



**Quotations from the “Live as a Beloved Daughter of God” workshop**  
**Washington Archdiocesan Council of Catholic Women Virtual Tea / September 19, 2021**

Presented by Rose Folsom / VirtueConnection.com

**I’m giving the workshop again live on Wednesday, October 6, at 8 pm Eastern! [Click here to register.](#)**

The moment you were conceived in your mother’s womb, you were loved into existence by God almighty. Through all eternity, the Holy Trinity looked forward to your arrival. Jesus looked forward to showing you how head-over-heels he is about you. The Holy Spirit couldn’t wait to entertain you with fresh reminders of his love day by day. God the Father looked forward to guiding you on life’s road, mile by bumpy mile, safely to an eternity wrapped in his arms as his beloved. — Rose Folsom

You are not what you do, although you do a lot.  
You are not your friendships and connections, although you may have many.  
You are not the popularity that you have received.  
You are not the success of your work.  
You are not what people say about you, whether they speak good or poorly of you.  
I am here to remind you in the name of God that you are the beloved daughter of God and that God says to you, “I have called you from all eternity and you are engraved from all eternity in the palms of my hands. You are mine. You belong to me, and I love you with an everlasting love.”

— Henri Nouwen, *You Are the Beloved*, page 64

The lie of “I don’t measure up,” and “I don’t have any gifts,” or even worse, “I must have missed my calling!” have entered my heart from the unhappy, endless scroll of believing “what I see” vs. “who I really am.” When I accept and love myself as Jesus does, immense freedom comes. Ultimately, sisters, we can’t keep waiting around for others to tell us those things that we really need to hear. It’s up to us to close our eyes, drown out every other noise, and listen for the voice of the Good Shepherd.... I look at my flaws and say, “I may struggle with this, but it’s not who I am.” — Kaitlyn Callahan, *Click here to read the whole interview.*

Here’s what the Good Shepherd says:

Behold, you are beautiful, my beloved, truly delightful. *Song of Solomon 1:16*

Do you not know that you are God’s temple and that God’s Spirit dwells in you? *1 Cor 3:16*

Be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. *1 Cor 15:58*

My Heart was moved by great mercy toward you, my dearest child, when I saw you torn to shreds because of the pain you suffered in repenting for your sins. Nothing escapes my attention. I lift up the humble even to my very throne, because I want it so. — Jesus to St. Faustina, *Divine Mercy in My Soul* #282

“Our life is not an accident. My life has been willed by God since eternity. I am loved, I am necessary. God has a plan for me in the totality of history: he has a plan specifically for me.” — Pope Benedict XVI

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