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Sister Miriam James Heidland: Hi friends, and welcome to season 11 of the Abiding Together Podcast. Abiding Together is a place where you can find connection, rest and encouragement in your journey with Jesus Christ. Every week, I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger and we talk about all things Christ, about life, about beauty, about sorrow. We laugh, we cry you'll fit right in. So grab a cup of coffee, settle in and welcome home.

Hello, and welcome to this week's episode of the Abiding Together podcast, and part four on our series of motherhood. So today we're going to talk about communion in motherhood, and the feminine genius attribute is actually maternity. In community, how do we grow in maternal in both biological, but also spiritual maternity and to allow those life, that life to come forth in all of us. So, once again, we're going to conclude with our quote from the book of the prophet, Jeremiah 1:4-5, where he says, "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 nations.'" And I think my dear friends, I think this has taken on a lot, our last few weeks, which we've unfolded at very deep levels. And as it can just continues to unfold in our life. And as we talk about maternity and we talk about communion in motherhood, Michelle, maybe you can kind of break open for our listeners, your heart there of, of just like, what do we want to kind of leave our listeners with as we grow and are on our identity as mothers?

Michelle Benzinger: I think for each of us, like we've hit on, on all three episodes, but there's an expansive definition of motherhood. It is not for those of us who have had biological children. There's a spiritual maternity. And I think Edith Stein was

amazing of how, how she really put, started to put a lot of definition to that. And even the quote, that our guiding quote today, "For an understanding of our unique feminine nature, let us look to the pure love and spiritual maternity of Mary. This spiritual maternity is the core of a woman's soul. Whenever a woman functions authentically in the spirit of maternal pure love, Mary collaborates with her." That's a darn good one. "And so Mary collaborates with her. This holds true whether a woman is married or single, professional or domestic, or both, a religious in the world, or in the convent. Through this love a woman is God's special weapon and his fight against evil. Her intrinsic value is that she's able to do so because she has a special," how do I say that word?

Sister Miriam James Heidland: Susceptibility.

Michelle Benzinger: Thank you. "For the works of God and souls, her own and others. She relates to others in His spirit of love." I mean, that is just like a packed full, just quote from Edith Stein. And like our whole view of motherhood and expansiveness. And like I said, in the very first episode, when my friend said that, you know, "Healed mothers heal the world." "Healed women, heal the world." And so there's something about women as are very like, we are recording this, like I said before, on the feast of Immaculate Conception, where it says like, "Her name is Eve, life giver." There's something in women. Our very essence is to bring forth life, is to give life. It is to give life to not only ourselves, but it's humanity, you know? And so what is this expansive view of motherhood? And like our last episode Heather, her one thing was all the mothers that have mothered her. But I think there something like, I think it's twofold. I think other women have mothered me, in ways. I think there's something that I can learn for each and every one of them, and their unique gifts. But I think one of the questions the Lord is really asking me, I love that line, "Whenever a woman functions authentically, in the spirit and maternal pure love, Mary collaborates with her." So what does authentic motherhood look like? Spiritual motherhood look like? And how is the Lord or the Holy Spirit asking us to collaborate with him to re-mother ourselves? You know, this is really funny. I was listening to an interview with Adele and John Mayer. Yeah, interesting. It was really actually good interview, and I like Adele, but anyway, and he asked her, he said, "Did it bother you that the album did not," her new album come out earlier? And because of COVID, they delayed the album release. And she said, "No, because I had to do a lot of healing in this time." And she's just said the line, I would not have shown up for myself like the way I needed to if this album had come up earlier. And it was just like a kind of like that flip statement, but I was listening to it when I was walking and I was like, show, I wouldn't have shown up for myself. And what she was just saying, it just stuck out to me. I was like, how do I show up for myself every day? I'm really good at showing up for others, but what does it look like to show up for myself every day? And what does it really look like for me to mother myself every day? Because I will put other people's needs and expectations in front of my own

oftentimes. And when I do that, then I feel like I'm depleted in ways. And then I get selfish because I'm not, things are not in right order. So what does it look like, and how do I allow other people to mother with me and in me, you know, for me, in ways. So, yeah, that was my thought there. Heather, what are you thinking?

Heather Khym: Yeah, you know, when you're saying that, I was like, when I show up for myself, I think I give myself permission to not do everything. I really want to do everything for everybody, every day. I'm like, what does everybody need? You know, what do the kids need? What does Jake need? What are the dogs need? What do my parents need? What does my friends need? I'm just like, what does everybody need? And I think when I show up for myself, I give myself permission to not have to do it all, but also acknowledge I can't do it all. There's just, I will do everything I can, you know, I want to pour out as much as I can. I don't want to leave stuff back for me. I think that's where God fills in, you know, when I'm open to the Holy Spirit, I don't have to, keep something for myself. I can just keep giving away because he supposed to be pouring in. But there are places that you just come to the end and you're like, actually can't make that happen. And either I would, if I got into one of those situations, I would either feel guilty, so guilty, or, I would get upset at the child or the person asking me to do more. And I'd be like, can you not see everything that I've been doing? I just can't, instead of just being like, you know what, I can't do that, but I can do this. Or can I do that for you another time? And just being at ease with my own limitations, I'm not good with my limitations. I'm really not. So, so I find when I show up for myself and I'm present to myself, I'm more at ease with that and I can say, it's okay that I can't do it all.

Michelle Benzinger: Do you ask yourself, what does Heather need?

Heather Khym: No, I don't often ask that. That's probably the next stage.

Michelle Benzinger: Yeah, because I was thinking, even the quote we used last episode, like the woman is attentive to the deepest longings of another person. But can we be attentive to the deepest longings of another person if we're not attentive to all the deepest longings of our own selves?

Heather Khym: I honestly I have to start very small, because that's not something I'm used to doing, but one thing that I've incorporated into my life in the last couple of years is sitting down to have a cup of coffee, or a cup of hot water in the afternoon, where normally I wouldn't, I mean, it might sound ridiculous, but I just keep going and doing stuff like puttering around the house or working on something or whatever, but to just go, "I'm allowed," and I would turn on maybe like Joanna Gains or something and I'd watch like a fixer-upper for 15 minutes, 20 minutes. And then I get back to my day, but I felt really, I don't even know if it was guilt. I just wouldn't do it. I just wouldn't. And I was like, actually, I think it's good to

do that. To just actually sit down and take a break, you know, and rest or whatever. So I'm starting small, but it's not great. I'm not great at that. That's something I need to learn.

Michelle Benzinger: Poco a poco, baby.

Sister Miriam James Heidland: And it's not being selfish. And there's a great, Dr. Bob Schuchts wrote a book called *Holy Desire*, which is a treat we give to priests and seminarians. And he has in there a graph that's called the stages of sexual development. And it talks about attachment, identification, peer group belonging. This is from the time we're conceived until, you know, maturity, sexual exploration, which is being awakened to the desire of another and learning how to, how to take desire and build it for life. How do you master desire like in the Holy Spirit and then self-giving love. And I just want to read the part that talks about self-giving love, because that's really the... Only really, and we're always being healed from- That's why we did daughter and sister first, and we'll do bride because we're always being healed in those identities too, but that reality of how do we give self love if we can't receive it? Like we talked about receptivity, and generosity, and belonging, and it says, he writes here, "What are the, what are the learning challenges," right? Sexual fidelity and fruitfulness. It says, "Living out sexual identity in intimate relationships, in family and community, as celibate or married persons and being fruitful in that love by reproducing and caring for all offspring, either spiritual or natural children, helping to shape the sexual development of others as parents and parental figures, and the desire of that stage in life is to be intimate and loving with those and trusted to our care." And so being able to see, like, we talked about the needs of the others and, and to, to be part of that fulfillment and that desiring, but which necessitates us continually growing in our identities of as daughter, of sister, and as bride, as mother, of, he names other desires, like to be securely loved, to be a delight, to be with the ones and emulate the ones we admire, to belong and to be accepted, to be with the ones we are attracted to, to be liked and to be desired, and then to be intimate and loving with those entrusted to our care. And so that's like the, you know, it takes a village, and that's okay. And that's okay, and we're not, we're not supposed to do it alone. We're not supposed to do it alone. And I perhaps, so maybe it's Western culture, but perhaps somewhere along the way, we bought into this lie of I'm supposed to be able to meet all the needs of everybody around me. I shouldn't have any needs myself. I shouldn't, have any struggles or any weakness, or I shouldn't, and I should just be able to be fine and look good doing it too. And that's, that's not even reality. And Jesus himself, Father Boniface, I was on a retreat, Father Boniface, sometime ago. And he said of all the people who could have prayed himself into maturity, it was Jesus Christ, but God placed him in a family. So He placed Him in a family with Mary and Joseph, and they loved His humanity into maturity. And just like, that's staggering, the humility of God there, that He Himself, in his human nature, submitted to be loved by Joseph and Mary. It

just, it's just so, wow. It just like totally reframes your whole vision of kind of like what we're doing as people.

Heather Khym: And God is a family. The Trinity is a family. Jesus isn't on his own doing everything on his own, either. They're in constant communion with each other. So we're meant to be in communion with one another, and with Him, it's how we're made.

Michelle Benzinger: And it's how we're made in is how we, yeah, it's our intrinsic design, is to be in communion. And I think it is something in Western world culture though. We put ourself in silos in isolation and we don't allow the fullness of us to come, but we only discover ourselves-

Sister Miriam James Heidland: With others.

Michelle Benzinger: Yes. With others and communion, and the gift of ourselves as we give away. So it's this both and. Like, you know, it says, "Love your neighbor as yourself." So we're learning how to love ourselves really well. And then we're learning how to love our neighbor, you know, but love your neighbor as yourself. And what does it look like? And it was interesting a couple of weeks ago, the Lord has just been really realizing like, even, like I said before, like our healing is so intrinsically unique to others, our healing, we're all united and we're all in communion together. And we were all coming home Tuesday night, and all my kids had different activities. I mean, everybody had an activity that night. We're coming home and eating a dinner at seven o'clock. And I was telling everyone at the dinner table, I was like, "Hey guys, guess what? The SpaceX is landing in Pensacola Beach tonight. The spaceship that was on the moon," I was like, "We should go see it come back into the atmosphere." And my kids are looking at me like, we're crazy. So like within 10 minutes after dinner, we all cleaned up the kitchen, grabbed like hot cocoas, whatever sweatshirts, and headed out to the beach. And my kids are like, "Who is this woman that is going out on a school night?" Because usually I'm like, let's get her done. Yeah. So we went out to the beach and we're out there under the starry night. And there was a significant amount of people there, and looking and David, my little dude, 13 year old, he's like, "This is like one of the coolest things we ever did." But I'm in there and I'm looking at all the stars and I'm on the water. And I see that spaceship come back into the sky in this huge fiery light. And then I hear the Sonic boom in the silence, it makes me tear up, but there was something about it because it was like, you're reclaiming that wonder again in yourself, like you are reclaiming a part of you that you have lost because you have shifted yourself that you should be doing this, this, and this, or managing other people and you forgot. And so I'm looking at this and like, there was something really significant that shifted in me, but I'm looking around at my little people around me and they were captivated like, and they've said, "Oh man, this is one of

the coolest things we've ever done. Like this was so much fun, an adventure." And I was like, "Oh my gosh." As me becoming who I was created to be in back to myself in a way that I had lost, I'm also, they're expanding too, our family's expanding too. And I came across a beautiful quote by Pope John Paul II talking about, "It is the family's responsibility to be custodians of wonder." And I was just like, that's it, there's something about that. You know, like we're intrinsically linked or healing, you know, so. Heather, what are your thoughts?

Heather Khym: I think we can learn those things from the most unlikely places. I mean, as much as we go, oh, motherhood is about teaching children. You're like, oh, children teach us- so many things too. And they reconnect things for us that only existed when you were that age yourself, you know? So there's just something really beautiful about the reciprocity that happens there, even though they're unaware of it, but there's been so many times that I've been struck by something that my kids are doing, that I've lost, and I'm just like, Hmm, where did that go? And it's like that kind of curiosity about your own self, like, oh, where did that go? Instead of being like, oh man, you know, like looking at it with like kind of down eyes or something like that, but negativity.

Michelle Benzinger: But don't you think your children help you reclaim it. And I also think other women help you reclaim it, you know, I think there has to be a humble and a vulnerable posture. Like I don't have this attribute, but I need this, you know, to become the woman that I'm supposed to be. You know, can you walk alongside this with me? Can you do, you know, like we all have different giftings where we're not intimidated by other people's giftings or strong points, that we see them as something that can pour into us or teach me how to do this. You know, teach me, I need this in my life, it is lacking. Can you pour it into the me this way?

Sister Miriam James Heidland: So interesting to ponder, and I've pondered this for both of you actually, I don't know if I ever told you this before, but in my own life, but, I've just pondered, like the children that God gave to each one of you, like why he gave you Eva, Rita, and Judah, and then he gave you your children, all the children he could have given you, like he gives you them, and just think of, I just find that fascinating, or to think of all the people that God has entrusted to me. Like Lord, why those people? It's just so interesting to think of just all the souls that God has recruited, that he never recreates a single soul, that he never duplicates a soul. Like each person is a unique masterpiece and that he entrust like in this massive, tapestry of human life, which we all will overlap and we'll see it in heaven, but it's like, God sends people to us, even us to each other and just all the different friends we each have that, that intersect in different ways of, it's just, it's just amazing to think of it just as many times, I'm just caught, like in the wonder of people. I'm like, gosh, you're so lovely that God sent you to me. I wonder like, wonder what's that about. Why her, Lord or why him, or, you know, just pondering the deep mystery of

that, of the preciousness of each person, which each person has a piece of that puzzle for our hearts.

Michelle Benzinger: Yes, yes. But what about you when it comes to spiritual motherhood? Because I've watched, especially, I mean, I've watched young adults around you, and I like to step back and watch them. But one of the things I loved watching is priests with you, and I think that your spiritual maternity with priests is such like, it's really something to behold. You know, how they look at you. Like a couple of, we were somewhere and a young priest was saying mass and we were visiting, we were on vacation somewhere. And he came up to her. It was like, as soon as he saw sister Miriam in the pew, it was like a little boy, like, look, my mom's here, my mom's here. His whole demeanor changed.

Heather Khym: He just lit up.

Michelle Benzinger: And there's something just so beautiful, you know, about you with priests and you know, and so, so what does that look like in your life? The spiritual maternity and how has the Lord shaped your heart with spiritual maternity?

Sister Miriam James Heidland: Yeah, oh I love them very much. It is a mystery, and I really believe it is the call of every woman, but in a particular way of as a religious sister, how Jesus Christ is my bridegroom and our love is, is true, and our love is fruitful. And so there's going to be children that are born from our union, because children are born from a union. And that reality of a religious sister, especially, is she's an icon of how we will all live in heaven, that my heart is open so deeply that every person that God sends to me becomes in a way, my child, like a way a place where they have home in my heart. And I'm always growing as you know, like I'm always growing and learning, but that truth of that was impacted. I mean, the reason why I came to religious life is the call to be His bride. And it's the reason why I've stayed all these years. You know, today's my 19th profession anniversary of 19 years of vows, today. And it's been an incredible journey, but it's a true, it's a true maternity. I sense it in my soul. Like I feel it in my soul, and it's so expansive and, especially really wearing a habit as a religious sister, people come up of all walks of life, come to talk to me all the time and they come and bring me their deepest sorrows and ask me to pray. And people often, they feel safe. Like they feel safe of a place where, which is why it's so imperative of all the people who should, in a sense be on our healing journeys, priests and religious sisters, because of the magnitude of what we represent. Like we of all people must be about the Lord allowing to us to come heal us every in every way, every day. But it's the beauty born of a woman. And I've shared so much of my story over the years of being on this podcast. Like there are many times I did not want to be a woman. I didn't like my femininity, it just came from a lot of brokenness and abuse and addiction and things like that. A lot of self hatred, but it's been a tremendous growth that continues to this day of, of just

the glory of just being able to be receive others as a woman. And you two, also spiritually mother people, like you, mother your children, biologically, but there's so many men and women in your life that got us into each one of you that you both spiritually mother and it's such a sacred gift, don't you think?

Heather Khym: Yeah. Yeah. God godchildren too. Like I think that the openness to life, the part of our calling as Catholics, but human beings, really, the openness to life extends far beyond biological children. You know, I think there's all kinds of ways that God wants to bring a new life into our world. And am I open to that, is my plate too full, have I said yes to too many things. Am I dismissive of a person because I have too much else going on or I'm just oblivious, or I'm self-focused or whatever it might be. You know, it's like, am I, do I have that openness to life throughout my day? Not that I'm supposed to be everything to everyone, Jesus is, but can I bring Him there? Like, can I bring Him in whatever way possible to the people that I meet? And I find that's where I'm constantly having to go to the Lord and say, "Please help me to focus on the right things. Like help me to remember this, helped me to be this. I don't want to forget what it's all about or what am I doing?" What am I doing here? But it's not about that, you know?

Michelle Benzinger: And I think there's a difference, like what you were saying, there's a difference between fruitfulness and productivity. Fruitfulness is something like you were saying, fruitfulness comes from a union. It comes from a relationship with the Holy Spirit, comes from a relationship, an intimate relationship with the Holy Spirit. And when we have this intimate relationship with the Holy Spirit, fruitfulness abounds, and we can not be out given a generosity, but it comes from this union with the Holy Spirit and then it comes force. And that's usually the fruit that is going to last, but I think it like what you were saying, Heather, it takes a discerning heart. What is of me? And what is of the Holy Spirit? Because we can do a lot of things, and we like a lot of things, but what is the Lord intentionally calling us to do? And I think that's hard. Like that is really a maturation process, to learn okay, like, Lord, where are you calling me to be fruitful? Because I think there's also something that comes with age, and the older I get, I'm in the back of my forties here. And I'm like, okay, I always laugh at my husband, Chris, we're on the back nine at the golf course, here baby, we don't have- like sooner or later, but so, I want to be about things that really matter and what the Lord has for me. I don't want to be productive, or successful according to the world, I want to be fruitful according to the Kingdom. So what exactly is the Holy Spirit asking me to do? But that goes back to pruning. Like a lot of oftentimes fruitfulness comes from pruning. It comes from union, but it comes from pruning so that we can have this fruit that's going to last. And the pruning part is usually pretty painful, because it's-

Sister Miriam James Heidland: Pruning.

Michelle Benzinger: Yeah, and it's aligning our desires with the Lord's desires. And a lot of times that comes with a purification process.

Heather Khym: But I think that's really the lens that we should try to grow in having, instead of, I really struggle with the whole thing about balance, self care, like that type of language, as if I know what my own capacities are. As if I know. Like the Lord will give me what I need, to do His will and His things, which usually is far beyond what I think I can do. So who am I to judge that, you know, like what I need and when. We have to listen is like, always keep one ear open to Lord. What are you saying? What are you calling me to? I don't want to go do this thing if you're not in this thing, where are you? And then I trust you're going to give me the capacity to do it. And that God also wants us to rest. And he also does want us to have times of self care. But if we're looking at it with Him leading the way, instead of us just like running ahead and hoping that, "Are you with me? I don't know, I'm just going to keep going." I want to make sure he's ahead of me, that I'm following Him, instead of doing my own thing or linking arms with Him and running like crazy down the road, that's what I want.

Sister Miriam James Heidland: Well, it's so true, which goes back to our very first episode ever about abiding. That there is no substitute to that. And we're not saying that to give you another thing on your to-do list, if we're not abiding in Christ every day, and we're not cultivating a deep, intimate interior life, I don't know what we're doing. Cause we won't be able to hear the voice of the bridegroom. We won't be able hear the Holy Spirit. We won't be sensitive. We won't be receptive. We won't be generous. We won't- these are the places where, and it's going to look different in different seasons of life and just different stages of life. But holy cow, we must make that about our one thing that orders our loves for our husbands, for our children, for the people we're trusted to, without the anchor, without abiding in the vine, man, we are lost.

Heather Khym: Yeah. And he needs to be the one, like you said, he needs to be the one who orders our life, not an idea or a concept or something that somebody says or somebody else's impression of what our life should look like. He needs to order it. And I'm a huge believer in that because I think some people are doing too much in the name of God. And, you know, it's like, is it really like, have you really prayed through that? Maybe you have and great. If you have, awesome go for it, burn yourself right out for the kingdom. Because I, I want to, you know, that's what God wants. I'm willing to lay it all down. And at the same time, some people are doing too much in the area of supposed self care. And I'm like I would be careful, if it turns into navel gazing or like the enemy can be subtly in any of those things. And for me too. So I'm just saying it's eyes on Jesus, heart with Jesus, and letting Him lead the way.

Michelle Benzinger: And I think there's a quote. I'll have to look it up and find it. But there was someone that sent to me that two weeks ago and I was praying about different things. And with the next season I felt called to, because a lot of invitations are coming, and she just sent it to me. And she said, "Michelle, this is on my heart. Pray for you, that the next season will-", and it's a quote about mystical fruit. Mystical fruit, but that only comes out of prayer and union with the Lord, and this is the fruit that's going to last. This is like, and I think I'm learning more and more, the things that are tangible in the world, like the fruit that's tangible, fruit that's not going to last happens in the secret, in the quiet places with the Lord. Like where the kingdom really advances is really in intimate times with the Lord, these quiet places. And I think one of the beautiful things, our last Lenten study with Elizabeth of Trinity, I think she embodied that so much, where she talks about totally being consumed with the Trinity, where they live within her, where that dwelling place, that family resides in her and her soul just expands. And where we say these things and they sound like really cool theological concepts, but what does that look like in our everyday life? What does it look like to be really quiet with the Lord? And listen, like we said, in last podcast episode where we hear this still small voice, because to have mystical fruit, or fruit that's going to last, or abiding, it also means to be still and know that He is God. I mean, it's to be really quiet. It means to really get in His gaze, and look at Him and have him look at you and say, okay, Lord, how are we going to move together in love today?

Heather Khym: And if we're not, now's the time to make the shift. Like Jake was telling me, this was the sweetest. He said, he got on the plane, he was flying to Ottawa to do some stuff with CCO. And he got on the plane and he said, my prayer time in the plane is always the best. Like he looks forward to that. And he had been so busy, like overwhelmingly busy, and he gets on the plane, worship music goes on, noise canceling headphones. And he said, I was right there with the Lord, like suddenly. And he said, and we both said it at the same time, "I miss you." And I was like, oh, that's so sweet. Like, I mean, that the Lord said it to him. And Jake said it to the Lord at the same time. And I was like, oh, like those beautiful returns that we can have when we know that things have been maybe out of order or we're doing too much or not enough or whatever it is, but that he's right there to receive us again. You know, he's already right there.

Michelle Benzinger: I mean, we've said it multiple times on this podcast. Begin again, begin again. These mercies are new every day. Let's begin again. The steadfast love of the Lord renews every day. Let's begin again.

Sister Miriam James Heidland: Love can always be reborn. Yeah, and that's a beautiful thing that whatever's going on in our life right now, whether it's joy or sorrow is not the end of the story. Yeah, I have a beautiful quote from Our Lady that I wanted to close with, but it will also be my one thing. So I don't want to preempt

anything y'all, any other comments you want to make on motherhood before we launch into our series on bride, which is our eternal destiny.

Michelle Benzinger: Yeah. I think for us, I think I would love to put like a couple of action items for our listeners this week, is one, go to adoration and spend however time much you can, you know, your schedule will allow, but if you can spend 30 minutes to an hour, I really would encourage that.

Heather Khym: And if you don't have an adoration chapel, just go to a church. Sit in it. Sit in the presence of God.

Michelle Benzinger: And just see like, Lord, how do you want me to abide with you in the season of life I'm in? And just, just see, you know. And then the second thing would be is to write a thank you letter to a woman in your life that has mothered you. That has mothered you well. That has mothered you, or poured something in you. And so, because I don't think, I think that's something that like, when we are grateful, gratefulness brings abundance.

Sister Miriam James Heidland: So Heather, you want to add anything to that?

Heather Khym: No, that's good.

Sister Miriam James Heidland: I just want to offer just a quote that I just have fallen in love with, which from Mother Mary Francis, who is a Poor Claire Abbess, and it's from the book Cause of our Joy, which is a lovely book. And in this particular part of the book, she's talking about the titles of Our Lady. And so I just have been praying about this ever since, and it's just been said, even as we've been talking these weeks, or these episodes about the unfolding of motherhood, I just, I think of her so much. And so I just offer this to all of our listeners. And just to wherever you find yourself right now, and mother Mary Francis says this, and I'll put the whole quote on, I won't read the whole quote here, but I'll put the whole quote on the show notes. And she says this, "Our Lady is a home where people are helped to be what they can be, to grow to the maturity for which God has destined them. Like her, the family is called to be a place where someone helps me to rise when I stumble, always a hand reaches out to sustain me and my hand goes out to help the stumbling one. We are being homemakers when we ourselves are a home and we must be all these things to one another, a lookout tower, a place of beauty, a refuge, a help, a strength, and a consolation. Let us be engaged more earnestly than ever before in being homemakers. Our Lady is essentially the first physical home of God Himself, and always our home. We must strive to make a home for one another, a home of peace, of love, of worship, and a focus on God." Isn't that stunning? Yeah, so we are both home and homemakers, right, for all who are sent to us. So, Yeah, so

yeah, made your sisters before, so that'll be my one thing, I'll put the whole quote on. It's just, so- that book is wonderful, and Mother Mary Francis is amazing, but I just, that particular quote, I just absolutely love, is Mary is home and homemaker and that's our call, right. To be home and also to make home for others. So, Heather, would you like to share with our audience your one thing?

Heather Khym: My one thing is cinnamon roll cake.

Sister Miriam James Heidland: Have we known you this whole time and still, you have not revealed this to us?

Heather Khym: I mean, who doesn't love a cinnamon bun?

Sister Miriam James Heidland: Nobody.

Heather Khym: And especially my boys, like Jake and Judah, they love cinnamon buns. And I was like, I don't have time to let it rise to do all this stuff. So there's this cake, Mel's Kitchen Cafe. She has this cake, cinnamon roll cake, and you don't have to do the rising and all the stuff. And it's, it's awesome. It's really good.

Sister Miriam James Heidland: I want one right now. Can we have one?

Heather Khym: Yeah, definitely. Just whip that up.

Michelle Benzinger: Cinnamon cake, there we go.

Heather Khym: Yep. It'll be in the show notes.

Sister Miriam James Heidland: Michelle?

Michelle Benzinger: Mine is actually a Aretha Franklin's version of Amazing Grace. And so on the plane here, I watched the movie Respect, the life of Aretha Franklin. And Jennifer Hudson is the lead in it. And there was a scene at the very end of the movie. Like her life was traumatic, like, I mean, heartbreaking and traumatic, just early sexual trauma that she's had, and just all the different things. The very scene I ended up like watching the movie, and pausing it because it was so moving. She talks about at the very end she's meeting with this movie, I mean the music producer and she says, "I want to do a Gospel album." And he's like, "It's not commercial." And she's basically an, basically what they're alluding to she's an alcoholic at this point. And she writes this and says, "I need the church. And I need the Spirit. It has always gotten me through, and it will get me through again. So this album is not for me or for you or for anybody else. It is for God and you can't jive

God." And she said, "When the Spirit moves, the Spirit moves." And so at the very last, I'm totally killing the movie, but the very last scene is her singing Amazing Grace. Yes, it's just the mid her singing the song in the church, but she's singing it. And then they show the clip like, they do the different credits and talks about, you know, all the awards she won, but they talk about Amazing Grace- in this version, Jennifer Hudson portrays her. I mean, I was bawling on the plane. They said that version of Amazing Grace was her best selling album that Aretha Franklin ever did. It sold more than Respect, that sold more than, you know, all the things. And like when you see her singing this, I like YouTubed it as soon as I got off the plane, I was like, it's just piercing. But I love that she did it because she was like, "I need the Spirit, and I need it to move through me." So.

Heather Khym: Can you make us a mug that says, "You can't jive God?"

Sister Miriam James Heidland: Hey, we add it to our collection here on our table, yeah.

Michelle Benzinger: I thought that was the best line, you can't jive God.

Sister Miriam James Heidland: God will not be jived.

Michelle Benzinger: But next week we start- Our Lenten series, we're doing Sister Miriam's book. Restore, the book Restore. So yes, you all can get it, and jump in with us. And we're so excited to journey with you through Lent, through Sister Miriam's beautiful words, and we will be back together. And if you don't subscribe to the podcast, you can subscribe to and get on our email list. We'll put it in this, in our show notes. Or if you can subscribe on Apple, iTunes, and all that, Spotify, or watch us on YouTube.

Heather Khym: The good thing about subscribing to our email list, which you can do on our website, abidingtogetherpodcast.com, is that you get everything in an email. So it has a link directly to the transcript, to the One Things, to the show notes, and all that.

Sister Miriam James Heidland: Which people ask for a lot. So it's already all in right there.

Michelle Benzinger: We all have all the good information for you.

Sister Miriam James Heidland: So, we'll conclude our series Friends of the Identity after Lent, and that will be on bride, but next week we'll start our Lenten journey. So

thank you for joining us on our series of motherhood. And until then we will be abiding together. God bless you. Have a wonderful week.

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