

Enhance your family prayer with  
**FAMILY ROSARY**

# *Letting Go & Letting God*

*from Lisa Hendey's  
The Grace of "Yes"*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER



# WELCOME TO OUR FAMILY

As we celebrate the Easter season this week, let us pause and reflect on our Lenten Journey and consider and ask direction from our Heavenly Father on the lessons learned and the Grace to say “Yes” to His plans in our life!

Today we are sharing an excerpt from the extraordinary book “The Grace of Yes” by Lisa Hendey, founder of Catholicmom.com, and published author, renowned speaker and an inspiration to many!

Lisa’s personal story of how she got to where she is a living testimonial to letting go and letting God direct your path. We hope you will find it inspiring!

Know that we are joining you and your family in prayer. We promise to be with you, growing in faith, every step of the way. May God continue to bless you and your family.

## A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton’s family instilled in him the importance of **family prayer**. Now it can be part of your family’s tradition so you can fulfill the vision that “The Family That Prays Together Stays Together,” the message created by Father Patrick Peyton, C.S.C., so many years ago.



“ AS WE GROW IN OUR SPIRITUAL LIVES, WE REALIZE HOW GRACE COMES TO US AND TO OTHERS, AND MUST BE SHARED WITH EVERYONE. ”  
POPE FRANCIS



# LETTING GO & LETTING GOD



In Lisa Hendey's *The Grace of "Yes"* she shares her story of how she came to be a living testimonial of letting go and letting God direct your path. Here's a chapter from the book!

## CHAPTER 3: THE GRACE OF CREATIVITY

Not long ago as I worked with a small faith-sharing group of young moms, one of them asked what I had studied in college and how it had led me to where I am today in my work. We all laughed when I told them that my undergraduate major at Notre Dame was French. While it may seem as though I was simply a party girl shopping for a husband, I was in fact following sound advice my dad had given me: "Study what you love."

My undergraduate studies built on my passion for communication and travel and led me to a graduate degree in human-resource development. A vibrant career in health-care recruiting and training followed. However, my very first post college job was far from glamorous. I was a file clerk in a personnel office working for \$5.10 an hour. Nearly broke, newly married and a medical student spouse to feed – and proud bearer of that awesome French degree – I took the first job I could land. I remember the party Greg and I threw the day I got my first raise and my salary was increased to \$5.35 an hour. That was big money in our little one-bedroom apartment on the bad side of the Nashville tracks in 1986.

Young and inexperienced as I was, I had been taught and happily followed my parents' advice to give my best to whatever I was doing. They were convinced that studying what you loved would result in good grades and high academic achievement, which would eventually result in a solid, satisfying career. Within a short time of taking that first real job, I was promoted from the files to recruiting and then ultimately to managing the office that held the files and the recruiters. Along the way, I took advantage of my employer's offer to pay for half of my graduate-school education. The day my husband Greg graduated from medical school, I happily earned my masters' degree in human-resource development, having studied part time in a weekend executive program while I worked full time. Interestingly, the communication skills I honed with my French degree combined with the presentation and writing skills I acquired in graduate school formed a solid base for exactly the work I find myself doing now in my second career.

At the time, I didn't recognize the giving of myself that was involved in all those long hours of work topped with tests and papers. I was simply pursuing a passion for work I loved. I won't say that I was

extraordinarily motivated by filing for eight hours a day, but I kept my eyes on the prize, worked diligently, and saw the connection that an advanced degree could have in achieving the career goals I held. That degree led the way to a wonderful corporate position when we moved to California as Greg entered his residency program in emergency medicine. With both of our careers in full bloom, the extra hours we worked didn't feel like drudgery. We were both doing what we loved

There were definitely days when I felt tired, overworked, and undervalued. That happens even in the best of jobs. But I could visualize the trajectory of my work and could see the path I wanted to travel to the destination I desired. I had big plans, but they largely revolved around selfish interests: rank, salary, and reputation.

## ALONG CAME ERIC

We hadn't arranged for childcare before Eric's birth, and after he came along it was immediately clear to me that given our work circumstances, we weren't a good prospect to be a dual-career family. Greg wasn't going to quit his residency program, so mine was the job we gave up, and I became a stay-at-home mother, begrudgingly. I remember vividly the day I was supposed to return to work. That early January morning found me not back at my desk but with our little one in tow at my first meeting with a moms group at the local YWCA. When I was invited to introduce myself to the group, I got only one or two words into "I'm Lisa and ..." before I burst into tears.

Who was I anyway? In the past, I would have said, "I'm the area recruitment manager. I earned my master's at Vanderbilt and manage twelve employees at a tertiary care hospital ..." But now all I could muster was, "I'm Eric's mom."

It took me a long time to embrace the fact that giving myself generously to the vocation of being wife and mother was certainly the most important career decision I would ever make. If we measure our work by my favorite definition – an activity involving mental or physical effort done in order to achieve a purpose or result – I could toil a lifetime and never find a finer way to say yes to God's plan for my life.

An amazing by-product of the decision that began as a temporary compromise is that being Eric and Adam's mom and Greg's wife led me to a second professional career I could honestly never have imagined. As I told the moms at that recent fellowship gathering, had I set out in my younger years to accomplish even a part of what I've been blessed to do in the past decade, it might never have happened. I credit God's grace and the ingenuity of his imagination for leading me to the place I now find myself in life. I can look back now at the baby steps that led to the professional work in which I am now immersed, and ***I can see forks in the path, places where a yes led in one direction and away from another at exactly the right moment.*** I give the glory to God for opening doors, pointing the way, and over and over again graciously accepting my yes.

## GIVING ONESELF OVER TO THE WORK

The smartest thing work-wise that I do every day is to include among my morning prayers a plea to accurately hear and respond to God's agenda for my work. Most days, when I'm already working on my mental to-do list before my feet hit the floor, those prayers honestly include a chiding of God for not having ordained a more worthy captain of the little ship I'm steering with my work. But then I offer

him my private consent to his plans – not Lisa’s – for what will become of my day. And especially on the days when frustration, obstacles, exhaustion, or confusion plague me, I pray overtime to be obedient to that yes.

At times I am like a petulant two-year-old, throwing a fit in the middle of the room. “Seriously, God!” I rail. “Why can’t I just give up and have a regular life?” And then I laugh at myself and at the concept that anyone’s life or work is ever that simple.

And that’s where the grace of giving myself generously to my work enters in. The grace of that particular “Yes, Lord” means being someone who:

- **prays always for God’s will to be done in and through her.** Regardless of our life’s work, we all have a divine purpose. But ascertaining and accepting God’s purpose for our work means seeking His will above our own.
- **is grateful for every opportunity,** even (or perhaps especially) the hidden ones that run counter to our plans. A spirit of gratitude translates obstacles into second chances or a way to see new and unique visions of our work.
- **asks for help and graciously accept it.** This is a challenge to those of us who like self-sufficiency. It’s perhaps more of a challenge when we have help foisted upon us without asking for it. Next time you’re tempted to decline an offer of help, pause, recognize the lifeline God is throwing you, then shut up and take it. You’ll be amazed by what happens.
- **pays attention to minute details.** Paying attention to all components of a work project, but perhaps most importantly the foundational details, indicates a precision and a pride in one’s product that gives respect and diligence to the task at hand.
- **sees success as a gift and grasps for it.** Being successful is not a sin. Being vain is. With an attitude that places a premium upon cultivating a generous spirit, success sets you up to offer even more moments of graceful giving to the people with whom you work.
- **leaves a legacy that doesn’t self-aggrandize.** Rarely is a work success an individual accomplishment. Our work bears the most fruit when it is generative and when it builds upon itself for the good of the team, the organization, society, and our world.

*Excerpted from The Grace of Yes by Lisa M. Hendey, ©2014. Used with the permission of the publisher: Ave Maria Press®, Inc., P.O. Box 428, Notre Dame, Indiana, 46556, [www.avemariapress.com](http://www.avemariapress.com).*

## CONTINUE THE JOURNEY

We hope this excerpt from the “Grace of Yes” will give you food for thought and prayer as you endeavor to understand God’s plans for your life. We would love to hear your story! Please feel free to email us and share your story at [webinfo@hcfm.org](mailto:webinfo@hcfm.org).

To purchase Lisa Hendey’s book, visit [Amazon.com](http://Amazon.com) or at [www.avemariapress.com](http://www.avemariapress.com).



## LISA HENDEY CatholicMom.com

Lisa M. Hendey is the founder of CatholicMom.com and a bestselling author of fiction and non-fiction for adults and children. She serves Editor-at-Large with Ave Maria Press, home to the CatholicMom.com book imprint. Lisa co-edited *The Catholic Mom's Prayer Companion* with 80 co-authors. Her "Chime Travelers" fiction series is being read and studied nationwide. A frequent television and radio guest, her writing has been featured in multiple outlets. Hendey speaks internationally on faith, family, and technology topics. She has traveled worldwide with non-profit organizations to support their humanitarian missions. Lisa and Greg Hendey worship in the Archdiocese of Los Angeles. Visit her at [www.lisahendey.com](http://www.lisahendey.com) or on social media @lisahendey.

# BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Remember, we're with you in prayer, every step of the way!

For additional online resources for family prayer including a Prayer Petition Page and our World at Prayer Blog, please visit our website at [www.FamilyRosary.org](http://www.FamilyRosary.org).

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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