

## AT S9 E5 St. Joseph: With a Father's Heart Transcript

**Michelle Benzinger:** Hello podcast listeners. It is Michelle and I want to extend an invitation to all the Catholic women ages 21 to 30 that have a heart for mission or feel a call for leadership to come to the GIVEN Catholic women's leadership forum that will take place this June 9th through the 13th at Catholic university in Washington, DC, there you'll have the amazing opportunity to develop your personal gifts and leadership skills and help you identify where you can put these skills and gifts to use for the gospel in the church. And you'll have an amazing time to pray with other amazing lay and religious women at the forum. You'll receive practical faith formation, leadership development, and mentoring, and leave with a concrete plan that you can take back to your community. The given forum is the signature program of the GIVEN Institute, which seeks to raise up Catholic female leaders, both lay and religious and unleash the feminine genius into the heart of the church applications for the given forum are now open. You can look online and get even more details at [thegiveninstitute.com](http://thegiveninstitute.com) to learn more about the forum and to apply. Applications close on February 12th. For such a time as this, the world needs women that are rooted in the heart of the church and become female leaders to allow the feminine genius to be unleashed.

In case you missed our previous announcement. We have chosen our Lenten book study. It is *This Present Paradise* by Claire Dwyer and all the information about the study and the book is on our [website](#). So go check it out.

**Sister Miriam James Heidland:** Hello and welcome to 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 every week I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger. This podcast is born out of our friendship and all that the Lord is doing in our lives. You hear us laugh, you hear us cry, you hear a share very vulnerably and you hear us talk about the things that we're still learning along the way. And you're most welcome to join us. You can find out all of our information on our podcast episodes on [abidingtogetherpodcast.com](http://abidingtogetherpodcast.com). But for now, grab a cup of coffee, settle in and welcome home.

Hello, and welcome to this week's episode of the Abiding Together Podcast. And we have been wanting to talk about this for awhile now. So on December 8th, 2020, Pope Francis, very surprisingly and very gloriously declared a year of St. Joseph. And so everybody was. I mean on the feast of the immaculate conception, he declared a year of St. Joseph. And I think we could all agree that if the world needs somebody like Saint Joseph, the time is now. So what we're going to talk about today is we're going to talk about the letter that he wrote, that Pope Francis wrote to accompany his declaration of the year of Saint Joseph and the letters called *Patris Corde, With The heart of a Father*.

And it's something you can download for free. It's a very short letter. It's only like about 11 pages when you print it out. But it's chock-full, as we were just talking before we started recording this podcast, is Chuck full of amazing goodness. So we're going to dive into this very quickly, but before we do that, Heather, how's it going? How are you?

**Heather Khym:** It is going well, it is going well, you know, I just felt like the switch from 2020 to 2021, I had this image of like, it felt like 2020. We were just like in the fetal position, like

2021 it's time to get up, like it's time to get. Uh, you know, rise up and I don't know, there was just like a different kind of, I don't know, strength that has been coming in this year of like, okay, let's go people. We're not going to sit around and take this anymore. So yeah. I've just been reflecting on stuff like that. Yeah. Right. Yeah. How about you Ms. Michelle? My Belle.

**Michelle Benzinger:** Um, yes, I am. I'm good. Yeah, everything's good. I'm just trying to think. Yeah, I'm good.

**Heather Khym:** I always say that, that it's like, well, I'm also have all this, this, this, this, this. are we going to get into that right now?

**Michelle Benzinger:** Overall? I'm good. So we'll leave it at that. So, sir, how are you?

**Sister Miriam James Heidland:** I am. Well, we, yeah, we had to curtail this conversation because like all of us were working on a time constraint today. I was like, I'm so sorry. I started talking. I should have just been like, let's dive into this. So this is really where we're going, trying to be very concise here, dear friends, but this is such a great topic. And so we want to invite you to journey with us. If you want to, you don't have to have read the letter or if you want to go through it with us, you can. And we're just going to talk about a couple of really. I mean, there's so many beautiful nuggets as we were looking through this letter of, but there's one going to talk about a couple of the nuggets that were just very piercing for each one of us. And so the, the letter starts out on the 150th anniversary of the proclamation of St. Joseph as patron of the universal church. I say patron of the church, the home St. Joseph is entrusted to, to Mary to protect her, to watch over her, to guard her, to be the father of the home. And so. The Pope starts out with these first couple of lines. It says with a father's heart, right? That's his first statement with a father's heart. That is how Joseph loved Jesus. Whom all four gospels refer to as the son of Joseph. Matthew and Luke, the two evangelist who speak most of Joseph, tell us very little yet enough for us to appreciate what sort of father he was and the mission and trusted to him by God's Providence. So we're going to see. We talked about Mary extensively and in advent about the heart of a mother, really what we're going to encounter, we're going to encounter Joseph in a relationship is through heart of the father. And so I know for me, I'll just, I'll just dive in here. I know for me, when I first saw excerpts from this letter, the part that just absolutely pierced me to the core was actually number two in the letter and the title of. That particular section of letter is called a tender and loving father. And there's so much beauty in this particular letter, but could I just raise, or could I just offer to you a couple of things? Maybe we could have a bit of a discussion. He talks about how our grace is made perfect in weakness and about the middle of, or the first few paragraphs down Pope Francis says this, uh, since this is part of the entire economy of salvation, we must learn to look upon our weaknesses with tender mercy. He says the evil one makes us see and condemn our frailty. Whereas the spirit brings it to light with tender love. Tenderness is the best way to touch the frailty within us pointing fingers and judging others are frequently signs of an inability to accept our own weakness, our own frailty. And then he says this only tender love will save us from the snares of the accuser. And I remember when I first, I first read those few sentences. It was just so piercing to me because it really is true. Like the enemy comes, you know, the enemies and accuser, he comes to steal, kill, and destroy, and how often he points out our weaknesses or we see them ourselves or other people point them out to us, but it's not in a way that is comforting and consoling and calling to transformation, but to condemn. And I

noticed myself when I start condemning other people or judging other people, usually it's because I don't want to face what's in, within me. And there's something about tenderness. Dr. Dan Allen talks about tenderness and kindness that interrupts the cycle of shame. It interrupts the cycle of self hatred and contempt because those things keep us bound in strongholds of fear and of out of relationship. But tenderness, that tender strength has a power to pierce our hearts. And it it's an it's unnerving, but it also is disarming. And it's surprising. So Michelle, as you journey through this letter, and we talk about this section of a tender and loving father, what are some of the things that stick out to you?

**Michelle Benzinger:** Well, one of the things that sticks out to me is for the word of the year, my husband's word of the year is tender this year. And so I already see him pretty tender. You know, he has a tender heart. I mean, man, he's come a long way since we were married, you know, the very beginning he was very German in his exterior where - and I mean that not as a derogatory term, but very like practical, like this is it, you know, there's the right way and the wrong way, like very just militant in some things. And, but through just, you know, marriage and children and rubbing out the sharp edges. Like he is so tender and he says he is very, slow to anger and he's very patient, but I even see like the Lord calling him into a deeper tenderness, you know, he was talking about with me and our children, even deeper than that, but I love where he was talking and he said the Lord was really even revealing to him, not only tender, like where you're tender and gentle. And he was referring to the only time that Jesus really speaks about who he is, not who the father is - He says when I'm meek and lowly of heart, and another word is gentle. Chris is like, is that's how he speaks about his character, that's how I want somebody to speak about mine. But one of the things I love when he was explaining his word to me, he said also it means to tend like a gardener, you know? And I think that that's St Joseph's so perfectly, like he tends to the garden of our hearts. He protects them. He helps us get the weeds out. And I think for me, St. Joseph in the last year and a half, like last year, I started with the St. Joseph consecration and he just became. I love it in this document, it talks about St. Joseph in the shadows. Like that he's always like behind the scenes and for me, he came out of the shadows. For me in this past year and a half, he came out of the shadows and became tangible and real, like a real intercessor. But a real example for me, of what fatherhood looks like. Like when I think about him as a carpenter, I think about the calluses on his hands. I think about the hidden life in Nazareth. And I think for me during advent, we were journeying with the Holy family. We did Fr. Mark Touns study about the Holy Family and just Joseph came alive to me, even in more tangible ways there like Mary did in the Advent study that we did. Joseph has also become this tangible, real thing where he is tender. He cares, he is humble, but this is how Jesus learned how to be a man - is through his example, you know. And he also wants to bother us. And I, and just like, was so excited when Pope Francis declared the year of St. Joseph. If we need a guiding father, and if we need a wise and tender father, the time is now. The time is now for all of that. So, yeah. Heather, what about you?

**Heather Khym:** Yeah, it's funny because there's no like recorded words that Joseph says in scripture, he speaks volumes through his decisions that he made. And I love what you were saying, sister about like frailty within us. And we see Joseph he's afraid, you know, like when all of this first comes to him, he's like, what? Like, you could just imagine, and I think it's important to do that, to sit with scripture, to imagine what it would be like for this to actually occur, because these are real stories. These things actually occurred. And so Joseph in his frailty, he's afraid. And I love the part just above where you read sister. It says the history of

salvation has worked out in hope against hope through our weaknesses all too often. We think that God works only through our better parts yet most of his plans are realized in and despite our frailty. And I read that I was like, this is so hopeful because I feel incredibly small. You know, I feel incredibly weak a lot of the time and to just think like, God can accomplish wonderful things through my weakness. And I think with St Joseph, what I keep looking at with him is he still moved forward. There was movement there. He didn't just sit in his fear and in his weakness, but he allowed God to move and he agreed with God's plan. He said, yes, he made his own Fiat, you know, and said yes to the will of God and moved forward. And great things happened even though he was frail. Like, I think Joseph is incredibly relatable. Another part that stuck out just at the beginning and Michelle, you kind of alluded to it was that Joseph was in the shadows and I love this one line that just said St. Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. So to not diminish, like where we are in our life, I've heard from so many different people. They're like, well, I'm just a stay at home mom. Or I'm just, you know, this or that or whatever. I'm just a student. I'm just a young person. Like what can I do? I'm just in the shadows. And no one sees me and to not devalue, to not minimize diminish, like what God wants to accomplish in and through you. If we look through all of scripture, he takes so many lowly people in their frailty and their littleness and brings about great things. So it's just incredibly hopeful some of the things the Holy Father is drawing out here.

**Michelle Benzinger:** Mm. Yeah, I think it's absolutely beautiful. And I just think the strength and the weakness, like, and it says in that whole section right there, the scripture that he makes. Things perfect through our weakness, not just good, like perfect, but it's that surrendered weakness that is that surrender weakness that we see the Lord's strength displayed through us in which St. Joseph embodied so well. And so beautifully. Yeah. Sister, what are your thoughts?

**Sister Miriam James Heidland:** You see his heart, his tender heart being opened and his heart poured out in love. Like you both are saying so beautifully that he did not know how the story would, all the details or all the contours of the story, but he just kept saying yes, like he just kept. I think Heather, you mentioned that Joseph continues to give his own personal fiat. And this is all, this is all of us. This is the day-to-day life. This is the thousands of decisions that we make every single day, like this is the daily fiat. This is the daily like, Lord, this doesn't make sense to me, but I'm going to open my heart to hear. And there's something about, there's such a strength to tenderness. And I think when especially women are, we are tender more by our nature, but I think there's something. So like, you look at the heart of Christ and just how he encounters people. And there's something so awesomely, fierceness in a man who's tender because he brings about his strength in compilation with the appealing to the gentleness of the heart. And that takes a lot of virtue. Uh, you know, anybody can come in and just start kicking tables over and all kinds of stuff, you know, like that that's, there's an expression of, you know, even say. It's not, not related, but Christ cleansing the temple. There's a time for that. There's a time for the lion, but there's also a time for the lamb. And there's something so incredible about a man who can harness that meekness, who can harness his strength for life. A man who can harness a strength for life. And when he appropriates that strength, when it's appropriate in outward, ferocious ways, but also when he can harness that strength and bring it to the potency of a healing blessing, which has a profound power to transform hearts.

**Heather Khym:** That's beautiful. That's huge.

**Michelle Benzinger:** Yeah. It's beautiful. And it's huge. And I love that in his tenderness, then he was, it says that Joseph is obedient. So he's obedient. He went wherever the Lord sent him to go, like, goodness gracious. You know, like he has in the Holy family and here he is with two people that don't sin. I mean, come on, you know, the guys has to have his A game and, but then I'd love the part in the fourth part of this letter where he says he's an accepting father. And I absolutely love the first part. The two parts of that. It says Joseph accepted Mary unconditionally. He trusted in the angel's words. The nobility of Joseph's heart is such that what he learned from the law, he made dependent on charity. Today in our world where psychological verbal and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man, even though he did not understand the bigger picture, he makes a decision to protect Mary's good name, her dignity and her life. In his hesitation, how best to act. God helped him by enlightening his judgments. And I love the next part where it says often in life things happen whose meaning we do not understand. Our first reaction is frequently one of disappointment and rebellion. Joseph set aside his own ideas in order to accept the course of events and mysterious as they seem to embrace them. Taking responsibility for them and making them part of his own story. Unless we are reconciled with our own history, we will be unable to take a single step forward, but we will remain hostage to our expectations and the disappointments that follow.

**Sister Miriam James Heidland:** I know, Whoa, Whoa, like, oh my gosh.

**Michelle Benzinger:** Right. And I was just like, it's Pope Francis talking to me like what? Come on, you know, and I was like, Oh my goodness. Our first reaction is one of disappointment and rebellion. And I'm thinking to myself, Joseph was a just man, a chaste man. And like, he had to see, like, after the betrothal, he had to notice that Mary was with child. Like there was a while before that, that the Lord revealed it to them. And I was like, Oh my goodness. And he was such a good man and he loved her, but I also was thinking to myself, they grew up in the same village. They knew each other since they grew up together, they've known one another. So he's probably thinking, okay, how could Mary had done this to me? Like, what did she do? Like, I mean, he's just being natural. Like these are the things, and of course you're going to be disappointment. Of course you're going to rebel, you know, but man, he trusted in the Lord has a bigger picture, but what does it look like for us to come to terms with our own personal stories where it has brought disappointment in our lives. And what about choosing surrender instead of rebellion? And that right there, I'm like, okay, here you go. I'm gonna just came out right here. You know, it's been a little time.

**Heather Khym:** There's a lot there, a lot that we can break apart there. And I love where it says, God helped him by enlightening his judgment. And I'm like, do we pray for that? Do we pray that God would enlighten our judgment? Like when we are experiencing disappointment or we were trying to figure it out, we have our own way. We have our own ideas. Joseph did. He's like, I'll just get up in the middle of the night and I'll go, you know, I'll just take off and it'll be fine. Like I'm protecting Mary and God had a different way. I think often we just act too quickly. We don't wait to ask for God to enlighten our judgment before we act on things and we experience emotions and we act. And this, we see this all over our culture right now. If we experience any kind of opposition, it's like, well cancel that person or we're going to get in a big fight or I'm just going to unfollow them or I'm going to block them or whatever it might be. It's like, we don't want to encounter some of the difficulties and then have God enlighten our judgment before we act. So. Yeah, I think it's a really, really important thing that we can learn from Joseph here. He paused. He did or he hesitated

whatever it was. But in that space between when he acted and what he felt like he should do, God was able to change what happened because he was docile, you know, there was an openness there.

**Sister Miriam James Heidland:** Yeah and would that, we would all pray for that. And can we just bless as women? We have a lot of male listeners and we have a lot of women who have a lot of men in their lives. Can we just bless as women, the masculine heart? Okay, gentlemen, your masculinity is not toxic. It is glorious. It is glorious. And as John Paul the second says it has been given to you to guard the dignity of every woman whether you know her or not. And we as women know intuitively when a man, even if we don't know when he's opening the door for us at a restaurant or something like that, women can intuit this receptivity of when a man protects and guards that dignity. And gentlemen, we need that from you. We need that from you and a society that excoriates you, that tells you how toxic you are, that how you're it just it's it's nonsense. It is nonsense. The heart of masculinity, the way that God has created you is glorious. And it provides a safety and a refuge for a woman's heart to grow, to be who she is called to be. So she can bloom and grow and bring life. And without that protection, without that guardianship, she struggles. And so it's the reciprocity of the gift of each. And I just want to, I just - men, your heart is beautiful. Your heart is beautiful. And would that we would pray for you to help hold you and defend you and protect you. And that the Lord would speak to your hearts. This week, this year, really under the patroness of St. Joseph as this tender and accepting father.

And later on in the letter, the Pope Francis is going to talk about Joseph being chaste and the definition that he gives of chastity, is one of self gift it's not possessive. And so how can we come to love other people in our life, not as our possessions, but as gifts given to us - that we can receive them with open hands and give them back to the Lord as open hands and see their beauty and their goodness and our, from them in that and press them toward the Lord. These are the deep places of our hearts that re all of us, know what it's like to have somebody want to possess us. And it's, it's off putting and we all in our life know what it's like to want to possess somebody else and just stuff them in a place in our hearts that they don't belong. But it's like that call of the openness of the heart. Like what you're both are saying, the obedience, the assurance, the unconditional acceptance, even though it's difficult to understand when it's painful, that allows our hearts to come to fruition. So I just, I don't know. I just want it to bless the hearts of all men, your heart. So beautiful.

**Michelle Benzinger:** And I think what we talked about in the previous podcast with Deborah, like that, she'd called on, you know, Barack to fight in who he was. And so for us as women yes. Like there have been us that were, that we have been hurt by the hands of men. We have been hurt and wounded by the hands of men, but also for us, we have therefore hurt the hearts as men also. Yes, we have to take responsibility for that. And I mean, I just seem to know in my own life, but just where I have closed off my own receptivity where I have not opened my own heart, where I have not been like an inviting place, you know, for Chris to come. Like I have to look at that, you know, and for me, just because the back part of my story, and this is what Francis was saying, like Pope Francis was like, you got to own your part too. And look through, take responsibility for your part, but because there was a father wound there, like I had put expectations on Chris, you need to make this better and shut down, which, you know, doing it subconsciously, but still doing it and realizing that that's not his debt to pay, you know, that it's not his to pay. It is for the Lord to redeem and then for us to work it out. And I think one of the most beautiful things that's even the Lord. I think one

of the most beautiful thing about sacraments and the sacrament of marriage is the Lord continues to grow it. And it always goes deeper when it's surrendered, it always goes deeper and there's always more, but this has just been such a beautiful year of healing for me in a lot of ways. And I was just sharing with Chris some vulnerable things and he's like, stop. And he just looked at me as having this makes me cry. I said, this is it. And I think I may have shared parts of this on the podcast - this is it, your wound. There's no more your wound and my wound in marriage. We're one, he said, so it's ours. So he's like, you don't have to clean up to bring all this to me. Like we're in this together. We're one. So it's ours. And I think the St Joseph does such a beautiful. He's such a beautiful example of that. Like when he's guarding Mary's reputation, Hey, it's not your reputation, it's our reputation. And I will guard you and protect you and I will be your covering and she will be this receptive place for him to come both. And so just such a beautiful thing. And I often ponder like what their hidden life in Nazareth was like together. The three of them, you know, just those images, like what was it like for them together? In that place in that house in Nazareth, what was their hidden life? Their conversations. I'd think about what were their looks to one another like, Oh my goodness. Like their secret glances, looks, do they know? I mean, just the hidden life, you know, is such a mystery to me, but I bet there was so much beauty. And it talks about in this document - the school of St. Joseph, I want to enter in that school. How do you, how do you apply? I want to go to that school.

**Heather Khym:** Yeah, as you were talking to, I was reflecting on, um, Like the gift that Joseph was to Jesus. Like obviously God, the father is Jesus is Father. You know, but the gift of Joseph to be there, to walk with him through things, to teach him, to come alongside of him, to share life with him, like all of those things to experience life with him, to be a protective presence there, like in human form that could touch him and hold him. And I think, you know, God also wants to give us this gift. There's many of us who haven't had the experience of, uh, good men in our lives or good fathers or whatever that might be, men and women both. And I do think this is a place that God wants to restore, like within us, both from himself that God wants to father us, that he wants to reveal what it's like to us. He wants to show us what it feels like to be fathered well, to be fathered by a father who loves, who is faithful, who is steady in his love, like unwavering in his mercy. All of those things, but I do think God also sends us people to be fathers to us. Like Joseph, was this adopted father for Jesus and God too sends people into our lives to father us in ways like that take on the face of God the father that show us compassion and mercy that can teach us different things and to welcome that, to look for that in our life. God wants to fill all of the broken spaces with his presence and he will use other people to do that. And what an incredible gift. And if that's something that you're longing for- to just bring that prayer before God like God, please send me spiritual fathers, send me men in my life. Whether you're a man or a woman who can father me and be an example to me and come alongside of me to reveal your heart to me.

**Sister Miriam James Heidland:** Gosh, what you both are saying here is just. So sacred, uh, Michelle, thank you especially for just sharing that tender part of your heart and your marriage there. And I it's true, Heather. It's true. What you're saying, both of you that, uh, yeah, it's just kind of the question of how do I love, well, you know, how do I say as a man? You know, how do I father, well, when I haven't been fathered well? How do we as women receive the protection of a man, if we haven't received that from our dad? You know, and I think for myself, I, I noticed that my, my father passed away almost 20 years ago and God bless him, you know? And I love my dad a lot, but I just noticed there are places in my own

life. And I think I've talked about this before in the podcast where he just didn't pursue me. And he just didn't say that he, I mean, not just being silent, but he just didn't say the things or stand up for when he needed to. And I found like just the burden of me trying to please or me trying to take that on myself or prove that I'm worthy enough. And it just comes from this broken place. And so just. In a sense, looking at my dad as a person and understanding a story and it releasing just that resentment and those places in my heart, but also looking at the men that God has sent me in my life to restore my face of fatherhood because in each man that God has sent, I can see the face of God in each one of them. Like I can see over the years where the Lord has sent me priests and different coaches for volleyball and just different priests that I have friends, I have lay men, you know, like both of your husbands, just each of your husbands, speak to me in a different way of how God loves. And I love it. It's just like this gift of. Like St. Joseph give me the eyes to see their heart. Because as what you're saying is the Lord doesn't want us to remain closed off. And yes, we have may have had wonderful fathers and we may have had fathers that we're not there in any way. And many of us have fathers that are a mix of many things, because we're a mix of many things, but that in that very place, the Lord comes to reveal to us over and over again of who he truly is. And St. Joseph especially is this tremendous gift for our hearts of receiving a really good father.

**Heather Khym:** Amen, amen. Good.

**Sister Miriam James Heidland:** Yeah. Um, anything else? Dear friends, or there's so much here, right? We could do, we could do a four-part episode series on this. Anything else, Heather Michelle? As we invite people to spend time with this letter. Like we said, it's a very simple letter. It's not too long. I printed off or it just sit with it and just see what resonates with you and what the Lord wants to do in your heart. Um, well do either one of you want to add anything as we come to a close here.

**Michelle Benzinger:** I think it's a beautiful way in the year of Saint Joseph. There's two consecrations there's Fr. Donald Callaway has a beautiful consecration to Saint Joseph. And then there's also another one from, is it JP? Not JP too, but the LG, the body. Yeah. So they have, well, Lincoln, both here, but they're just beautiful journeys to take with St. Joseph, where you get to know his attributes and his character. So I would suggest it's really sitting with this letter, like bring this letter, look at the different characteristics of Saint Joseph's fatherhood and in the skew of Saint Joseph, you know, do a consecration to him in trust your heart to his hands. Um, it'll be just a gift. It is a gift. He is a gift that the father has given to us. So allow that gift to be discovered in new and deeper ways this year.

**Sister Miriam James Heidland:** Awesome. Heather there anything else you want to add here?

**Heather Khym:** No, I love it. I felt like that was short, but deep and rich. So yeah, I think there's a lot there. That's great.

**Sister Miriam James Heidland:** Well, uh, dear friends, what do we want to add? Are one things here for the week. Um, Heather, do you want to share with your listeners one or when, what your one thing is.

**Heather Khym:** Yes. I've already shared it with you both because it was so good. I'm so half baked harvest. Yeah, I think I've said this before. If you're not following her, you'd just get on

the bandwagon. So good food is so beautiful and, and reasonable. So I made this it's called baked black pepper ranch chicken fingers with honey mustard. I made it last night. It was a huge hit. Everybody in the family loved it. It was so good. Key to the recipe. Breeding it with crushed corn flakes, but really seasoned well, so it's relatively healthy. Yeah, it's good. It was so good. So I'm going to put that on in the show notes so you can find it. Someone who doesn't love a chicken tender come on. Well, probably probably vegans, but like tofu chicken.

**Sister Miriam James Heidland:** Michelle. What about you? What's your one thing for the week friend?

**Michelle Benzinger:** My one thing is I think it's back at once to become a priest by Matt Regitz.

**Sister Miriam James Heidland:** Yeah, yeah, yeah.

**Michelle Benzinger:** And so it is that book. It is this children's book about, um, this little boy that wants to become a priest.

**Sister Miriam James Heidland:** That is cute. I looked through that. It looks very cute. Uh, my one thing for the week is also a book and it's a book that Michelle Benzinger sent me and it's a book speaking of fathers is a book called dear father by Catherine Doherty. And it's called a message of love for priests and series of essays on her love for the priesthood. And I, I actually started reading it during a retreat for priests that I was helping to lead. And it just, just sitting in the chapel with 13 priests reading her words of love for priests was absolutely piercing. So I would highly recommend it. Um, dear father by Catherine Doherty. So. Well, thank you, dear friends, we've come to a, just a very important year and it's, it's no coincidence that Pope Francis has entrusted this year to St Joseph's. So we just want to invite you to do the same thing. That Saint Joseph is a real person who lives before God, and he gives us real help and he offers us real love. And he's with us. So let's allow him to take us into his home like he does with Mary and Joseph and just spend a year there and just to see how our hearts would be healed. So until next week we will be abiding together. God bless you. Have a wonderful week. Thank you so much for listening to this week's episode.

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