

Holey, Wholly, Holy: Living an Integrated Life - S08E10

Sr. Miriam James: [00:00:00] Hello and welcome to season eight of the Abiding Together Podcast. Abiding Together is a place where you can find connection, rest and encouragement on your journey with Jesus Christ. My name is Sister Miriam James Heidland and each and every week I am joined by two of my very dearest friends, Heather Khym and Michelle Benzinger. This podcast is born out of our friendship and sharing all kinds of things together: our walk with Jesus, our insights, the lessons we are *still* learning, our joys, sorrows, tears, and laughter. And you are most welcome on the journey with us. You can find out more information about all of our episodes at abidingtogetherpodcast.com. But for now, grab a cup of coffee, settle in and welcome home.

Hello and welcome. Welcome to this week's episode of the Abiding Together Podcast and our last episode before advent. And we have a really wonderful guest today that we can't wait for you to meet. And we have a wonderful advent series. So we are in a win-win situation. But before we have Michelle introduced our guest. Ladies, how are we doing today? Heather, how are you before we dive into it?

Heather Khym: [00:01:20] So good. We're having one of those days where the sun is shining so bright, but it's crisp outside. It's my favorite. I am up for it. I love today. I'm just all about it. It's been hard, you know, things have been kind of like dreary and rainy and lame. Things have been going wrong. I'm like, Hey, today's a new day. You know, sometimes the sun just makes a world of difference. So how are you Michelle?

Michelle Benzinger: [00:01:44] Doing good. Yeah, I'm doing good. Of course. The weather is beautiful here in Florida. It is a good time to live in the Gulf coast. My husband said yesterday because it's a good time at 65 degrees, 70 degrees and sunny. It's a little cold. There's no humidity. So yes, like we're logging lots of hours on our front porch. And if I can be outside multiple hours in the day, it's just a good day for me. I've already been outside like three hours today. So that's a good day for me. I work outside, be outside, so it's just been good. Sister how are you?

Sr. Miriam James: [00:02:15] I am well. Maybe we can actually record this outside one time. We should do like an outdoor recording, maybe the next time we're together. You never know. That'd be a good idea. Yes, I am so excited to welcome this guest and Michelle, I want you to do that, but I just can't wait for our listeners to meet her. She's wonderful. And she has so much to offer. So without further ado, Michelle, would you like to introduce our guests today?

Michelle Benzinger: [00:02:38] I would! We have Jackie Mulligan on the podcast with us and she is the founder of Reform Wellness. And I won't do explaining reform wellness justice. So I'm gonna allow her to explain it to us, but I'm just really amazed. And I just have to tell you a little backstory. I'll let her give you more personal details. But I think like this is just an inspiration of the Holy spirit. A good friend of mine, Fr. Mark Mary, had told me about her. One of the CFRs, last year said, Oh, you should meet Jackie. You would get along with her, you know? And it was one of those things that went in one ear and out the other, like some things do. And then when Fr. Innocent and Fr. Mark Mary were here for a visit in August, they're like, Fr. Innocent was like you really need to meet Jackie Mulligan and then our other good friend, Fr. John Burns said, Hey, have you met Jackie? And then Jackie messages me and

said, Hey, I really feel like we're supposed to connect. I was about to literally message her the day before and said, I even, I think I even sent one of you a screenshot of her thing. I said, Oh, this is integrated health, what we were talking about. So we were able to talk on the phone for awhile and just connect and then found out she's a really good friend with another good friend of ours, Fr. Joe Fitzgerald. So I was like, okay, all the stars are aligning, our paths are meant to across. But what she does with reform wellness, it's just really. I think really important. And we really haven't had a podcast like this before, where we're talking about integrated health, wholeness, and holiness and all those different things. So without further ado, Jackie Mulligan

Jackie Mulligan: [00:04:02] Thank you so much for having me. This is an answered prayer and such a gift to be with you. I had the gift of meeting Sister Miriam indirectly last year in California. She was presenting with Fr. John Burns on forgiveness, and that's where she totally captivated me. And then of course learning through the wonderful Catholic community about your podcast and more about you, Michelle and Heather. And so, yeah, this is such a gift to be here. Thank you.

Michelle Benzinger: [00:04:30] Oh, we love having you, so it'd be good for our listeners. Tell them about reform wellness and just a little bit about yourself and who you are and all of that.

Jackie Mulligan: [00:04:37] Sure. Yeah. So reform came to be through a myriad of experiences, as you can imagine. but reform wellness is the first practice of its kind to merge faith and functional health together. And so we look at the whole person, body, mind, and soul when we're defining health. And so in our practice, we empower the whole person to find wellbeing in God and receive life in abundance. And so really, we're reframing our wellbeing to put Christ in the center of all aspects of how we live.

Michelle Benzinger: [00:05:12] Oh, I love that. So what was your passion to even start reform wellness? Tell them a little bit about the backstory that way.

Jackie Mulligan: [00:05:19] Yeah. So I was once very sick, fatigued, working non-stop, taking on the worries of the world. I always had this like hard worker type, a perfectionist kind of attitude. And I had this belief that if I were to be successful, it was because I had to work hard enough to get there. And, if I wasn't, it was because I failed. And after years of tireless, striving success, but lots of stress and compromised health as a result, um, landed Lyme's disease and thyroid condition, lots of gut issues. I totally burned out physically, mentally and spiritually in the process. Um, so I had different careers leaving me up to this point. I actually taught Spanish for several years. I was a tenured Spanish teacher on Long Island. Then I moved out to California and I went back to school for functional health and holistic nutrition, and also worked for a startup company, a Danish startup company called Pirie and I ran national sales and help them kind of grow from the bottom up. And so I was, I was having a lot of fun, kind of combining my passions of education and wellness but that kind of led me to getting kind of sick. and so thanks be to God. I finally surrendered and I found my identity, my healing and my home and Christ. And that was through a lot of time in adoration that I found a much more simple way to approach health and to approach overall wellbeing and really my success in the world. And so, yeah, with the help of a lot of saints and I have to mention them because I wouldn't be here if it weren't for the saints: Saint Francis, Saint Theresa of Avila, Saint Clare. I had already established a wellness practice out in California,

Michelle and I were talking about this when we first spoke and I was working with people and talking all about nutrition and stress management and sleep and functional movement, all things you would think we would talk about in a wellness practice. And after people went in to renew their packages with me, like after year two and after year three. And I was just thinking like my doing my job. If they still want to work with me at this point, you should have the tools you need. And I slowly started to realize in prayer that what they were desiring from me was not so much the wellness tools that I was giving them, but the light that I had and the connection that I had in Christ, and that they're hungry for more of that, because there was still this like restlessness, even in all the work we did. No matter how much weight people lost or how much they were able to lift in the gym or how much we improve their sleep, they were still hungry for more. And when I realized this, I began inviting God fully into the center of my life, being grateful for the light that I realized other people were aware of and also my work. And that was hard for me because it was almost like who am I to start doing this and, and clear as day it was, who are you not to be doing it? This is your, this is now your thing. And so, um, I truly just knew that if I wanted to talk this talk, I needed to walk the walk and I invited Christ fully into the center of my life. And he turned to me right side up for sure, and that resulted in my life changing significantly. I left certain jobs. I wedded, let's say, my community garden. And I left the very beautiful comforts and like just lifestyle that I had in California and reluctantly came back to New York. I'm one of seven. I have 17 nieces and nephews. I have an amazing family. It was like, I was attached to this "freedom" in quotation marks that I had in California in a lot of different ways. Like the freedom I experience, even in nature. The freedom I experienced, um, kind of being on my own and the freedom I experience and a lot of worldly attachments that actually weren't really free at all. And it was the struggle. Um, and the hardship of detaching from that kind of made me resist the very thing I needed to do the most, which was to move back to New York. And it was confusing though, because like the health world is in California. Right. So it's like, how does this make like, Lord, why are you asking me to go back? Like, everything that I can do is here. This is like the health capital of the US you know, this doesn't make a lot of sense. Um, but like most things, you know, we lean not on our own understanding and, try to be as obedient as we can. So when I came back. The flood Gates opened and I had more work opportunities than I truly could manage. I was completely overwhelmed by it. Um, and I was still trying to understand like what this new version of my wellness practice was. It was so beyond me and my control. And on new year's Eve 2016, , while I was still in California, I made Jesus a deal. And I said that he was going to be my business coach and wherever he paved the light, I would go. And so, um, almost immediately upon coming back to New York, I met Fr. Joe Fitzgerald, and Fr. Innocent of the CFRs, and I help them with their personal journey and it was through their reformations that my eyes opened and was like, wow. Even priests need to look at their physical wellbeing and their spiritual wellbeing. It was amazing. Um, and so I realized that the people that I was helping lay people were so focused on their physical wellbeing and not enough on their souls and that priests or religious we're so passionate about the state of their souls and other souls, that there was just not enough attention on the body. And so I knew that actually St. Augustine, um, with his help, but kind of focused on knowing that, if we have to live, um, if we want to live forever, we have to take care of the state of our body. And in order to nurture our soul, we have to act as if we're going to die tomorrow and really having this approach on the body and the soul together. And so. It was through those two reformations and then Fr. Innocent then inviting me to journey with the postulants on their formation, that I was able to run the wellness program. And I watched month after month. These men reform too, from the inside out fully at the

service of Christ through a life of obedience, day after day, obediently following this formation and literally leaving with a new name after a year of this beautiful formation. And that's how reform got its name through the CFRs formation and watching them re-form. It was such a great gift. And so it was really the years that I had of working with a variety of clients in California and then religious life, corporations, schools from around the globe and watching all of these different habits and cultures and realizing there was a common denominator. And that that was that others were striving to find their way to wholeness and holiness as well. And that there is a deep desire to live fully alive in Christ body, mind, and soul.

Sr. Miriam James: [00:12:56] That's so beautiful. That's so beautiful. We're all like, yes. And I think that's so needed. And a lot of times on our podcast, we talk about the integration of the human person. That it's not just one thing. It's about your emotional health. It's about your spiritual health. It's about your mental health. It's about your physical health. And so you're saying, you're just fitting right in here and speaking to an audience that is so hungry to hear what you have to say. And I was wondering for people that are listening and I'm sure a lot of women are saying, I need that, but where do they start? Can you just give us some simple, like, what are the pillars where you would recommend that a woman's listening today saying, okay, it's advent, it's a new year. Where do I start? Like, what do you, what do you have to say to them?

Jackie Mulligan: [00:13:34] So I'll say two things. So there's so at reform, we have nine pillars that we focus on how we really reframe and redefine health. And so faith is at the center. So we have actually the image of a monstrance and that we use to define how we define wellness. And so, because reform was born in adoration, faith is at the center in Christ will say, at the center, and then we have eight other pillars that go around faith. They are nutrition, sleep, stress management, community, personal growth space, movement, and play. And so instead of defining our health solely on the scale, or the way that we eat, or our body composition, we're looking at all of these different areas of our health equally. And of course faith will, will be a little bit stronger and, and weave throughout but how we interact with other people is just as important as the food on our plate. And when we put more importance on one thing and focus so much on our diet or focus so much on our movement, that takes the place of, of God. And a lot of people's lives, it's kind of like becomes their idol or their main focus or distracts us are really, especially in the season of, of like creating space for God. And there's these distractions because of how the world tells us that we should be defining our wellbeing or health. So we define health there. And so really though the first step is, and I'm going to kind of take you on the path to holiness, um, that we use that reform. So one day when I was at the friars, I was, uh, setting up a meeting with Brother Kolbe. And, um, if you don't know Brother Kolbe, don't worry. He's for sure. Going to be a Saint. So you will, you will know him. We were about to meet. And before we did, he said, um, Jackie. I really actually needs some time to pray before we meet together. Um, because I'm not Holy, like you I'm actually really Holy, like H O L E Y. And I was like, Br. Kolbe. I can assure you. You're a lot more Holy than I am. And then I'm the one who has the holes, right? It was so humbling to hear him say that to me, I was in mass later that evening, almost overwhelmed in humility by, by him admitting, like he's got a lot of holes to work on and to bring before the Lord, before we work together. I heard like we hear in every mass. Holy Holy, Holy Lord God of hosts completely different. It was like, the Lord just opened my eyes and I heard it as Holy, like H O L E Y. We have to first expose our holes and show the Lord the

areas where we struggle the most. He already knows them, but it's all inviting him, um, to, to see them and to say, I know, you know this already Lord, but, but here they are. And then Holy, like W H O L L Y, invading him into the holes to make us whole. So that together we can be on the path to holiness regular H O L Y. So Holy Holy, Holy took on a whole new meaning in our practice. And when we work with people, the very first step is awareness. And having this awareness around number one, where is your health right now? What's the state of your body? What's the state of your soul? Just like you would prepare for the sacrament of reconciliation, like really doing examination of conscience, like knowing where your body is and knowing what the state of your health is. And then also where the areas are in your health, that you haven't invited the Lord into, or maybe didn't even realize that you had control over. And so for women who are hungry for this true change, inviting the Lord to reveal to you, the area of your wellbeing that you need to focus on that would bring him into your life even more and you closer to him. And ultimately you will be able to reach all of the pillars that I just talked about. Um, but there is always one that outweighs the other and it's usually the one that we back-burner because we want to get to the food first or, or personal growth first. And it's, it's actually stress management, um, or it's our relationship with the Lord to begin with. And so just this beautiful gift of awareness to reveal our holes, um, so that we can allow him to reveal the path and the new focus.

Heather Khym: [00:17:55] Wow. That's incredible. I know, like for so many of us, like, I want to live an integrated life. I think for many people it's like, I want to live an integrated life. Balance is a big word. You know, having everything all figured out. And there's times where I go through. I'm like, man, I'm nailing it. Um, I'm just hitting on all cylinders. I'm doing really well and that's for like a day. And then I'm like back to, you know, doing one thing well or two things. Well, it's very hard to have. Everything working like all of the time. So I'm just wondering, what are some of the main obstacles that you have seen to living an integrated life and how maybe just for one of them, what's like a tool that we could overcome that.

Jackie Mulligan: [00:18:34] Yeah, thank you. This is a great question. Number one, obstacle is the demands of the world, for sure, like this glorifying, busy-ness this, this unrealistic pace that everybody is living at, even, even in the middle of a global pandemic. Honestly, then there's this fear that overcomes people when it comes to wellness, this fear of failure, this fear of exposure, fear of change, and really like allowing opposition to fly through that window of doubt and lying to us saying you're going to have to overhaul your whole life. This is going to be really hard for you. You failed about a hundred times. You're probably just going to fail again. And so really it's. It's the courage to go through the straight and narrow and let go of the very things that we're resisting the most. And when, when people ask me this question, like what's the first thing that I can do to be healthier. I know they're expecting you to say like, eat more protein or get exercise, which, which are actually real, tangible things you can do to be healthier. Um, but the first tool is, and I often say is make space for the Lord. So if that means committing to a Holy hour every day, or getting to daily mass or praying the rosary, do something every day that is going to create space for him. Because if you want to live a Christ centered life, you want to live, you know, people are attracted to reform because Christ is at the center of their wellbeing because they want to be closer to Christ in all aspects, right? What they desire this freedom and to live life fully alive and so I say, if you really want to live life abundantly, there is time and you will find time and actually he'll make the time. So it's going all in. It's choosing to say, okay, I want Christ at the center of my life and I want him there. So therefore I'm going to make space for him. And I'm going to

hand over the control I think I have over my wellbeing and my health and allow him to heal me because truly when we take a radical posture of trust and in truth, we put our total focused on him. He's the one who heals and renews. And we have to create space for him in order to do that. So I honestly, the first thing you can do is create that space for him.

Michelle Benzinger: [00:21:05] And I think it's, I think it's creating this space and making your integrated health, your whole person I priority, you know, and it goes back to the great commandment. Love your neighbor as yourself. And I think, especially for women, we love our neighbors, our families, or everyone else in I've talked, we talked about this on podcasts before we put everyone else before ourselves. And we think it's because, Oh, but that's a selfless thing to do, but really is it like loving your neighbor as yourself? Like, are you loving yourself? Well, are you really loving in all areas of yourself? Like we're just at the very beginning of the reform wellness week two going into kind of week 2.5, 3 for us. And I could just see just the little changes. I think one of the beautiful ways that you do this is- it's been one of my first approaches because this has been a theme. Like, I really truly felt like our encounter with something, the Holy spirit, because just the people in my life that mentored me said, you have to take a holistic approach. And like, I even laugh like. Over like the summer, Chris, my husband, and Sr. Miriam sat down like, okay, enough is enough. They kind of did a really kind intervention and said, your health has to be a priority. You know, how do we help you? Because I was so many people giving to so many people and I put myself on the back burner, you know, and if something went out. You know, it would be my exercise. It's something else. And I'll be like, Oh, this is easier. You know, it's just all those things. Cause you're taking care of other people. So I just think for women, especially it's for everybody, but for women allowing yourself to love yourself well in a God-given way, not a selfish way, but a God given way to put yourself first is just a powerful thing. So, I mean, is it for you, like after you lead people through this program, do you see, like, what does the reform look like to, you know, when people like how - because it does make them human! And I like, we really don't have conversations where we talk about spiritual growth and rest or spiritual growth and play or spiritual growth and our movements, you know, but yet they're part of our spiritual beings in our life because we're, you know, fully alive human people.

Jackie Mulligan: [00:23:11] I think the biggest, I honestly, I see so many different things at the end of what you're referencing is reform online lives. So it's six weeks and we have women of all ages and walks of life go through this program. And it's incredible because sometimes it takes six weeks or even longer to fully give their Fiat, to fully say yes. Okay. Now I'm ready to put Christ at the center of everything. And other times it's, they've got that already. And it's, it's really allowing him to prune their branches of the things that they don't want to give up. It's something like. Coffee.

Michelle Benzinger: [00:23:48] You mentioned that the other day. And I was like..

Heather Khym: [00:23:50] Yep, turn it, turn the headphones off.

Sr. Miriam James: [00:23:52] We love you. We still have you on the show.

Jackie Mulligan: [00:23:55] Um, but just connecting that to, wow. Actually, that was really triggering to my anxiety. And I didn't really want to let that go, but turns out I'm really free and available now that it's not in my life or just, I mean, the grace of being able to actually implement rest especially through the Sabbath. That is probably the most common change that I see people coming out of this program with. Yes, there's weight loss. Yes, of course,

there's a new lens on how they look at their wellbeing. But to be able to say me and my family connect and we're connected with one another and the Lord, and we're not doing anything except for resting in the Lord and with one another today and reclaiming that time, reprioritizing that time. That's what we mean when we say put Christ at the center of all things and not compartmentalizing in certain areas. For women to experience food freedom, because the why to behind the reason why they eat is no longer because they want to satisfy a short-term craving, or that they're hungry for something else and fulfilling it with food and then still experiencing hunger. But their why is now to have a healthy response to their hormones and a healthy gut, and also a healthy, spiritual response from the way that they eat. So it's just incredible. The, again, this awareness, this peace that keeps happening so that we can make these changes consistently, and grow closer to the Lord in the journey.

Sr. Miriam James: [00:25:24] What is your dream, Jackie? What is your dream for reformed? And we'd love to also give your platform just full visibility and how women I'm sure many women are like, where do I sign up? Like, I want to sign up right now. So what is your dream and where can women find you? So they can sign up,

Jackie Mulligan: [00:25:40] You know, I was really praying about this and to be very honest and transparent, reform already feels like a dream come true for me. The fact that every day, we get to journey a long journey alongside people on their path to wholeness and holiness. It's it's beyond my comprehension. We do dream big. I know that he's got his hands in this, but as an experienced educator, I would love to see reform more integrated in school. I want to reach young people and help in their formation. We've recently written a Christ-centered curriculum that I'd love to see further integrated in more schools. And even in homeschools, you know, that's something that I'm dreaming of. I would love to write a book series, you know, reform your family, reform your relationship, reform your Sabbath. Like let's just reform everything. But I have just such an incredible team already, and I would love to see, reform ambassadors, you know, on the ground. And people outside of me, just able to really, who are walking, who are truly walking this walk, who are able to help others really understand what it means to live with Christ at the center as a whole person. We offer one-on-one consulting. We work at, like I mentioned, in schools and in businesses and have a six week online program called reform online live. So reaching us on our website, which is reformwellness.co is, is the best way or following us on our new Instagram handle, which is [@reform_wellness](https://www.instagram.com/reform_wellness).

Heather Khym: [00:27:15] And I also just want to recommend that if there's anyone doing priestly formation, that they would just sign up. Oh, there's seminarians for this. This is something that my husband tries to teach seminarians because I think just from the get-go, they're going to be living on their own. Many of them don't have a, somebody who's cooking for them and helping them. And they can, like you said, spend their lives for the good of souls and often leave their own wellness in the dust. So yeah, this is a tremendous gift. I feel like for everyone across the board. I love your approach that you're not leaving any piece out. And I think that often when people have focused in, on, on their health and wellness, it can turn into really self-serving or a place where they find their identity so quickly if Christ isn't at the center. And I love how you're just keeping everything balanced with him at the very center. I think that there's a peace that comes with that because that's where the identity is found. And then we build all of these other blocks around it, which in turn helps us to make a greater gift of ourselves. And that's what I heard you saying. Michelle is putting ourselves first sometimes doesn't mean that were overtaking an opportunity for someone

else or to give for someone else. It actually increases our capacity to give more fully to those around us, into the world.

Sr. Miriam James: [00:28:33] Yeah. I was just reading, I recommended a book on the podcast a couple of weeks ago, called Living From the Heart Jesus Gave You, which is part of the life model series. And they define adult maturity as the ability to take care of two people simultaneously: yourself and another. Because up until that time, you will either be as a little kid trying to take care of yourself, or you will be people-pleasing and trying to take care of other people out there to the neglect of yourself. And they were saying neither one is really the adult version of maturity that we're talking about. Because the more I can take care of myself, so to speak, then I can give to you. I can be well, and I can give to you. And it just. As you're talking, Jackie, and as we kind of close here, I just think so much of Fr. Jacques Phillipe, who often will just say little by little, just little by little, it happens just to take the next step forward. And I appreciate your articulation of this beautiful process and just asking women just to take the next right step. Really. That's all you're doing. And it's such a gentle and such an inspiring and hopeful invitation.

Jackie Mulligan: [00:29:33] Thank you. Yeah, it's it's really just dialing it back a little bit or, or forward a little bit. Qnd I can't tell you how many women and men in, in our practice will say, wow, I can't believe with just these few changes, how much my life has changed for the better. And it's not this overhaul of your life. Eventually it will be when you look at all you've done in the longterm, but to really make deep rooted changes in Christ, you know, it is going little by little and it is going all in with him at the center.

Michelle Benzinger: [00:30:04] It is and I can just testify to that. Like I was telling the girls before we started recording just the rest thing that you suggested, just not being on my computer, any kind of phone or social media an hour before I go to bed, you know, and I was switched that out just to creating a nighttime, just little ritual that's different. I have slept awesome people the last two or three days. And like, let me just tell you, you know, like that has been a struggle, like. You know, my mind does not shut off very easily. So I just been doing these things. It's like my body craves that rhythm that I didn't even know I needed, you know, and I left us just even the term abiding, you know, we base that off of John 15, but rhythms like rhythms of life and spiritual disciplines they're like a trellis. Like that's what the, you know, that's what the translation is. And so we all need these trellises so we can grow fully alive. And it's just these implementing these rhythms, but it wasn't, these vast changes that I made. It was very simple, but it's intentional. Their intention is essential and consistent, but I'm like, but man, when you start to see a little bit of fruit for you, you're like, Oh, give me more. I want more. Yeah. So thank you so much for your Fiat, for your full yes. We are grateful and I assure our listeners will be also.

Heather Khym: [00:31:18] Jackie, is there just like one thing that you would say to someone who's like, I just want to do one little thing that might bear good fruit in my life. When, like you said little by little, is there one thing that you would recommend for people

Jackie Mulligan: [00:31:31] to start with?

I was thinking about this and I actually, I wrote to Michelle, like, okay, I have recommendations. I, you know, w w what's my one thing I really want to pray about it. And, um, I was thinking about, what's really bringing me more awareness and enjoy right now.

And I am reading this book. I don't know if I'm going to call it little Heather, but I will tell you, um, The Interior Castle by Saint Teresa.

Sr. Miriam James: [00:31:53] Girl, come on, come on.

Heather Khym: [00:31:56] That's no small thing.

Jackie Mulligan: [00:31:58] It's no small thing, but I'm taking it little by little and piece by piece and it has opened up inner dwellings inside of me that I didn't even know were there and, um, changed my faith life, changing my prayer life. Um, just connecting me on levels, even in reform that are just amazing. I can't even believe the parallels where. I mean, she was **the** reformer, so a lot of our logo is the Holy spirit because of Saint Teresa of Avila. She was just incredible. Um, and so when I finally dove in and I'm reading this piece by piece, I can honestly tell you that it brings so much peace because it allows, it gives permission for you to go into your own interior castle. And that's such a gift right there.

Sr. Miriam James: [00:32:42] Can't go wrong with saint Teresa of Avila.

Jackie Mulligan: [00:32:44] No you can't.

Michelle Benzinger: [00:32:47] She's my girl. I knew I loved you Jackie.

Sr. Miriam James: [00:32:52] Heather, what about you? What's your one thing for the week?

Heather Khym: [00:32:55] My one thing is a relatively new album from Hillsong United called take heart again, and they have this old song called Take Heart. And they just, all of the songs on this album they've recorded before. These are just new renditions of these songs. To be honest with you. I listened to three seconds of each song and I was like, Ooh, no, don't like it because I was like so attached to your original, but as I've just had it on in the background in my office, as I've been working, I've just been finding that I actually just keep on like, stopping what I'm doing and joined in this worship that they're creating. There's something about. The songs in particular for this time, I really do believe the Holy spirit inspired them with these particular songs for this time. And they've just been really fruitful in my prayer. So the link to that will be in the show notes. Take heart again by Hillsong United.

Sr. Miriam James: [00:33:46] Take heart, Michelle?

Michelle Benzinger: [00:33:48] Mine is a podcast called Bold Blooming by my friend Jill Simons. And I was just on her podcast we recorded this week, but it will already be out when this one, this podcast airs, but we talk about just a cultivating community. Like Jackie was saying one of the pillars, but I love Jill because I just, she asked me, how do you cultivate community where you're at? So I just gave her a few like practical suggestions and man, that girl just went out and did it. Like, I just love people that, you know, like you offer your advice or your limited wisdom and then they take it and run with it. And she is just, I love her creative zeal and just her whole demeanor and yeah, she's just a dear one. So our community on bold blooming, I will link that podcast episode here in our show notes. Sister. What about you?

Sr. Miriam James: [00:34:34] That's fun. My one thing this week is a new advent series by Ascension press. So I've been doing a project with Fr. Mark Toups and Fr. Josh Johnson for the last couple of years. And Fr. Mark Toups released the third version of that, which is a

Rejoice: Advent Meditations with Mary and Joseph. And this year he wrote them through the lens of the marriage of Mary and Joseph and his. Oh good, absolutely stunning. It has original artwork. There's reflections by Fr. Mark And Fr. Josh and myself. And you can find that whole series for advent on ascensionpress.com. But, uh, heFr.R Mark Toups does such a beautiful job. Just his ability to articulate the love between Mary and Joseph. It opened up new areas of my own heart. That I didn't know were there and it just, it was stunning. So it was a delight to be a very small part of it. Yeah.

Michelle Benzinger: [00:35:21] So y'all the artwork they did to go with it too. I was really impressed way to go Ascension Press. It was beautiful.

Sr. Miriam James: [00:35:26] Yeah it was really pretty.

Heather Khym: [00:35:27] That's awesome. Jackie, do you have like a practical tip other than rooting coffee out of your life? Cause we're not there yet. Baby steps. Do you have one practical tip for us and our listeners that you can think of off the top of your head now that I'm putting you on the spot,

Jackie Mulligan: [00:35:43] Let's have you ladies pick a pillar? So we have, you can pick nutrition, sleep, stress, movements, personal growth, play.

Michelle Benzinger: [00:35:53] I know mine is play. I put that on my goal list this week is to play. And so, and that just came up a lot in prayer this week. And so, and it was interesting. I was telling someone yesterday, I was like, okay, I just need to pray into play. And just like, or you can ask the Holy spirit to inspire you, to play. You usually follow the promptings of the Holy spirit. And he'll like send you something. I'm like, okay, that's true too. Yeah, mine is play.

Sr. Miriam James: [00:36:20] Well, that's wonderful, Jackie, thank you so much for being here

Michelle Benzinger: [00:36:24] Hold on Sister. I want to hear your pillars.

Sr. Miriam James: [00:36:25] Oh, can I pray about it and see? Sorry, let me see. Let me ask the Holy spirit and see.

Heather Khym: [00:36:31] I'm going to say sleep for me. I can pick all those, but yeah, sleep would be mine.

Sr. Miriam James: [00:36:38] For play, you can recreate childhood fun, right? So trying to recreate a childhood memory. That's one thing that I always invite people to do. And Heather for sleep. Michelle said it earlier, but I've never seen it fail, uh, unplugging the first and last hour of your day. So before bed for a full hour and then upon rising, no technology, first thing.

Heather Khym: [00:37:01] Okay. All right. Thank you so much.

Jackie Mulligan: [00:37:03] And sister to be continued.

Sr. Miriam James: [00:37:05] Definitely. Let me see what the Lord wants to say there. TBD yeah, indeed. Yeah. Well, thank you so much, Jackie. Thank you for being on our podcast and we can't wait for our, all of our listeners to encounter you and we just bless you. You're just

lovely. I wish our listeners could see you. You're just so radiantly beautiful. And we just thank you for your guests and for sharing your gift with the world.

Jackie Mulligan: [00:37:26] Thank you. This is, this is beyond an answered prayer and a gift, and I'm grateful.

Sr. Miriam James: [00:37:32] I'll put links to your website and your Instagram account, everything. So our listeners can very easily find you. So, yes, dear friends, where does the Lord want to reform you? And maybe just asking the Lord that right now: Lord, what's one pillar you want to start with and little by little, we will see our hearts. So thank you for joining us this week. And until next week we will be abiding together. God bless you. Have a wonderful week.

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Jackie Mulligan: [00:39:37] Thank you.

Sr. Miriam James: [00:39:37] And God bless you.