



Trim Healthy Podcast with Serene and Pearl
Episode 67 - A Special Mother's Day Podcast with Our Own Mother

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · N=Nancy Campbell

[00:00:00]

Announcer **This is not a drink, this is the new Cascara Cold Foam Cold Brew, craft liquefied, delicately smooth. This is the Strawberry Acai Starbucks Refreshers beverage, tropics chilled, my afternoon anew. This is the Teavana Iced Peach White Tea Infusion, steeped, shaken, excited to refresh. This is the new Ultra**

Caramel Frappaccino Blended beverage, whipped cream layers, perfect and this is your afternoon made at Starbucks.

[00:00:30]

S This is the PODdy with Serene...

P And Pearl

S Get it right, P -O -D- D- Y.

D Women and men, boys and girls, cats and dogs, welcome back to the Trim Healthy Podcast on this very special Mother's Day. We have a very special guest in the studio with us today, the one, the only...

S Mommy

D Famous

S Mommy

D Legendary

S Mommy

D She would hate, she hates all this, she's giving me a cross look. Nancy Campbell, Nancy Campbell is Serene and Pearl's Mommy and she started an amazing magazine called Above Rubies, her and her husbands are the founders of the Above Rubies Ministry and Magazine, and it was created to encourage women in their high calling of motherhood. Nancy, welcome to our show.

N Thank you

P Mother get right into, right in there, good girl, Mother.

N Okay

S Can I just tell you one thing before you take it away Mom, first of all I want to say thank you Mom for what you've instilled in us, just the, the aura that you gave Motherhood. I saw, I was so proud of who you were just as a Mother and you had other things that you do, you've got this worldwide ministry, but Motherhood was who, you are my Mom.

S That's what I saw you as, and you always instilled in me that it was, that that was the most special thing I could do. So yesterday I was in the hospital and I had to write out who I was, so it says husband's name, line of business, what he does, and I said business owner for my husband, and it said mother's name, I said Serene, then it said occupation and I could have put business owner...

[00:01:31]

P Or author.

S But I said Mother, because I thought I just want to say that, because that's my most pride...

P Everyone's wondering why you were in the hospital now, so you'll have...

S Oh, that will be later on, maybe another Podcast.

P Poor little Solly Dolly's got something on her leg, that's all.

S Yes, she has a hemangioma and that is kind of normal in new babies, yes.

P Go Mom

N Well, you said something before, Serenie, about the art and I think that motherhood, like everything else in life is an art. And, you know, you can have a gift that God gives you about something, but to be really good at it you still have to practice and learn and study if it's really going to become an art and you're going to be good at that thing.

[00:02:20]

N And I think motherhood's like that, it is an art, it's something we learn, and we learn along the years, and I'm still learning, because we never stop learning. And I think I'd love to say to all you Mothers today, first of all that you're doing the most wonderful job, you are in the most important and highest career in the whole nation. I mean, I think there's no other job in the world that has such a huge job description.

N In my book there's, **The Power of Motherhood**, which is a classic manual specifically for Mothers, I have in one chapter over, over 100, or just on 100 job descriptions of a mother. Because we do so many things, there's hardly anything we don't have to involve in our motherhood, it's just so encompassing and so amazing. And that is the sad thing that so many women just think that they're insignificant, when really this is the most high-powered job in the nation. It may not be the most high-powered paid

job in the nation, but it is the most high-powered job. And I think Mother's have to realize that and I want to encourage you today...

P What about grandmothers, Mom, because some of us, I'm in that stage now, even Serene, and, you know, but now I want to, and of course I wasn't the perfect Mother, but thankfully growing up, you know, with you, I feel like my children rise up and call me blessed, and I am so blessed to have that. But now as so many of us are Grandmothers, and many Grandmothers are listening, what a beautiful role we have encouraging our daughters in this. And still we're always mothers, even though our children grow up.

[00:04:22]

S Well that's what when Mom said we never stop learning...

P I know, but we never stop being mothers.

N That's true.

P Because even if you were 90 years old and you have a 60-year old son, you may not say obey me sonny-son and get to bed, but there are still, there's still a motherhood role.

N Exactly and you never stop being concerned and feeling and hurting and praying for your children, no matter how old they are. So, motherhood is not just a certain stage of your life when, okay you have children, they grow up, okay forget that, I'm doing something else now. No, we are Mothers. In fact, every one of us who are female are Mothers from the time we were born until the time we die, because that's who we were created to be. We

have innately this maternal instinct, even women who don't want to embrace motherhood, they can't get away from that instinct and if they don't embrace children they'll have pets, they'll have something, because we've got to mother something, it's how God created us.

[00:05:35]

P And what about Mothers who don't end up having literal children, we're still mothers, right.

S Well, Mother Theresa's the greatest Mother of all time and she never had one of her own.

P And single women, you know, we have many single women, maybe they don't have children yet, and we don't want to exclude you, you're still a mother.

N Well see this is the thing, the two, the two aspects of motherhood is that, yes, firstly there's this innate divine, anointing we could call it, that God has put in every woman so that no matter who she is, she's going to want to mother. If she hasn't got children or something to mother or to, you know, ministering to hurting and needy people, well she'll end up with pets, because we just have to mother.

S Or individuals who needs nurturing. Now, Pearl and I, we've had the greatest Mother in the world, we just announced it. But sometimes we'll

be away places, we might just be in the office, and Lesley here we call our Mommy, because she tucks us in and if we're a little bit anxious or worried about some event or something we have to do with Trim Healthy Mama, she tucks our emotions in and soothes us and puts the little paci in our mouth and says it's okay girls.

P And Lesley here, Lesley, you know, you've heard Lesley before and she's not a literal mother of children and yet she, it's so true, she mothers us, like, where's our Lesley when things are going wrong with Trim Healthy Mama, because she's... It's what you're saying, you're right, Mom, we are innate nurturers.

[00:06:38]

S And a shout out to one of our friends, Auntie Davida, she may never be listening to this, she's never mothered a child.

P Davida listens, mate.

S Davida, shout out to you. She's never actually mothered a literal, a child, but she has so many children across the world, even that are older than her or her age or slightly younger, and she basically is a prayer warrior for them, she is concerned, she nurtures them, she's so all about their growth, spiritually, mentally, emotionally and physically, in every way. Let me turn off my phone, because I'm a great Mother.

D We can't have a Podcast without Serene's phone ringing, but she is a great Mother.

S Oh, Allison family, carry on Mom and I'll just do this, this little call.

D She'll just do this privately with all the microphones on.

S Hello my little children, it's your best Mother in the world answering your phone call while I'm on the podcast.

N Anyway, yes so this is, this is the great thing for all women and I just want to bless every one of you today and just say embrace who God created you to be, with this beautiful maternal instinct within you and just pour it out to everyone you meet.

[00:08:31]

P I love that you said embrace... Sorry, we interrupt each on the PODdy usually and we shouldn't interrupt our Mom, but I want...

S Yes, our Mom is a lead cook, you know what I mean.

P Yes, mom's...

S Pearl and I can stir the pot at the same time, but my mom has so many powerful things to say, we really need to let her shine, but we're naughty.

P We do, but I want to say, you said something mom, you said embrace.

N Yes

P I don't feel in this world we are taught to embrace it, we're taught to suppress it Mom.

N Exactly, that's so true. Well, most young women growing up today, no one's ever even, kind of, put the motherhood thought in their brain, I mean, all they have is their career, they haven't even thought of motherhood. So

therefore when they get married and a child comes along, they're totally, help, what is happening to my life, because they're not geared towards it.

N And that's another thing; it's embracing who we are, but embracing physically. Sometimes we as women forget, we actually forget, that we are, that we physically have a womb and we have breasts, we're physically created to mother. And so when the mothers that we're talking to today, you're in your home with your little ones, oh please know that you are in the perfect will of God.

N You are doing what you were born to do, and physically born to do and it's the most powerful thing that you can do for the nation, actually for yourself, because when we don't walk in how God created us, we actually atrophy and so...

P Well, that's scientifically, and you know we always talk about sometimes scripture things, but scientifically things back that up... Now of course some of may never get married and our bodies won't go through motherhood or pregnancy, for whatever reason, sometimes we can't and I know we have many women longing to be pregnant who are listening right now, and you know that you're in our hearts. But pregnancy and nursing are incredibly, incredibly preventative of diseases; they're helpful for the body.

S And a lot of women think, well I don't want to nurse, I'll just bottle feed, because I don't want to get a saggy pair, but apparently, apparently when

breasts aren't used for the function with which they're designed, they were designed for many wonderful functions, but the main function is to nurture a baby. Actually the cells atrophy quicker; they're designed to be milk producers.

[00:11:01]

D Nobody wants a saggy pair.

P No, I know.

N We always will do better physically and emotionally and in every way of our lives if we live according to the way our bodies were meant to function, that's just basic.

P And part of that is eating right too, because you can't go pregnancy and pregnancy and then just not look after your body, there's a design for all these things.

S You're writing a bunch of checks from the bank and you've got nothing in there to pay, you're bouncing your checks constantly, you're going to get sick.

P Yes, you've got to, you've got to nurture that body with food. But, you know what Serene, but, like, just breast cancer protection with breastfeeding and uterine cancer and ovarian cancer protection with pregnancy, all these things.

S And what about the fact that I was adrenal fatigued to the max, max, max, and you could explain about this Mrs. Horms, we call Pearl Mrs. Horms,

because she just studies hormones for a living, for fun, for funzies. I was adrenal fatigued, I tried everything, I was, like, taking all these supplements and going to bed at eight o'clock, you've heard my story. Getting worse and worse and then I had a pregnancy and it reset my hormones. Pearl, just for five seconds, could you explain that, you told me about it once?

P Well, you know, in pregnancy we are basically, everything's, sort of, clean slate and washed and your body starts making cortisol properly again, I mean, your body is flooded with surges of these brand new hormones that you can reset, your whole body. And of course we're not saying pregnancy fixes everything, we're just saying we were designed to do this and society is not telling us it's a good thing. So, we've got Mommy here to... Keep going Mama.

N Yes, well I think about Estriol, one of the estrogen hormones, it's elevated up to 1000 times when you're pregnant and...

P Watch the glow, Estriol's for your skin.

N Yes and it's the anti-age hormone.

P Yes it is.

N So, I mean, here we are trying to get Estriol in all our anti-aging creams and so on, when really to be pregnant it just raises it higher than any other thing.

[00:13:00]

S And each time you have a baby, you carry those stem cells from that child for the rest of your whole entire life. Not just while the baby is in utero, you actually have a piece of your baby, that sounds weird, but you have that cellular structure from your baby for the rest of your life. There are studies about it and I'm not absolutely remembering it all right now, but you carry your child for the rest of your life.

P Yes and I think it's beautiful, you know, we've done actual PODdies here on married sex and the beautiful intimacy and what that does for our health. But, you know, birth and children inside that beautiful family unit that God created, it's natural and it's healthy and it's scientific. But let's go on to some more things here, Mom, I know you brought, you brought it.

N I'd just like to say it again, so you don't forget it, and that is to realize that your mothering is an art, and hone your art. Instead of just thinking, oh to mother is just to make sure my children are fed and clothed, no it's far more than that, it's just pouring out of your maternal instinct and it's taking on so many realms. So begin to hone your art. You know, I was saying about there's about 100 or more different jobs descriptions but some are very basic and there are some things that are just related to motherhood. Of course home is related to motherhood, we think of home, we think of a mother, a home is just not a home without a mother in the heart of the home; it's like a bachelor pad, there needs to be a mother making it a home.

[00:14:38]

N And pregnancy is related to motherhood and therefore we need to embrace that, nursing our babies is all part of motherhood and so we need to embrace that. Another thing that women often forget, although I don't think you would, because you're Trim Healthy Mama's, but that is cooking and preparing meals for your family is so equated with motherhood. It's part of our mothering role, because part of mothering is wanting to nurture and wanting to feed.

N And I think this is, kind of, becoming a lost art in many homes today. Once again, cooking is an art too, more than just being a culinary expert, it's not talking about that, the art of ministering into your family and into your husband and into your children. Because I'd love today to just give you a little glimpse of the power of cooking and preparing meals in your home.

N Now, because you are listening to this, you are so concerned about, you know, doing the right foods, eating the right foods to keep slim and healthy and keep on Trim Healthy Mama. But, you know, there's even so much more than that. Because feeding, feeding our families is feeding the whole man, we have to see that my role as a mother is to nurture, not just the physical body of our children, but their emotional needs and mental and their spiritual needs.

N And food encompasses all of that. When we make a meal for our family, we're not just plunking some food on the table, but we're thinking of how

we can so make it so nutritious for them. Actually, if you don't mind me taking you to the Bible, in First Timothy 5:10 there's a scripture that gives a description of a woman, a mother and there's quite a few descriptions of her there, but the very first one, because God always puts first things first, is; she has brought up children.

N Now, what does that word brought mean? Not dragged up, brought up, we often, oh they were dragged up, but here it talks about them being brought up. But the actual meaning of the word, it comes from two Greek words, number 1, child, number 2, *tréfo*, which tells us what to do with that child. And what does it tell us to do? You won't believe it.

P What

N To fatten them up, to fatten, to nurture, to nourish, to feed, so it's talking about motherhood

P That's what *tréfo* is, Mother

N And that's so much part of motherhood. We're starting off of course fattening our little babies, like Serene is trying to with Solly, and she's just getting fatter and fatter.

D Serene is actually levitating above her couch right now with this wonderful word of encouragement from her mother.

S Yes

N And we can feel all her rolls and don't you always love to just cuddle rolls and fat thighs and...

S Yes, it's the best.

D In the bed with me

N The wonderful thing is it's the only time in our lives when we can drool over fat. When Remmy was born, I mean, you most probably know how Serene's little boy Remmy didn't thrive at the beginning and here she is this pro nurser, nurse, nurse, nurse, and he's not even fattening up, what's happening.

N And then she finds out he has this high palate and can't really draw the milk out properly. So, she becomes Mrs. Pump, she's determined to fatten this baby up, because it's in her as a Mother. You don't want to...

P He never got real fat, but he got occasionally fat, but Solace...

N But he looks pretty fat and good now doesn't he

P Some babies are, some babies will never get as fat as others, and we love those babies.

S No, we love the skinny tree frogs too.

P My little grandson, Warren, he's so cute, but he just doesn't...

N He's more wiry

P He's more wiry, he's not, you know, I was hoping for the fattest grandbaby in the world, but...

S But they're still being tréfoed, Pearl, because it's...

P I know, exactly.

N Exactly, and this is the thing of tréfo, it's not...

P He's still being nourished.

N Yes, it's not just, that's a little bit of fattening babies, but we're not going to keep on fattening, we're going to keep on nourishing as they grow older. And it's all about nourishing, nourishing. Oh, another word in the Bible for food is trophe and do you what that means?

P I thought you said trophe earlier.

N No tréfo, now I'm talking about trophe.

P Trophe is another word for what?

N Food

P Food

N And it means, guess what?

P What?

N Nourishment

S Wow, so you can't separate food and nourishment.

N If it's not nourishing, it's not food.

S That's so true.

N Because that's what food means.

S I can only buy this food, because it's cheap and the other health food is expensive. Well, sorry, the cheap food isn't food.

P Hold on, this is huge.

D That's, yes that's cool.

P The Bible calls, say the word...

N Nourishment

P Nourishment

N Nourishment, that's what It is.

P So, let's start to think of the real term, if it's not nourishing it's not food, it's not biblical people.

S What was that Greek word again, trophe.

N It's T R O P H E, trophe.

S Trophe, so then we're going to have some trophe bars and some trophe...

D That's actually a good point, because, you know, you say, well I can't afford that healthy food. No-no-no, it's just food, it's not healthy food, it's just food, you can afford food.

N That's true. And people say I can't afford healthy food, but I watch them buy all these packets of cereals. Do you know that I could not afford to buy packets of cereals, that's too expensive.

D Yes, it's like 10 times as much.

N And talk about eating junk, I wouldn't even let them, in fact I couldn't even bear to think of them going into my children's mouths when they were growing up.

P Bring it Mom.

S I bought sugar free, like, 100%, what are those little shredded wheats for our holiday trip to Florida, we just came back from, and I thought, well, I'm doing the best of bad world and I'll just sprinkle Gentle Sweet on top and put our raw milk, but It's cereal, right. Well, I came back from Florida and there's still a few packets left, into the trash they go, I can't bear to not do good old Sweatpants Oatmeal and give them some kind of extruded wheat junk.

P But let me take this thought, Mother, see we were brought up with your cooking every morning, we had eggs on toast or we had granola, your homemade granola or we had oats, we were also brought up on quinoa.

N Or you had millet.

P We were brought up with that, okay, so for us this feels, when we nourish our family, we grew up with it, so many people listen Mom, they were brought up on boxed cereal, this is their norm.

N Oh I know, because it's easy.

P It's hard for them though, this is rethinking for them, Mom. And we say, but I wouldn't do that to my children, but you see we have to bring this in a way that this, it's a whole new world.

S And what was that first Greek word, mother, not the trophe, the other one, that meant to bring up?

N Well the other one, brought up children, the Greek word is teknontréfo, teknon, child, and then tréfo, meaning to nourish, feed, pamper with food.

S Okay, so the tréfo, so let's just even bring it around, let's just circle around to the other side. You could feed them their millet sludge, you know, nourishing ones.

N Oh, it was never sludge.

S I'm just, no I know that, but I'm just tripping it around, right, say you're just, like, a health food purist and you feed them their millet, but you slam it down on the table with a bitter expression and say, you know, I hope you're going to be good today, Johnny, because yesterday you were a real pill.

[00:22:46]

S You know, there's no tréfo in that, there's no emotional nourishing, there's no fattening up spiritually, there's no watering the plant, so it's not just about food.

N No, but it is all about food, but understanding that food is not only to feed the body, but to feed the soul, to feed the spirit, to feed the mind. See, people can feed on different things, they can feed on foolishness, they can feed on junk, they can feed on vain things. We all want to feed on nourishing things ourselves for our mind and our spirit.

N But as mothers, see, oh we have to begin to see that as Mothers we're not just plunking a bit of food on the table, okay children get your breakfast, and they just go and they get their cereal. That's, that's not really feeding their bodies, but nor is it really feeding their souls and spirit.

N There's something about the Mother who, she's making something for her family and I think, you know, every Mother can learn to just cook a bit of rolled oats, that's not hard.

S Rolled oats is oatmeal.

P What if their children, Mom what would you say for people who are in a home, they were brought up on packaged cereal, okay, so this is all new to them, so they switch to Trim Healthy Mama and they're, like, feeding their children eggs now or oatmeal or things like that, maybe it's Trim Healthy Pancakes or they're trying and their children are, like, mom this is awful I want my cereal again, boo-hoo.

N Well, I can't, I would think that those Trim Healthy things are pretty nice.

S Well they are yummy.

N They really are yummy.

P But people are used to certain things.

N And if they were having them with berries and cream, goodness me, that's, that's a treat compared to dumb cereal.

P But what do you do if you children, now if your children are older you can't force, okay, but you're paying for them still in some ways until they're 18 or whatever, you're in charge, but what do you do with little children who's, no I'm not going to eat that, what... Okay, let's bring some practical mothering in here, you're changing for the best.

S From an almost 80-year empress of motherhood

P Our Mom is sitting here, you're almost 80, you have how many grandchildren, Mother.

[00:24:59]

N 45 so far

P 45 and some great-grandchildren

N Yes, and seven great grandchildren

S And I feel Mom's motherhood vibes stronger than I ever have and I'm 41.

P Yes, and I want you to, this lady we're describing sitting right here, is a redhead and she's tall and strong and she is in utter great health.

S She'd beat me in an arm wrestle.

P So, tell us what, as a Mother, this is what so many of our women going through, what do you do mom?

N But the thing is you know my darlings that I would never allow you to just say what you wanted to eat.

P There you go.

N You eat what I give you. But I'm not going to give you some horrible stuff, I'm going to give you something that's nutritious, but not just sludge, as you mentioned before, something attractive and something that's nice and I give it to you because it's so delectable and nice, I mean, that's part of nourishing.

[00:25:47]

S And you'd sit there with us and probably talk about isn't this wonderful and eat it alongside of us and hm-hm and ahing about the wonderful taste.

N Yes, in fact I think that is, you know, enjoying food even passes on to our children, why do you girls enjoy food, why do we all enjoy food.

S Because you enjoy food

N Yes, I love food, and also remember how often we'd sit at the table, oh especially after we watched that movie, What About Bob, remember that, and that guy, he set the table and he's, you know, loving this meal and he's going hmm, hmm

S It was salad actually.

N And so how often we would sit at the table and something's nice and we would all hmm, oh hmm, and you give your children a, kind of, an understanding of, wow, food is to be enjoyed and it's so nice.

S Can you give a quick two-minute synopsis of that wonderful movie that you love and you watch it every year, Babette's Feast?

N Oh yes, that's right, Babette's Feast. Have any of you ever watched it? When I watched it years ago, it was black and white and subtitled. But now you can get it in color and it's in English. But this is just the story of somewhere in Europe it was, I think, and this, these people who belong to this church and they were so religious and, sort of, boring and then they all got niggly with one another.

N And this one hated this one and this one hated that one, oh it was a terrible state of affairs. And then this lady turned up on the scene, it was after the war, she was looking for a job and she'd had to flee France, the country. Anyway these two old spinsters took her in and she began to be their cook and she had to feed them, kind of, the most boring food that they had.

N But then she got an inheritance and she asked them if she could put on a meal for them and she used her whole inheritance to cook this most amazing meal. Not only was it the most amazing food, but she set the table just with such art and such beauty and nobody knew that this woman had been one of the greatest chefs in Paris.

N But anyway, they asked all the people who belonged to this church, it was such a little church they could sit all around this table, and as they ate this meal, as they just enjoyed this food, and as they drank the wine, which I think was most probably some of the best that she could ever get from France, because she spent her whole inheritance on one meal.

[00:28:42]

N They relaxed and oxytocin filled them all and they began to smile, they began to talk to those that they were out of sorts with and love began to flow. It was miraculous. And then there was one visitor and he had been someone high up in the Army and he got up to do a toast and he said, this so reminds me, he didn't know it was the exact person, it reminds me of a chef in France who knew how to make every meal into a love affair.

N And that's what happened that night, it totally turned those people around. But I loved it, because I took those words and I decided to make them mine. And I have since, it's always been my desire and my longing to make every meal into a love affair. It doesn't matter what meal, breakfast, lunch, supper, it doesn't matter who's there, if I have visitors or just my family, to make it a love affair.

N Not just for their bodies but for their souls and for their spirits, because a love affair is when you are nurturing their whole man, you're not thinking about, oh well got to give them a bit of food, here it is, no I'm thinking of how I can nourish my husband and my children and every part of who they are.

S I've had a love affair at your house for breakfast over simple oats, Mom. Just because of the atmosphere and the vibe and the love and the, and just the tangible presence of happiness that I felt. And just the humble oats, but just the way that you pour dedication into serving us it, it felt like a love affair.

N Yes, yes I think if, you know, this happens in your family, it can happen with reaching to, I think a beautiful thing is to have people... You see we are not meant to eat on our own, I think you did a PODdy once about this, didn't you, how that just eating on your own, eating on the run is not really

healthy for you, you don't get the same nourishment, unless you sit and eat.

N And you're not so, you know, you're not so likely to just sit and eat, I mean, just on your own, but when you have your family you're going to gather them. You see eating's not just having some food, it's gathering, it's sitting around a meal. I was reading about someone recently and this author said, I loved it, they called it, eye to eye, face to face table fellowship, don't you love that.

S I love that.

N It's eye to eye, it's face to face and when you have that kind of eating, when you eat with others you're eye to eye, you're face to face, you're talking heart to heart, you're discussing ideas and thoughts and revelations and... Of course that's with older people, when you've got little ones you're not, kind of, getting to that, but you're still asking your children little questions to get them talking and having interaction.

N And so that kind of eating, what does it do, it produces oxytocin and so you have, you relax and it changes the atmosphere, because it's nourishing not just the body, but the mind and the soul and the spirit and every part.

P You know, I think growing up that my, the thing I looked forward all day was our nighttime meal, because, you know, you, and I think that's why for Serene and I, even though we've had to do this business and we're very

busy and we didn't really ask to do this, to become business women, it, sort of, just happened, God opened this platform for us.

P But always by four o'clock, you know, I'm thinking, well what's for dinner, Pearl, you know, let's get started, because you were, you were always in there by four cooking your dinner. And so to me that, and because I looked forward to that meal and I, you know, just being with my brothers and sisters and... And we don't always sit around at a table, but sometimes we do, because my life's a bit crazy and obviously breakfast is different.

P But having that was such a beautiful part of my life, I want my children to have that, it's so important. I know women now, so many of our women they go to work and they have to rush out the door in the morning, but I still feel taking some times when they can together and to have that meal, whether it's in crock pot in the morning or whatever, just to have that nourishment.

S And, you know, I remember you saying to us, mom, when we all grew up, you said, you took everyone aside separately and asked what was the best part, the best memories that you have of your childhood, and all of us, you said, mentioned the nighttime meals together.

[00:34:02]

S And, you know, I remember you saying to us, because we would have to rush off to school, because back in those days in Australia home-schooling wasn't an option and, you know, so we were off at school and so breakfast and lunch were not necessarily together. But you always said clear the tables everybody as far as your schedules at nighttime, as long you're under our roof we eat together.

S And may not be something you're all going to put as a mandate, but for us it made a most incredible childhood memory that... You know, and some people think, well I've got to Disney Land and give my children childhood memories and I've got to save up and take them here and there, because that's childhood memories. Sometimes the best childhood memories are cheap.

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P Hey you're listening to the PODdy with Serene and Pearl, and I'm Pearl, and who are you?

S I'm Serene.

N I was just talking to someone the other day, they went to Disney Land or World, which one I can't remember, she said it was horrific, we stood for hours and hours in lines trying to get, you know, on something, we did it, then we would go again and stand for hours and hours in lines again. What joy is that compared to the interaction and joy of sitting around a table together.

N It's so amazing. In fact, can I just tell you this, Pearly, because I was just looking it up in the Bible just the other day, to look at things that go with food, that God puts with food, that He, like they're twins, you know, food and this go together. And I found quite a few, but I don't think I've exhausted it yet, can I just read you the ones found.

S I love it.

P Please do Mom, we've got a good five minutes to go.

N Well these are all scriptural versus that actually say this goes with food, I won't tell you where they're found we haven't got time. Okay, food and gladness.

S Love, I love it.

P Yes, because that's the joy.

N Food and being merry

[00:36:28]

S Love it.

N Now folks, this is Bible, you see some people think, wow, the Bible, that some boring book. Oh goodness me if they could only know, the Bible is filled with how we're to live and it's filled with joy and excitement and family life and these are the things that God associates with food and sitting around the table. Let's see, what else have I got here. Food and laughter.

P Yes.

N Food and comfort

S Love it.

N Food and strengthening the heart and body, food and good cheer, food and joy. I mean they're all just so similar, it's the joy and the celebration. Food and feasting.

S I love it.

N God loves feasts.

S And the Son of Man came eating and drinking, right, so a lot of woman feel shamed for enjoying food, because maybe in the past different struggles with weight and diets, but you know what, God wants us to have food freedom, because He gave it as a gift, He came eating, drinking and feasting.

S And we've just got to eat the right foods, but we're not meant to think, oh I wish I could just take a pill and swallow it down for my nutrients, because food is really my enemy. No, food is to be celebrated.

N Food is to be enjoyed and masticated. Oh, and this is a challenge to me, I've got to finish this list too, but one of the other, because I've been...

S Chewed, mom likes the good old longer words, chewed.

P Danny's eyes are like what does that word mean

N But I have been doing this study, it's so unbelievable, I've just checked out all the words for mealtimes, eating and table in the New Testament, found 31 different Greek words. Now I'm doing the Old and I've got about that many and I haven't finished yet. It's just, God is just all about eating.

S Mom, you're an amazing woman who nurtures her soul and spirit. Those are her hobbies, to look up Greek words and...

P Yes well that's Mom's hobbies.

[00:38:02]

N And food and friendship. One of the words for eating is in the company of others and having friendship. That's all so amazing, isn't it?

S I love it.

N And food and leisure. Oh, can I read you a little story?

P Leisure

N This is about when Jesus was here and he was talking to His disciples and He said to them, come apart into a desert place and rest, or the word is refresh, a while for there were many coming and going and they did not have any leisure so much as to eat. Now do you notice something there that Jesus wouldn't allow them to eat on the run? There were so many coming and going, He said come apart into this restful place so we can have leisure to eat.

S That's good.

N So leisure and food go together. Now, that's something we have to try and do, even if it's just for one meal a day, where with our families we take leisure time, we're not hurry up, we've got to go here, we've got to go there. We've got to change our lifestyles so that our meal tables, food and fellowship and laughter and joy, they are the paramount thing in our home, not rushing here and there.

[00:40:00]

S That's why breastfeeding is a beautiful thing, going back to the very natural innate parts of motherhood, because you can't really breastfeed on the run, I mean, I try as I go around the grocery store pushing the cart, but it's not really a good meal for her, it's a, kind of, a snack where she's half falling off. But you have to sit down and get yourself propped with a pillow and put your leg up on the coffee table to get a good meal for your baby.

P I think those are the best times when I had little babies. You know, you had to take that time and you're busy like crazy, but it's funny how, when you have to do something you find a way and so you would find a way to nurse the baby and you sit down and you just feel like, oh, it's that's feeling.

N Oh, know, and because of the oxytocin the milk comes in and oh, you just flow...

S And you can throw a bottle into the car seat in the back and eat on the run with your baby.

N Oh goodness me, that is so stressful, and so many women find motherhood stressful, because they're doing it the wrong way.

S Now it's understood there's people with, their babies have mouth issues, you know, maybe they don't have...

N But that's a small percentage, so that's not the norm.

[00:41:00]

S Right, my point is, is there are some people out there and I wanted to speak to them, like with Remy.

N Yes, and goodness me, you've had difficulties you've had to take.

S Yes, but they may not have the leisure that I had, well I didn't have leisure, but my OCD personality did not give up, they must just be more sane about stuff, but the point is though, is that... I forgot my point.

N Well, let me carry on.

P Taking time, taking time

D Welcome to the podcast

N That's the thing, but you see, God, we, even though we are not doing it this way in our modern fast paced world I have a responsibility as an older Mother to tell young mothers how it's meant to be done, because if I don't then from generation to generation it's going to get worse and worse and, and in fact, so many mothers that their, their hair is just about falling out because they're so overwhelmed. But all because they're not doing it how God intended.

S Oh, I just remembered my point, and it's all about you're not, the God intended part. When I had to wash out all the, sterilize the tubes and pump and put it in a lactate, you know, say it's a bottle, say you're just doing a bottle, well I was doing it in lactate so I can breastfeed and supplement at the same time.

S But sterilization and cleaning bottle nibs and warming formula is the pits, it's the pits, because I've done it both ways now and I realised, wow God, breastfeeding, women think well I'll rather bottle feed it will be easier and my partner can take over and, like, bottle feed in the night. You know, you'll be in up more work bottle feeding.

N Plus less oxytocin, because the more you put your baby to the breast and sit down, the more prolactin you make which makes you more motherly, the more oxytocin you make, which makes you more stress free.

P But that sitting down thing, you see, you have to sit down really to properly breastfeed and just relax, but we can take this, what you're saying, when we sit down to eat and this goes back, we've done PODdies on slowdown, when we sit down that's when we receive more of the benefits from food, that's when our metabolism actually raises, because we can take proper breaths. That's when we properly digest our food, but that's when we talk to our family too, just because we're sitting down.

S And the conversation starts.

N And we notice, it's amazing, there is not one thing that we don't find the answer to in the Bible. And here's another one, notice when Jesus was feeding the 5000 and of course they've all come out to this place and they've been there listening and listening and the disciples said, send them away to get some food, they'll be starving.

N And Jesus just said, well, let's give them food to eat, of course He miraculously, you know, multiplied the food, but before He gave one person even one crumb of that bread and fish, what did He do. The Bible says, He commanded, that's the word that's used, He commanded His disciples to make them all sit down.

N It wasn't until they were all sitting, and not higgley-piggley, all in companies and when they were all in order, all sitting down, ready to receive the food, then He blessed it, broke it and gave it to them.

N And that is the pattern, in fact, there's another story in the Old Testament, about when David was having that trouble with Saul because Saul was jealous of him and he was getting angry and throwing javelins at him, and anyway, so Saul and Jonathan get out in the field...

P You mean David and Jonathan?

[00:44:10]

N David and Jonathan, what are we going to do about this and so they make the plan, okay, I'm going stay away for three days and see what Saul will do. If he'll get mad or if he'll just let it go, and we'll, kind of, know if I've got to flee the palace.

N So, anyway and David says now tonight my seat will be empty and King Saul will notice that my seat is empty. And then he did, he noticed that David's seat was empty. And it goes on to say that as King Saul came to his table and he sat here and Jonathan sat next to him and Abner sat opposite and it speaks about where everyone sat at the table.

N They had their seats. And if a seat was empty, it was noticed. And I think we see even there that that's really how it should be in our families too, our children sit, we teach them, little ones of course they don't know how to sit properly, but gradually we teach them how to sit at a table, that's wonderful training.

N I had one lady say to me once, oh my children just sit everywhere and anywhere they like, but she said I have noticed lately that they're starting

to fight I want to sit here and I want sit there. And yet I think if we get back to the Bible way, they had assigned seats. Now, that could be changed every couple of months, okay your turn to sit by Daddy for a while, but the children know where they're going to sit, it gives security, they don't have to fight over things.

[00:46:25]

N And seating is important and those seats have to be filled. Like, even when, you remember, when you were all growing up and the boys, they were older than you and they were out at work, I still expected them when they were under our roof to still, even though they, you know, they were doing their own careers now, they still had to be home for the evening meal, unless they had a good excuse and something was going on. But otherwise that seat was empty and I was grieved, I was a Mother wanting to know where's my family

S You know, when you don't sit around a table you, because the company and the community and the conversation is not there, you can actually miss people without knowing it. We came back from our Florida vacation and we were so tired and we were putting our stuff away, and this is normal, you don't have to always sit a table, it's not like prison, it's just as life happens.

S So we, life was happening, and I said to my older children, because my baby was crying and I was dealing with her, you cook the taco salad and then we'll just eat when we can eat it. So everyone just grabbed and ran and that's what happens in a lot of people's homes every night.

S Well, I came to find out, where's Sheppy, is he in the car, did anyone see him, come to find out that he'd missed even eating dinner, he had just come in from the car and went to bed, he wasn't, he was just feeling exhausted from the trip.

[00:47:42]

S But I didn't even notice until I was making my rounds, as I was about to go to sleep, that he hadn't even had dinner, that he had just gone to bed himself. There's this, when you just eat any old how and everyone goes to the pot and grabs their food you could even, not even have a conversation with that person, because you just miss, miss and run, miss and run.

P Yes, well we do miss out in the new modern home, but this is convicting me to have more dinner tables, because...

D Me too

P Yes. Mom, we're going to have you back, Mom always speaks truth. Whenever she speaks there's conviction. You know, Mom, how long have you been doing your Above Rubies magazine?

N Over 40 years

P You started when Serene was born, right, so listen, feel free to go to her Facebook page on Above Rubies, hey what you'll get there is a lot, even less politically correct than Serene and I, mom shares truth and she, Mom is unafraid.

S Unashamed

P Unashamed

[00:48:08]

D And what's the name of your book?

P Oh, she's got lots of books.

N I have a number of books.

D Well, the one you've referenced?

N **The Power of Motherhood**

S And, yes, she's a redhead, so redheads they don't, they don't sit down and just be.

P But even if you don't agree with everything that our Mom says, she has some beautiful mothering to share. And I love following your Facebook page, Mom, because I'm always, I see something from Above Rubies and I'm always oh I can take that today.

P And, you know, there'll be some things that maybe you'd, maybe politically you don't agree with my Mom on many things, but it doesn't matter, she's got something there that I think could enrich your motherhood or your grandmotherhood and...

[00:49:11]

N Well, what I share will make you love motherhood, it will make you enjoy it and that's the sad thing today that so many women aren't enjoying, because, first of all, they never embraced it, first of all, they think oh goodness me, I should be doing something else, and also they don't really know how. They maybe didn't even have a Mother showing them.

S You've always said, a Mother can love her children, but if she doesn't love motherhood, she's miserable.

N Yes exactly.

P So, Mom, we just so honor you today and that's why we wanted you to be on this motherhood podcast and we, we feel so blessed and we, we just wanted to share our Mother with the rest of you today and I, and I hope, I hope it's blessed you and strengthened you and maybe given you something, a lot to think about. I know I feel like, Pearl, you've been slacking on this whole mealtime thing, come on gather your family.

D Yes, that's where I'm at.

S And I just want to say motherhood is so beautiful, it represents, even if you're not a Bible reader or whatever, motherhood represents God, because

it is His nurturing heart that He expresses to the world through us women, whether you mother your friends next door, whether you mother children in the street who don't have a very good mother, whether you mother your own children, whether right now you're mothering some pets, my point is that the nurturing heart of God is beautiful shown through women.

[00:50:15]

D Yes and for those of you who might be grieving and saying, boy it would have been great to have a Mother like Nancy to really encourage me and I feel at such deficit, well I want you to cross a bridge, you are that now, be that woman for your children, don't look at the past and think what you didn't have, think about right now what you do have.

D I mean, yes, you've got resources like Nancy's book and of course our podcasts, but you have been given everything from the beginning, my four-year old daughter carries babies around, nursing them and making their beds.

P But Danny I know that you're speaking from your heart here and it's a bit of a what if you could, even for you because you grew up without a Dad, but you're being that Dad, you know.

D Yes that's right.

[00:51:30]

S And Lisa is the most, Danny's wife, is the most beautiful mother, she is so beautiful with her children and I believe she's first generation at motherhood too.

D Yes, she is, she had to cross that bridge, she had to cross over and say I am that now, I'm not looking for that, I'm not needing that, I'm becoming that and now I am.

N And I think we are, in this society when this has to happen, there has been a deficit, and it's time to come back to what's reality for our families and for our children and for the generations to come and for the nation, because precious mothers let me encourage you again today, you are determining the destiny of this nation.

P See you next week guys.

[00:52:18]