## SHOW NOTE HIGHLIGHTS

## Episode Show Notes



Crystal Thiriot Hirschi is a wife and mother of 10 children ages 11-26. Her husband of 18 years, Jason Thiriot, passed away at age 40, leaving her a widow with 5 young kids at age 38 . She learned much about relying on the Lord in all seasons of life while being a single parent. After 7 years of widowhood, she met David Hirschi, an amazing man who lost his wife to Breast Cancer and they married in December 2022 and combined their families of 5 kids each into one large family! Crystal feels immensely blessed to have such wonderful children and husband in her life.
Crystal Thiriot Hirschi


Susan Nelson Robison Lyons grew up in Boise, ID and graduated from Borah High School in 1991. She attended both Ricks College and Boise State University. Susan served a mission for the Church of Jesus Christ of Latter-Day Saints in the France Marsella Mission. In her adult life, she has lived in Utah, Arizona, Virginia, and Japan. Susan and Scott Lyons married in 2012 creating a blended family of their seven children. They are the proud grandparents of three little boys. Susan and Scott make their home in Boise, ID

Story of Alma the younger in Book of Mormon. His bad choices were not the end of his story. Parenting does not mean we save our children from trials. Their experiences will bring them to Jesus because He is their Savior.
Mosiah 28: 28 - Nevertheless, after awading through much btribulation, repenting nigh unto death, the Lord in mercy hath seen fit to snatch me out of an ceverlasting burning, and I am born of God. v29 My soul hath been aredeemed from the gall of bitterness and bbonds of iniquity. I was in the darkest abyss; but now I behold the marvelous light of God. My soul was cracked with eternal torment; but I am snatched, and my soul is dpained no more.

Susan's new mantra: Before you say or do anything PRACTICE THE PAUSE and seek inspiration from Heavenly Father. Mother Teresa's quote: "God will use you to accomplish great things on the condition that you believe much more in His love than on your weakness"

The Principle of Compensation:
"The thing we can do is understand the principle of compensation. The Lord compensates the faithful for every loss. That which is taken away from those who love the Lord will be added unto them in His own way. While it may not come at the time we desire, the faithful will know that every tear today will eventually be returned a hundredfold with tears of rejoicing and gratitude." ~Elder Wirthlin
https://www.churchofjesuschrist.org/study/general-conference/2008/10/come-what-may-and-love-it?lang=eng

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The only way to get through life is to laugh your way through it. You either have to laugh or cry. I prefer to laugh. Crying gives me a headache." - Marjorie Pay Hinckley
"Being able to truly build our relationship with Heavenly Father will help us realize our strengths and talents and ultimately brings us happiness! We can choose our perspective and mindset on everything in life, why not choose to be happy!" ~Carter Thiriot (Crystal's son)
"Never Hesitate in God’s Leading" ~Julie Nelson Waggaman (Susan’s sister)
The Whole Hearted Parenting Manifesto from Daring Greatly by Brene Brown:
Above all else, I want you to know that you are loved and lovable. You will learn this from my words and actions-the lessons on love are in how I treat you and how I treat myself.

I want you to engage with the world from a place of worthiness. You will learn that you are worthy of love, belonging, and joy every time you see me practice self-compassion and embrace my own imperfections.
https://brenebrown.com/resources/the-wholehearted-parenting-manifesto/

