

Restoring the Orphan Soul



Encountering God's Fatherly Goodness

A witness to the Father's goodness through Jesus Christ, inviting women to discover the joy of living as beloved daughters of God.



Crystal Abraham Hernandez

Catholic Speaker • Transformational Coach •
Foundress of the Favored Daughters Community

WELCOME:



A Note From Crystal

Whether you're preparing for a retreat, a conversation on the air, a Magnificat gathering, or other Catholic women's event—it's a joy to meet you in the shared labor of the Father's vineyard.

His faithful love is the only story worth telling — and it is a privilege to witness to what He has done. My testimony is not a story of personal strength or perseverance, but of a Father who continually pursued His daughter through Jesus Christ, revealing His goodness in places where I once knew only loneliness, fear, and abandonment.

Often, when a speaker shares a story like mine—one marked by foster care, abandonment, and loss—there is a temptation to focus on the grit of human endurance. But as you review this material, I want to clarify the specific message the Lord has entrusted to me.

The heart of the message God has given me is to proclaim the ***reality of His fatherly goodness***. I know the ache of longing and the profound joy of belonging to Him. I speak not as an expert, but as a daughter — pursued with a tenderness I didn't understand, and shown the loving Heart of the Father in Jesus Christ—faithful, steady, and overflowing with goodness.

This is not only my story, but the story of every woman who longs for the love and fatherly goodness of God who heals, restores, and calls us His beloved daughters. My life is simply the canvas upon which He has chosen to paint His mercy—from the "mother hen" shelter of His wings in my darkest nights to the "Strong Man" strength that broke the chains of my captivity.

My deepest prayer for the women you serve is that they would hear this loving Father asking them the same question He asked in the Garden: "Where are you?" I hope that through this witness, the "orphan soul" in every woman might be healed and replaced by a renewed confidence in her identity as a beloved daughter of God and a deeper trust in the Father's inexhaustible mercy, made available to each of us through Jesus Christ our Lord and the life of His Church.

Thank you for the opportunity to serve your community.

Crystal

Unum est Necessarium

CRYSTAL ABRAHAM HERNANDEZ

A daughter of the Father, a witness to his goodness.

The Mission and The Message

Once a child of foster care who felt unloved and unwanted, Crystal now serves as the foundress of the Favored Daughters Community. Her work — understood as vocation — extends across several apostolic ventures, detailed in the pages that follow. Having walked through a prolonged season of trial, she brings a gift of proclamation that invites every woman into an encounter with the Father's goodness through Jesus Christ. Those who have heard her speak often describe leaving with a renewed sense of God's nearness and their own belovedness.



Prepared for Such a Time as This

Crystal describes herself simply: an unworthy servant, stewarding many gifts for the glory of God and the good of souls — which she understands to be the very purpose of the gifts.

Crystal's preparation is not merely academic or professional—it's a vocation formed through both the crucible and the marketplace. She brings a unique intersection of faith and expertise to your event:

Formed in Ministry: As a lay Carmelite in formation with Apostoli Viae, her contemplative and ecclesial formation runs deep — rooting everything she builds in the Magisterium and the Church's contemplative tradition.

Formed in Expertise: God spent decades forming her — through a Master of Science in Family Life Studies, clinical practice as a marriage and family psychotherapist, and nonprofit executive leadership — all ordered by Providence toward a singular end: a heart for the vulnerable.

Formed in Witness: From her own adoption and the healing of her "orphan soul," she speaks with a compassion borne of redemption and the joy of living in the Truth.

Signature Presentation

Restoring the Orphan Soul:

Encountering God's Fatherly Goodness

Every woman carries a story known completely by God. Some stories include seasons of loneliness, abandonment, suffering, or the quiet belief of having been forgotten. Yet the Gospel reveals a Father who faithfully pursues His children, restores their dignity, and calls them home through Jesus Christ.

In this deeply personal witness, Crystal Abraham Hernandez shares how God revealed His fatherly goodness throughout ordinary and extraordinary moments of her life, transforming the cry of an orphaned heart into the joyful confidence of beloved daughterhood. Rather than focusing on human perseverance, this testimony magnifies the saving work of Jesus Christ and the steadfast love of the Father—full of inexhaustible mercy and tender compassion—inviting every woman to discover anew her own identity as a beloved daughter of God.

WOMEN WILL BE INVITED TO REFLECT UPON:

1

THE FATHERHOOD OF GOD

God is a Father who sees, hears, and pursues His children in love

2

GOD'S PURSUIT OF EVERY DAUGHTER

Discovering a God who, as the Strong Man, breaks into enemy territory to reclaim His own

3

GOODNESS REVEALED THROUGH CHRIST

A personal encounter with Christ reveals the Father's heart and our true identity as His beloved daughters

4

HEALING THROUGH SPIRITUAL ADOPTION

Christ delivers, heals what is broken, and restores what was lost — that we may have the freedom and peace of living as beloved daughters

5

A MISSION OF HOPE

From healed daughter to witness—hope for every woman who has ever wondered where she belongs

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*You are not an orphan.
You are a daughter. And
it is time to come home
to the waiting embrace
of the Father's love --a
love found only in the
Sacred Heart of Jesus
Christ our Lord.*

Additional Speaking Topics

Each talk draws from a personal encounter with Christ and reveals the heart of the Father who sees, pursues, and restores.



On the Outside Looking In

For women who have struggled with belonging, identity, or the quiet feeling of never quite fitting in, this presentation explores how discovering God as Father transforms the deepest questions of the human heart into the security of spiritual daughterhood.



The Strong Man at the Door

A witness to the One who is stronger still—the faithful God who enters the darkness, binds what holds us captive, and carries us to freedom. This presentation encourages women to trust the strength of Christ when circumstances seem impossible.



Beneath His Wings

Drawing from Christ's own image of the mother hen gathering her chicks, this presentation invites women into the peace that comes from resting securely in the love of Christ rather than striving for safety on their own.



Working at the Pace of Prayer

An invitation to lay down the burdens of self-reliance and discover the freedom of living as a beloved daughter who labors with Christ rather than apart from Him.

Each presentation is rooted in Sacred Scripture, the teachings of the Catholic Church, and the lived witness of God's transforming grace. Topics may be adapted for your parish mission, retreat, conference, and Catholic women's event.

Formation & Experience

God often prepares His daughters over many years before revealing the full mission He has entrusted to them. Crystal's journey has included professional formation, leadership, spiritual growth, and decades of lived experience that now serve her apostolic work among Catholic women.



Professional Formation

- Marriage and Family Psychotherapist
- Master of Science in Family Life Studies
- Bachelor of Arts in Family Relations
- Nonprofit leadership serving women in crisis



Catholic Formation

- Lay Carmelite in formation (Apostoli Viae)
- Formed in Lectio Divina, interior prayer, and the Carmelite tradition of union with God
- Deeply rooted in Sacred Scripture, Sacred Tradition, and the Magisterium of the Catholic Church



Current Apostolate

- Foundress of the Favored Daughters Community
- Creator of His Heart, His Mind, His Daughter®
- Author of A Spiritual Discernment Prayer Journal for Catholic Women
- Transformational Coach guiding Catholic women toward freedom and beloved daughterhood



Speaking Experience

Crystal has spoken in nonprofit, educational, parish, and professional settings, helping women encounter God's love through thoughtful proclamation, practical wisdom, and authentic witness. Her presentations invite listeners toward hope, healing, and a deeper awareness of their identity as beloved daughters of God.

An Invitation to Serve Together

Every gathering is unique because every community is unique. Whether speaking at a Magnificat Meal, parish mission, women's retreat, conference, or diocesan event, Crystal works with organizers to prayerfully discern the presentation that will best serve the women God has entrusted to their care.



SERVING TOGETHER—HOW CRYSTAL AND YOUR TEAM CAN COLLABORATE



MAGNIFICAT MEALS



A testimony centered on God's fatherly goodness, spiritual daughterhood, and the transforming grace of Jesus Christ.



WOMEN'S RETREATS



Presentations that invite women into a deeper encounter with the Father's love, renewed identity, and lasting hope through Christ.



CONFERENCES / EVENTS



Presentations may be adapted for a wide range of Catholic gatherings — diocesan events, apostolic organizations, and women's conferences of varied scope and size.

A PRESENTATION STYLE

Crystal's talks are conversational, heartfelt, and Scripture-centered. With authenticity and warmth, she weaves personal witness, Catholic teaching, and practical encouragement to invite women into deeper relationship with the Father, through Jesus Christ. The goal is not merely information, but encounter — to leave women with renewed hope, clarity about their identity, and a desire to live as beloved daughters of God.

WHAT ORGANIZERS CAN EXPECT

- Prayerful collaboration before the event
- Faithful adherence to Catholic teaching
- A message centered on Jesus Christ and the Father's goodness
- A presentation shaped to serve the needs of the community
- Professional preparation and clear communication

"It's a privilege and a joy to serve wherever God desires to draw His daughters more deeply into His love. This is the call He has placed on my heart."

What Others Have Experienced

The following reflections come from women and community leaders who have encountered Crystal's speaking, teaching, coaching, and professional service."

“

"Crystal is a woman who has journeyed long and far to not simply learn about, or understand intellectually her worth as a beloved Daughter of God, but to wholeheartedly embrace it. What she has learned and knows to the very center of herself is that she is loved personally and intimately by our Heavenly Father.

She has a particular gift of speaking this wisdom with gentleness, compassion, and kindness, while never compromising God's truth. Crystal desires to share that with you because the personal, intimate, and profound love of God for His Daughters is for each and every one of us."

—NISSA CHADWICK, LMFT

“

I felt a great kindness and love listening to Crystal's voice. I felt the gentleness of our Blessed Virgin Mother. I felt pulled also into the Sacred Heart of Jesus and an increasing awareness of how much He loves me and desires nothing more than for me to draw near to Him. I wish this material had been available to me earlier in my journey to God. I pray all who listen will be blessed by it.

— KAREN D.

“

Every word reassured me of God's unconditional love and protection. Experiencing harshness from people you love puts you far away from the divine experience of God's love. But, I felt Him reaching out to me about his nature as "my Father" through this reflection. That He's ready to console and heal me, available to me whenever I need Him.

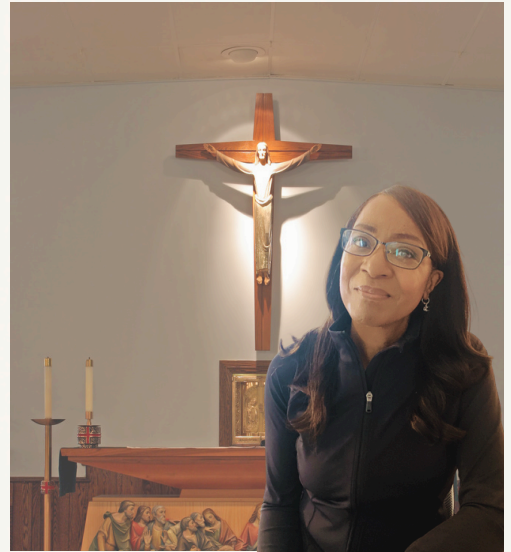
— LIZ S.

Crystal's voice serves as a vehicle of grace — in proclamation, presence, and audio work.

Thank You

Thank you for taking the time to learn about the mission God has entrusted to me. If you believe this witness may serve the women in your community, I would be honored to prayerfully discern that invitation with you.

May God bless you abundantly as you continue serving His daughters with generosity, courage, and hope.



Crystal Abraham Hernandez

*It would be a joy and a privilege to speak at your event
— to partner with you in bringing hope, healing, and
the Father's goodness to the women He loves.*

Every woman Crystal speaks to carries a wound she has learned to hide. Her testimony exists to name that wound — and to introduce her to the Father who never stopped pursuing her. That is the promise every gathering deserves.

To inquire about Crystal's availability for your retreat, conference, or parish mission, or to bring this message to your community contact her using the info below.

AN INVITATION TO CONNECT



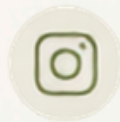
EMAIL

Crystal@hishearthismindhisdaughter.com



BY TELEPHONE

(239) 478-0135



INSTAGRAM

[@crystalabrahamhernandez](https://www.instagram.com/crystalabrahamhernandez)



WEBSITE

affirmandloved.com
Favored Daughters Community

✝

*“My soul proclaims the greatness of the Lord; my
spirit rejoices in God my Savior.”*

(Luke 1:46–47, NABRE)

Booking Information

A Note Before the Details

Every invitation Crystal receives is treated as a matter of prayer. The Favored Daughters Community exists because God called a daughter — not a professional — into mission. The practical information below is offered to serve organizers well and to remove any friction between an invitation and the fruit God intends.

Availability & Travel

Crystal Abraham Hernandez is available for in-person parish events, women's gatherings, retreats, and conferences throughout North Carolina and the surrounding region. She travels regionally by personal vehicle. Her ministry also carries unlimited virtual reach. Crystal welcomes invitations from across the United States and internationally for virtual speaking engagements, podcast interviews, and online retreats.

Technical Requirements

Crystal is glad to work with the resources and room configuration available at each venue.

- Presentations may be offered with or without slides.
- Crystal adapts readily to classrooms, parish halls, sanctuaries, conference spaces, and other gathering environments.
- A lapel or headset microphone is preferred for gatherings of more than 30 attendees.
- Virtual engagements may be hosted through Zoom or Google Meet.
- A small resource table is appreciated when space permits.

Suggested Honorarium Ranges

Crystal is currently accepting invitations on a suggested-honorarium basis. Though newly established as a Catholic speaker, she brings to every engagement a Master of Science in Family Life Studies, a Bachelor of Arts in Marriage and Family Relations, and clinical experience as a marriage and family psychotherapist, nonprofit leadership, vocal performance throughout North America, and 60-hour ICF-accredited laser-focused coaching training completed under Marion Franklin, MCC — each of these, gifts placed at the service of the mission.

The following ranges are offered to help organizers plan well:

Format	Suggested Range
Single talk-local parish or regional event	\$300-\$500
Half-day event with two talks	\$600-\$800
Full-day retreat	\$1,000-\$1,500
Virtual single talk or podcast appearance	\$150-\$300
Virtual half-day retreat	\$500-\$750

These are suggested ranges, not fixed fees. Crystal is genuinely open to conversation about the format, resources, and mission context of each parish, apostolate, or ministry.

Travel & Expenses

Travel and related expenses are always separate from the honorarium and are discussed clearly in advance.

- Mileage — reimbursed at the current IRS standard rate for travel by personal vehicle.
- Lodging — for full-day or overnight retreats, a private room is requested to allow time for prayer and preparation between sessions.
- Meals and incidentals — any additional anticipated expenses will be confirmed before the engagement is finalized.

Upon confirmation of an engagement, Crystal provides a simple letter of agreement outlining the event details, confirmed honorarium, and any anticipated expenses. Both parties are encouraged to review and sign this letter before the event is finalized.

Begin the Conversation

To discuss an invitation, available dates, or event format, please contact Crystal at **Crystal@hishearthismindhisdaughter.com**

Every engagement begins with a simple question: What is Christ already doing in this community — and how might this testimony serve the women He is calling back to their baptismal identity as beloved daughters of God, for the glory of the Most Holy Trinity?