's telling us a story, like you're saying, where we've all been dismissive and we've all been picked on and where are we just like, "Oh," versus yeah, what's really happening.

Heather Khym: Just last week, my mom's in her seventies. She'd be okay with me sharing this, but she's in her seventies, and she brought up a comment a girl made at school when she was probably in the sixth grade. And it's still to this day holds her bound in certain areas. And there's a few of them, there's a few comments that I've heard her say over the years that I'm like, "Wow, that's just never gone away." Like it really made its way in there. And I think, like as an adult, we can go, "Oh, who cares, kids are mean and kids say things just get over it." It's like, but when you're little and you're young, those things, you don't have a place for them. Like you said, it's confusing sometimes, you've never heard it before, or you don't understand what it all means. And so they take a root in your heart that over time it

grows into something pretty big unless we take it out and we have to go back to those roots. So it might've been something small, but it can turn into something big in our life if it goes unaddressed. And I think a lot of times we don't understand the power of words or actions and how much they actually impact us both positive and negative, right?

Michelle Benzinger: Oh, absolutely, absolutely. And then even going back to like the scripture with Sarah and Hagar, Sarah is being mean to Hagar and she leaves and she's in the desert and the angel of the Lord comes to Hagar and the Lord sees her, I love this. And verse 13, she said, "She gave this name to the Lord who spoke to her. You are the God who sees me." Because the Lord comes to her in the desert after she's run away and tells her about the promises that he has for her. And I love that 'cause it goes back to daughter that we want to be seen and known and loved. And I think each of us have had situations with women where we have felt excluded. Or not seen. We haven't been invited to something or we haven't done whatever, we haven't gotten the invitation or the invite. And whether it doesn't matter, like a certain situation, so, or like, okay, did they intentionally leave me out or did they not realize, or did they just not see me? You know, I want to be a part of this. Do they just not see me? But then, so for each of us that have had that situation, like we're in the desert, we feel like we're all alone, but God saw us, God saw us in this situation and God was there. And those places where we felt like we weren't invited, or wanted. The Lord saw us, the Lord, wants us there. And he sees us and we have been seen and he's continues to see us in those little places, like you said, and I think we make it. So like we were talking about making vows and we just make assumptions about other people too. They don't like me because, and then we fill in the blank and we don't know what they're thinking. We don't know their stories. We don't know their things. I think what comes with maturity is also bringing clarity to assumptions, where you have to have the conversations with the women in your life. "I'm assuming this, is this truth?" This is what I'm thinking that you're thinking, is this truth? We just had a conversation about this morning. 'Cause I was laughing and she's like, no, no, I'm, "Are you making fun of me?" No, I'm delighting in you. It she was like, "Oh, you know?" And so, but it comes with the maturity of the conversation. We both just go there, like, no. And let me reframe that really quickly, as just that. And then like, for me, I'm always like very careful now, even in certain conversations, like, "Hey, I want to come back and say just for clarity sake, to make sure," I think I did it to you a couple months ago. Hey, I went ahead and made this decision, but I want to come back for clarity sake, just so you know how this decision was made. So you didn't think I left you out of this decision," I think that's a sign of maturity and that's a sign of clarity because if we can, we can go zero to 60 and think like, "Oh, this person thinks this, this and this," and this persons not thinking anything sometimes, like we have to. And one of the sayings that my husband always says is, "Fill the gap with trust Michelle."

Sister Miriam James Heidland: Oh, that's a good one. Go Chris benzinger.

Michelle Benzinger: He's always, "Fill the gap with trust." If you don't know, and like you think, he said, "Assume the best and fill that gap until you bring clarity in the situation with trust that you trust, that person is for you, that they want the best for you, and they care about you." Fill in the gap of trust.

Heather Khym: Yeah, exactly, and I think when you do come along someone who is consistently hurtful, there is a point where I think it's the right thing to do to take a step back. And that's hard when you are a really loyal person or it's hard when you're like, "But this might be my only friend and then I'm going to be alone or whatever." So we can put with a lot of things. And I think, at some point we have to be again, like honor ourselves, as I am a temple of the holy spirit. I have dignity as a child of God, as a daughter of God. And I do deserve to be treated with dignity and kindness and goodness. And not that people get it right all the time and we can forgive and all of that. But, sometimes you might have a toxic relationship in your life and it's important at some point, and maybe you need to talk to a counselor, or somebody else who is outside of the situation to gain some perspective and also to get the courage, to just say, "This isn't okay for me anymore." And I think those are hard calls to make in life in general with a lot of relationships. But I think especially with women, we can feel the toxicity. Sometimes it's very, very strong. There can be a lot of like gossip and dynamics around things that at some point, if you're looking for good friends, then you have to cultivate those qualities within yourself, the fruits of the spirit, like we talked about, but you also have to seek out good friends. I would say, there's certain things I'm not going to settle for anymore.

Michelle Benzinger: Yeah, and I think there's also, I also think there's friends for a season. Sometimes we talk guests, there are lifelong friends, like you can have forever. And then their friends for a season, you don't want to change friends like you change outfits. Well, you never change your outfit so, you know, you're stuck with them. So, there you go. But there are friends for a season, like people grow and change and transform and you need different people in different seasons, and really lean into the Holy Spirit for that, and it's not like you ditch people after that season, but you grow and you transform.

Heather Khym: And you have to communicate. Like that's what's hard. Like somebody that I know right now is transitioning between some friendships, just realizing, this is actually, they're more aligned with who I am. And I'm like, but be careful. Because if you just ditch out on people that you've created sacred space with, and they've shared your heart and you've shared your heart and they've shared their heart. Like that can be super damaging. So you always want, you're not leaving relationships, but transition relationships well, communicate a lot. Like don't leave people hanging. What are you needing right now? And then be honest about

what you're able to give. Those are so hard those conversations to have, because you're like, "I don't want to hurt anybody. I don't want them to think badly of me," all of that stuff, but yeah, I agree with you.

Sister Miriam James Heidland: I think about that podcast that we listened to several years ago about adult friendships. I can't remember where we heard it even, but the woman in the podcast was saying that on average, you will, every seven years, exchange at least one or two people in your immediate circle of friends, just by the nature of what you go through every seven years in your life. And so she was like, think about seven years ago, who was in your immediate circle and then seven years before that. I just think it's just interesting to think of, of like the natural transition of life. And how like the ebb and flow of relationships. And she talked a lot about how adult relationships take a lot of work. We're used to as children going to school and having built-in friends or at sports teams or, but the adult friendships and sisterhood takes, like we've said this before, it takes a lot of work. It takes a lot of work to make time to have tea or coffee or hang out or to share hearts or to really, like you said, Heather, test friendships, because like I love Brene Brown. She's like, "Not everybody has a right to hear your heart. because not everybody can bear the beauty of it." Not everybody can and that's okay. And we don't have to have, I think it's in the book of Proverbs, that says have a thousand confidants and one, or have a thousand acquaintances and one friend, like one confidant. So there's circles of intimacy. There's it's okay, that you, you have certain furnishes with one person that you don't have with others. Like just to understand the intricate web of friendships that not everybody has to be your best friend that you bare your heart too, because not everybody can hear that. And that's okay. And that's okay. But that I pray, I love that you do that, Heather, that you pray for good friends. 'Cause I do the same thing. So many times in my life I'm like, " Lord, help me to become the friend I'm called to be and bless me with good holy friends. I need you to do that for me. And, and he does.

Heather Khym: Mm hmm, yeah, that's really good. Yeah, I think it's important, to really like, again, be curious about what is happening in our own hearts in regards to friendships. Like what kind of friend am I, am I a good friend am I a loyal friend? Am I trustworthy? Do I, do I keep things in confidence well, for people, do I honor stories? Am I a safe place? And if I'm not, why? Do I tend to team up with one and push another one out so that I can create this false intimacy with another, at the expense of someone, like there's just dynamics that I think we have to be mature enough to say , "I need to take an honest look at what kind of friend I am, what kind of person I am, what I am pouring into people. What feedback is, what are my blind spots that I can't see?" Is there someone that you're willing to open the door and say, "What can you see that I can't see," I think to grow as a person, like those dynamics have to come into the light. And then there has to be a willingness to say, I'm not going to do this anymore. You can change.

Michelle Benzinger: And I think there's something about like, for us also, like we have to extend the invitation and be intentional, like you were saying, "Am I inviting people into my heart?" These are safe people. Am I inviting people into my heart? Am I providing transparency and vulnerability, to other people, am I modeling that for them? So they can say, or to when they, I invite them in, but then I'm a closed door, what is it? What are they receiving from me also.

Heather Khym: That's a really hard dynamic. I've experienced a couple of times where I've had a really close friendship and then all of a sudden it starts to become more and more superficial. And I get, for me, I don't know how to do that. Like, I don't know why or what's going on and it's not personal I don't think, but I don't, I don't know how to interact in a superficial way for an extended amount of time. So I think there's impact. The other person knows when you're holding back. And like you said, you have to be discerning, you don't share everything with everyone, but when it's appropriate, I think, yeah, we have to be willing to trust, push past that.

Michelle Benzinger: Absolutely. So lots of food for thought my friends.

Sister Miriam James Heidland: Yeah, and I think maybe today as we kind of close this episode, I'm just wondering, I'm sure this is probably stirred up a lot in a lot of people. And I know these are not easy things and maybe there are some women coming to your heart or stories that you've had from grade school or middle school or high school or college, or now even you're in a women's group, and it's just painful, or just to honor that part of your heart and not to be dismissive. And then if you have also places where we've also inflicted other people with deep suffering or suffering that, to be honest about that as well, and just allow the Lord to, to gently bring those places to lay. And maybe today, we can just decide that what happened in the past does not have to continue. And that we have may maybe have made an agreement in the past that women are not safe, but that's actually not true. There are certain women that have hurt us, but it does not mean that women are not safe. And it does not mean that women are not good and beautiful. And so I think for us to, in the name of Jesus Christ, to come out of agreement with those places and just ask the Lord to attend to our hearts and to give us the courage to once again, to behold women in our heart and, to be a good gift in our femininity to others and to be real sisters and that, like we've said this whole time, that's the daily becoming as a daily becoming. But I think the agreements that we've made a long time ago, those keep us stuck in certain places in darkness and in bondage and the spiritual strongholds. So I think us being very honest about those places and giving Jesus permission to bring us out of our cave of darkness, into the light, little by little.

Heather Khym: Yeah, beautiful.

Sister Miriam James Heidland: So, dear friends, what is our one thing for the week, Heather Khym, would you like to share with us your one thing?

Heather Khym: Well, it's fall now and this episode will be out, so a fall favorite in my family, coming from my parents, this recipe for steak pie.

Sister Miriam James Heidland: What, what, have I been with you this whole time and still, we did not know this?

Michelle Benzinger: You haven't made it for us.

Heather Khym: Well, I think you guys don't come ever in the fall to visit me, right? It's definitely a fall dinner. Come on, girls, come on up.

Sister Miriam James Heidland: Tell us what's in it real quick.

Heather Khym: Well, steak.

Michelle Benzinger: And end of story.

Heather Khym: Such a British like thing. Like it's just like a total comfort food meal. You make mashed potatoes with it and you get stewing beef, like little chunks of beef, right. And you put it in the slow cooker or on your stove top or whatever, so you brown it and you get, you put Montreal steak spice on it, you get it going. And then you pour water in there. You flour it, put flour all over it. And then you put water in there. And so as it cooks, it creates this gravy. You want to put a little, oh my gosh, I'm going to put the recipe in there. And then.

Sister Miriam James Heidland: You always make us hungry.

Heather Khym: And then, it like gets super tender, like these little chunks, right. Then you put it into a dish and then you get out the puff pastry and you put it on top.

Michelle Benzinger: She's big on that puff pastry.

Sister Miriam James Heidland: I know, that's nice.

Heather Khym: I only make two things with puff pastry but they're dynamite, like super, super good.

Sister Miriam James Heidland: When we come next, can you make that for us?

Heather Khym: Yeah, I will. And a huge big salad and you're good to go. Okay, that'll be in the show notes. And also on my table, ready for you the next time you guys head up.

Michelle Benzinger: Sounds like as it should. My one thing is actually my day planner. I have the "Blessed is She" planner this year. And I shop for day planners like people shop for cars. I take them very seriously. I researched them. I do all that because I write everything down.

Heather Khym: I've never had a day planner.

Michelle Benzinger: Oh my gosh, I'm so sorry. But you're not a journal person either.

Heather Khym: Maybe I'm going to start something new. So tell me about it.

Michelle Benzinger: I love it, I love this one. This one is based on actually the litany of trust, sisters of life, Jesus, I trust in you. And I love it that it is, but I love the layout. I love everything, but I love this day planner. And I love that. I started to write rhythms down every day and it just keeps, there's something about writing it down. It's good for your memory, but it's very therapeutic.

Heather Khym: And it's the "Blessed is She" one?

Michelle Benzinger: Yep. They did a great job.

Heather Khym: Good girls over there at Blessed is She.

Michelle Benzinger: And what about you?

Sister Miriam James Heidland: Well, I do love silly things. And for those that are watching our YouTube channel right now, you can see these these tiny, I love random silly gifts like mustaches and just like squishy things. Heather Khym, people, Heather Khym brought tiny hands to the studio today and they're very detailed, tiny hands. They actually have like blood vessels in them and wrinkles. And.

Heather Khym: The knuckles are amazing.

Sister Miriam James Heidland: The knuckles are amazing. And I'm not sure I'm not really doing them justice here, but Heather Kim and the tiny hands.

Michelle Benzinger: Show them what you do to me with those.

Sister Miriam James Heidland: I touch you.

Michelle Benzinger: It drives me insane.

Sister Miriam James Heidland: And she's like, this is so gross. She's like reading something and we're like stroking. her arms and she's like vomiting.

Heather Khym: Michelle doesn't even like to be touched a lot.

Sister Miriam James Heidland: Tiny hands, so I mean, the possibilities are endless.

Heather Khym: I know I just, I saw them in the airport and I was like, these have to come and they need to go to Sister.

Sister Miriam James Heidland: And you also have a squishy toy too, that you have like. So you won't be like, see these just around the studio.

Michelle Benzinger: So, for our listeners that are just listening audio there. Now go to our YouTube channel to see these nasty things.

Sister Miriam James Heidland: Yes, I was praying with him yesterday, so maybe they caught a picture of me praying with the tiny hands,

Michelle Benzinger: Who knew.

Sister Miriam James Heidland: This is what happens people.

Heather Khym: It's the best 2.50 I've ever spent.

Sister Miriam James Heidland: It's the gift that keeps on giving Clark, right?

Heather Khym: That's right, that is right.

Sister Miriam James Heidland: Oh, anyway. So, well, thank you so much for joining us dear friends. And it is our heart that Jesus blesses your heart very deeply this week and any place where bare wounds from women, from sisters and places that we've all inflicted those same things on other people. We just ask for the Lord to come and heal us. We pray for, he would restore our vision of sisterhood, restore our vision of femininity and that he would heal our wounds so that we can be free to love. So we will complete our series next week on sister, and until then, God bless you.

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