



Trim Healthy Podcast with Serene and Pearl Episode #176– A Very Special Episode of Loss and Love

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*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 ·

[00:00:01]

S This is the PODdy with Serene...

P And Pearl.

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

D It can't be more clear, Wednesday is here, and the Trim Healthy Podcast is in your ear.

P Awe!

D It's us, and your hosts, Serene, Pearl, and I'm Danny. And we're so glad you tuned in to another Wednesday episode, hey, hey.

P They might be listening on a Friday, but good job.

S Now, when you sitting there all like just contemplative before we began, did you create that? Did you write that? Did you...?

[00:00:30]

D No, these things come. These are five-second creations.

S Really?

D Yes.

S Very talented.

P They're just your brilliance, just your brilliance, Danny?

D Well, it's a really high IQ. Sorry.

S I don't believe him. I think he wrote it last night in his bed and planned it and then was rehearsing it in the car ride over here.

D That's what I'm doing, looking at my phone, going through my library of writings where I'm like, ooh, the girls will really be impressed with this. Not at all. But, hey, it's a podcast, and, I mean, in a world filled with things you don't even know what to believe in, it's good to be able to get to people that you trust. And if you've been listening this long, we've just got to say we're grateful for your trust.

P Totally. But sitting here with Serenie, I know that if you're listening, you are part of our lives. We've shared our struggles, we've shared so much together. And so I know that Serene's been going through something, and then I said, do you want to talk about it? And she's like, well, why not, right? A lot of other women relate, and it's no big secret.

[00:01:36]

P And so, Serene, you can just share. I just guess we should have a conversation about it, because it's like you're in our lives, you PODdy listeners are in our lives. And maybe, I don't know, Serene, maybe you can just share how you're getting through all this, what you're going through.

S Oh, yes, because... And, well, just to just blurt it out there, so my husband and I, we were having a baby, Baby Number Ten. And I know it sounds like, oh, well, Baby Number Ten...

P Nothing to be excited about.

S Yes, but it was huge for us. It was probably more, don't get me wrong, I wasn't not excited about all the others, I really, totally was, I'm a baby-lover, I'm a baby maniac, but this one was actually so beyond even more exciting. I think it becomes more precious... Well, to me, it becomes more precious the more you get closer to the point where, well, this season could be over soon.

P You're 43, right?

S Yes. And, also, I think even beyond that, just as you get older, I just think just more of an appreciation for the preciousness of life. I think you just go through things and you just realize how fragile it all is, and...

[00:02:43]

P No, you had been... Well, Solace is what, two and a half now?

S Yes.

P And so you were trying.

S Yes.

P You were trying. Because you were like, Pearl, I know I've got one more in me.

S Yes, oh, yes. Oh, totally. Yes, we were so excited. When I saw that line on the pregnancy test, I fell to my knees straightaway in my toilet, alone, and straightaway was just like, oh, thank you! I just couldn't believe it. I was just so overwhelmed with gratefulness to carry life again. I was just so overwhelmed with such...And it was just straightaway this sense of immediate love, of immediate connection and of immediate protection, like immediately it was just the focus of all my thoughts. But, actually, it's not like focus of all my thoughts and disregarding the others. I became a better mother. In that week I knew I was pregnant.

P You did.

[00:03:35]

S It was one week that I was pregnant. This whole conversation is the fact that I ended up miscarrying this sweet baby. But in this whole week I knew I was pregnant, I was such a good Mum, I really was.

P Why?

S Well, I just felt freshly...

P Because you had a new identity.

S Well, yes, I just felt freshly motherly.

P Oh.

S And I don't know if it was the hormones or whatever, I mean, not like I'm a bad Mum, normally...

P No.

S But life is busy, you've got to go here, do this math test, and just life is... You order your family around so it runs smoothly, and you do it with love, but there can be some firmness. But I just felt like I was just Mother Ducky.

D I think a baby too makes us feel loved.

[00:04:13]

S Yes.

D We feel loved on...

P Awe!

D By God...

S Yes.

D We feel loved on by the baby somehow.

S Yes.

P Yes, that's so true.

D This baby...

S I felt love. I felt like my baby loved me.

P Yes.

D Yes, it's the best birthday.

S Yes.

[00:04:27]

D Like you're the special one now.

S Yes.

D Any time I see a pregnant woman in public, I out of discipline don't kiss her belly.

P Because you want to.

D It's just discipline.

P Yes.

D I just want her to know that she is the birthday girl...

S Yes.

P Yes.

D And all of the universe is lining up to protect her and her baby...

P Yes.

D And I will go war for her, and I've never met this woman.

[00:04:46]

S Well, I did. I felt like a birthday girl. And when I waltzed up the stairs last time we did a PODdy, I was pregnant with this sweet baby, and I just wanted to shout from the rooftops. I wanted to tell you, Danny, and Lesley and John and just scream to everybody that I was having this wonderful baby, because it was just so exciting. A new life that never existed before in this whole history of the world was existing now, and it was mine and my husband's, and it was so exciting. And I just remember pushing my babies on the swing when I got home from that

PODdy, and it wasn't pushing my toddler, Remi, and my baby, Sollie, I was pushing three. I was very, very aware that there was three babies there with me. I'm just bringing you into the mindset. And if you've, of course, been pregnant or experienced a miscarriage, you know where I'm going. But just maybe even men listening, or whatever, the mindset of... As soon as a woman carries life, there is this incredible, deep connection. It doesn't matter if it's one hour alive or you're... There is this deep thing, and I was just very aware. And the next day I went to Sprouts and bought my prenatal vitamins and all my stuff, and I was so excited, I was just so excited...

P Yes, names, talking about names.

S Oh, talking about names, working out the due date and just... It was consuming and exciting.

[00:06:00]

D It was like a new chapter in your life.

S It was. It was so exciting. And every time I went upstairs to my room, even though I'd seen it a million times, I had to pull the pregnancy test out of the box and look at those two lines again.

D Did you?

S Every time.

P You kept taking more and more too.

S And every time I'd... Yes, I had three positives. And every I took it out of the... But there was one positive I'd like the best, that was the brightest one, right. So that was the only one I kept looking at too.

D Did you name your positive, your favorite positive?

S No, I didn't, but every time I'd bring it out...

D A little weird, okay.

[00:06:24]

S It was just like I gave a big smile, a big smile again.

P Do you know what's so sad about...? I'll let you tell your story, Serenie, and...

S No, you keep going on. Yes.

P Just because I know so many women have been through what you're going through, but when we had our housefire... I kept my positive pregnancy tests for every one of my children and the one I lost, and they were in this special box. So one thing that is sad to me over what I lost, we lost all our pictures and stuff, but I

lost my pregnancy tests. Even after all these years, I would go back and just look at them, because I'd get that feeling of just like the fascination, the awe and wonder...

S Yes.

P This means new life, this was Meadow, this was Bowen, you know...

D And it's the first announcement of that new life.

P Yes, it is.

S Yes.

D The pregnancy test is almost like the stork...

S Yes.

[00:07:09]

P Yes.

D That comes, the fabled stork that is the bringer of the news that you have a new baby.

S It's that invitation to the excitement. It's like, you have been invited to...

P Here's your proof.

D Yes.

S Yes. And, I don't know, that's just so exciting. And, yes, like you said, Pearl, it brings you back. Every time I looked at that pregnancy test, it reminded me of that moment when I fell to my knees a few days before when I found out that I was pregnant. It's just, it brings you to that most incredible moment where that miracle happened. And I was telling my husband, hey, we've had nine children prior to this, and one previous miscarriage 18 years ago, but still it was so exciting to see that line on the test. Because I said, hey, this sounds such a terrible analogy, please don't be offended, people, but my point is there's other things that we love in life, right, maybe travelling to a certain country or whatever. It's like you may have travelled quite a bit, but I only got to see that line... That was the tenth time. It wasn't even... Just my fingers on my hand. It's like something so amazing that really wasn't a lot of time. All the days I've lived, 365 days in a year, still only ten times have I seen that line.

[00:08:26]

P Yes.

S So I was telling him how precious it was to see that line even though we've got a lot of children. So please don't get hurt if you've struggled with fertility and you haven't seen one line. I'm not trying to be offensive or being rude by saying that. I'm just saying that the preciousness never goes away even if you have many.

And there's a verse in the Bible that says, the empty womb always cries out. And that's just how I felt. But, anyway, Pearl was just like, you might as well just share your story, and I'm happy to. And I'll tell you why I'm happy to. Because I want it to not be something that I'm afraid to tell, like it didn't exist. Because my baby does exist, because I believe that life begins at conception and life is eternal. And so I felt honoured for my husband and I to bring that baby into eternal life. And so I'm grateful that even though we went through a painful week and that we've had loss, we really have gain. And the sweetest thing that happened was, I was crying, and my daughter, Chalice, when I first told her that I was pregnant, she just started having tears spitting out of her eyes, tears of joy spitting out of her eyes. Now, she's been through a lot of times when I've told her I was pregnant. She's like, oh, yay, Mum. But that was it, right. And she was very happy. But this time, it was like tears of joy. It was so special. And so when I told them that I thought I was losing the baby, they didn't want to give up.

P Yes.

D Wow.

S They were like, no, no, Mum, the baby lives. No, words are powerful, say the words. And it was just going on. But my one son, Cedar, came up to me, and he said, Mum, he said, you never know what God's going to do. God makes all things special. Look at me.

D Wow.

S And he was the one 18 years ago where I lost a baby at 11 weeks. I actually saw the baby and held the baby.

D Oh.

P Yes.

S And we have it buried in a little rosebush. But I wouldn't have had Cedar had I not lost that child. And I know that he's not a replacement for that child, but God just made something beautiful out of the sad situation. And He made it so beautiful, you couldn't choose it the other way.

[00:10:34]

P Yes.

D Yes.

S It's not like he's a replacement child, because I know that other child lives, so I got two instead of one, but the thing is that it's so beautiful this way, I cannot imagine my life without Cedar, that it brought perspective to this time.

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

S I'm Serene.

P Hey, we're talking about Buffy, Serene. You slept with your Buffy last night?

S Yes, I slept with Buffy, and my husband.

P And Buffy.

S With our husband, with... No, start again.

P Buffy and you have a husband.

[00:11:05]

S Start again!

P No, that was good. I'm leaving that in.

S Aw.

P Buffy makes bedding that is earth-friendly and cruelty-free. And Buffy, the people behind Buffy, not Buffy itself, because Buffy is your cover on your bed, they spent sleepless nights worrying about the impact that the bedding industry has on the environment and has on your health.

S Hey, literally, listen, I was looking into it when I was having my new baby, I was like, well, let's just start getting some natural bedding just to help with the breathing and everything, when you look at the chemicals that people put, just crazy, in bedding, and we sleep right next to, our faces next to it...Buffy's products use sustainable and recyclable material, and they use 100% plant-based designs. Eucalyptus fabric is the key fabric that they use, and it is so incredibly soft on the skin.

P It's softer than cotton.

S It's hypoallergenic. And the high thread-count shuts out dust, mould and mites for a way healthier sleeping environment.

[00:12:06]

P Now, Buffy has a new cover. It's called the Breeze. And it regulates your temperature. 100% plant design and is breathable, and it keeps you at a comfortable temperature all night.

S Let me tell you how much I love Buffy. I have brought two Buffy's for my own room, one for our bed and one for the little couch where we watch a good movie from time to time.

P I have my Buffy every night... My Buffy is also my movie-watcher.

S Yes. Oh, you need two.

P The Breeze, let's talk about this new cover, the Breeze. It brings wellness to your bed. So why not choose 100% plant-based bedding that's better for you and better for the earth?

S Buffy offers a free trial, amazingly. You can try the comforter in your own bed for free, and if you hate it, return it at no cost.

P I doubt they're going to hate it.

S But you're going to love it. My husband, he's very picky about comforters, very picky, and he didn't even know I'd brought it. And he was just experiencing it and said, oh, my goodness, what is this? This material is the softest material I've ever felt in my life.

[00:13:10]

P You guys have to try it for yourselves. So for \$20 off your Buffy comforter, visit Buffy.co, that's B U F F Y, dot co, and enter trimhealthy, okay. That's \$20 off your Buffy comforter at Buffy.co. Enter trimhealthy. I love my Buffy!

S This is the PODdy with Serene...

P And Pearl.

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

P In light of this miscarriage and thing, even though you weren't far along, you still loved this baby and this...

S Yes.

P How do you grieve? Is it a grieve of loss and despair or...? You said, Pearl, I'm crying, but, in a way, I'm not sad, but I'm crying and I'm crying. I am crying over this baby, but then... And at one point, you didn't know if you were going to lose the baby, and you were just hoping still and just like, what do I believe for her? Is God choosing for me?

[00:14:05]

S We were actually at a baby shower, and I actually had, TMI, stopped bleeding for a while. And I'm like, oh, hope came inside me, and I'm like, oh, maybe this baby's going to live, maybe it's, and, of course, it lives in eternity, but maybe this baby's going to come to us. And I was so hopeful. But then I thought to myself, but then I was afraid to hope too.

P Yes.

S You know, like, oh, you know, blah-blah-blah... But I felt to not make a decision until God decided. I feel like sometimes in life we can decide before God decides, and I didn't want it to be on my hands.

P Yes.

S When it's under the sovereignty of God, I feel like I can rest. And I think there's a rest in this. So I am grieving and very, very tender about it, but there's no depression or feeling under or feeling down, because I feel like I can rest that

God decided, because I know that I put my faith into it and my hope into it. Even when I had symptoms saying otherwise, I still held on for that baby.

P Yes.

S And even when it finally happened, and I realized I'd lost the baby, there was a doubt that went through my brain, like why did you do all that hope and faith, and nothing? And then I felt like the Lord say, but I was pleased with you, I was pleased with you. So I felt like Himsaying, good job. It's like you did what you were called to, you're always called, you're always called on the side of life, you never give up on life, and I'm sovereign.

S And I don't believe He took my baby. I just believed He received it. And that's how I see it. And I believed He received it in sovereignty. Because other times there's been incredible miracles. We have our sister, Vange, who's baby, Tiveria, she had a subchorionic tear in her womb, that's the inner lining of the womb, the middle lining of the womb. And sometimes women can have little tears, and it can make them lose their baby. They bleed terribly. But hers was torn all the way round, except there was 1 cm remaining. She went to the ultrasound, and the guy said, look, there's not much hope for you. When you even take a walk out of my office to your car, you'll probably tear that extra little bit and your baby's gone, so don't get your hopes up too much. But they just prayed for life, and God did intervene on their behalf. And she had an incredible miracle. She felt the presence of the Lord come into her room, and it was to the point where she felt like she couldn't even breathe, it was so strong. And she knew that she was healed. They went to the ultrasound... And this was about eight months later. She didn't even feel... She had bled so much internally, but the placenta was over the opening of her womb, so she couldn't bleed out. She was haemorrhaging internally and getting really big. It was a very bad situation. She hadn't felt the baby kick for, I think it'd been almost seven months she didn't even feel the baby. But God came and did a miracle. And they went to the ultrasound, and not only was there no tear any more, but he said it was not scientifically possible for all that blood that she'd bled into her womb to be absorbed that quickly. He said, this is just a supernatural miracle. So her name's Tiveria Life, which means Raging River of Life.

D Oh, that's Tiveria.

S And that's that testimony. And sometimes God does intervene, but other times, I feel like, for His sovereignty, because He has an eternal scope that we don't, sometimes He chooses not to intervene. But I never believe that He plans or takes our babies. I just think sometimes He chooses to receive them because He's got great plans and purposes for an eternal kingdom too. I don't know, I can't think for God, but maybe some of our babies are created for Heaven and some maybe for earth. I don't know, but I just feel like He received my baby, and that gives me rest, because I know that He moved on behalf of Tiveria because

she has a purpose here. So I have this rest that if God had a purpose here, here for my child, that He would've intervened. That's just my thoughts. Maybe I've got it wrong.

D No, I feel the same way even about mentally handicapped children.

S Yes.

D That we don't a full picture of why... And for us to even use the phrase handicapped may be off. We may be handicapped...

S Yes.

D In many ways over and above their handicaps. They're different, that's for sure, but to say that... I mean, if we're thinking as eternal thinkers, not tiny, tiny grain-of-sand-amount-of-time-while-on-planet-earth thinkers, but long-term eternal thinkers, we don't know. We just don't know. We don't have the full picture.

S It's like our friend, Erin Harrison, a shoutout to her. She's the most beautiful, sweet, incredible mother, incredible mother. She's been fostering children with special needs, and she's been fostering this sweet, little Down's Syndrome girl. And there's been a lot of people praying for healing for her, and Erin Harrison was like, yes, I want healing, but she's so lovely, she's so just wonderful...

D The way she is, yes.

[00:19:12]

P Yes.

S She's so loving and cuddly and smiley.

P And she's like, I'm going to pray that she doesn't have any problems with this Down's Syndrome, but I'm not praying to change her.

S Yes.

D Wow.

S So it's like she's so in love with who she is. And this little, sweet child is. And she's, hopefully and prayerfully, going to be able to adopt her. But this little girl has brought so much joy just with who she intrinsically is, even in her Down's Syndrome. It's made her... I don't know. The Down's Syndrome children I've met have been some of the deepest lovers...

D Yes.

P Yes.

S With just such simple love.

D Smiley, little puppy-cuddlers.

[00:19:44]

S Yes. Not like love with other intentions of like if I do this, you'll give me that. But it's just sweet, just innocent love.

D True.

S I don't know, so, yes, I just... There's a lot of rest in that for me. And I think the beautiful thing is that there's, like you said, Dan, the scope of it is that the eternal life is so much more real than this life that we live now, and this is just a vapor.

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

S I'm Serene.

P Oh, yay, we love talking about Billie, Serene.

S Oh, I actually love, love, love Billie.

P And that's because self-care and routine are always important, right. We know that as Trim Healthy Mamas. But whatever you're using to get ready for the day should make you feel amazing too.

[00:20:42]

S Yes, it should. And I love Billie's razors, I love all of Billie's products.

P Yes.

S Do you know that they also have makeup-removing wipies now that I let my daughter try? She's 21 and very sensitive skin. African skin that's over-dry. And every makeup-removing wipe makes her come out with like hives. This is the first that is so gentle. It removes her makeup, but totally leaves no irritation.

P Billie has created everyday essentials by delivering premium razors, it all started with their fantastic razor, and high-performing body care directly to you. No pink tax, no visit to the drugstore, no breaking the bank.

S No finding a lady to get the key.

P You always say that.

S Yes, I have to say it every time, because that's the most annoying part about getting those more upper-end razors. They're in those little plastic boxes that are all locked up. You have to find the lady with the key.

P Yes, I know. If you want a good razor, you need a key. No, not any more. Go to mybillie.com to get their starter kit for just \$9. It's incredible. Listen, this includes their award-winning razor, two refill blades, and this is the thing that Serene and I love, the magnetic holder that keeps your razor safe...

S Oh, every time you put your razor near that magnetic holder, poof, it just pops into place.

[00:21:56]

P Jumps into it.

S It does, it jumps.

P It keeps your razor safe and dry in-between uses, and you just have it right there in your shower.

S And I've said this over and over, but that lick-and-stick little doodads that you use for the other razors...

P No, it doesn't work.

S To hold them to the wall of your shower, they fall off the wall of the shower and then your shaver gets all yucky in the corner of your shower. I hate that.

P So, remember, it's just \$9 to get your starter kit plus free shipping.

S Hey, that's an amazing price for a Billie.

P Yes. So here's how you spell it. My, M Y, and then Billie, B- I -L- L -I -E, dot com, slash...

S Trimhealthy. Listen, this is how much I believe in it.

[00:22:31]

P Hey, Serene... Slash, trimhealthy. You keep talking over me. Yes.

S And, guess what, this is how much I believe in it. I've got all my older girls...

SP I didn't quite catch that.

S Oh, sorry, Siri, get off of my advertisement.

P [Overtalking] Siri. That's funny. I said, Billie. Siri thought I said, Siri.

S That's funny. Hey, this is how much I love my Billie. I've got all my older teenage girls hooked. They all love Billie.

P Oh, I know...

S They have their own Billie. I said, get your hands off of my Billie, get your own. This is the PODdy with Serene...

P And Pearl.

S Get it right, P- O- D- D -Y. Can I say something very spine-tingly right now?

P Yes.

[00:23:11]

S And I don't know... You know, I've really received incredible words from the Lord, where I've felt like they were like, whoa, that's totally for me. But the night before I gave birth to my Remnant, I didn't know I was even having a boy...

D Remy?

S Remy.

D I didn't know that was his full name.

S Yes, I didn't know I was having a boy or a girl. But I knew that if he was going to be a boy, we were going to call him Remnant. Well, I was going into labor three weeks early. We'd just finished two books, The Plan, Trim Healthy Plan, and the Trim Healthy Cookbook, and it'd been real stressful, because we had the publisher just kind of like on us to make sure we have hit our deadlines. And it was stressful on my body. And I tend, well, I don't want to speak that over me, but in the past, I had tended to take stress internally when I was pregnant, and it would turn into just a bunch of Braxton-Hicks contractions, and I'd end up with early babies.

D Yes, yes.

[00:24:01]

S Like the year I adopted six children in one year and ended up with a two-month early baby. Things, I just feel it through contractions somehow.

D Yes, circumstances can trigger you to go into a birth, yes.

S Yes, with me, yes. Prayerfully, that's just in the past. But, anyway, so I was just starting to feel contractions, and it was three weeks early. And I kind of know that when my babies are early, their lungs aren't quite ready. I had another baby three weeks early, and her lungs weren't ready. And so I was a little bit stressful about it, and I ran into the bathroom, and then... To be alone to talk to the Lord about it. And my toddler came in and was eating an apple and tripped over, I don't know, like the clothes hamper and started choking on the apple. So all the children were in, because I was like, ah, the baby's choking! All the children came in. So a place where I went to be alone to just talk with the Lord about, am I going into labor, what's going on, then the whole family's there, and I'm just kind of feeling like, ah, feeling overwhelmed. So I just go out to my room and grab the Bible and kind of peel it open with my nose. And it's going to be my own paraphrase here, but it was just right there. It was, hearken unto me all ye remnant of the house of Israel who are born by me from the belly. It is I who carry you from the womb. It is I who deliver you. And it was all talking about

delivering and carrying a baby from the womb. And it says then, It is I who carry, even unto a hoary head I will carry you. I will deliver, says the Lord.

[00:25:20]

S Anyway, I'm like, okay, so tomorrow I think I'm having Remnant. Because it said, Hearken to me all you remnant of the house of Israel who are born by me from the belly...

P Because you'd already chosen the name.

S Yes, I'd already chosen the name. I had spine-tingling. And then every other labour, I have to walk around to get into labour, and walk around the side room, you know, the early ones, but other than, to keep the labour going, to walk around. This one, nothing would happen. It was going to happen, anyway, believe me, I had contractions and all that that went along with it. but it was just slow. But whenever I lay down, that's when it happened. And when I walked around, it would kind of stop more. So it was like the Lord was doing it. When I did action, it wouldn't. But, anyway, all that to say He was doing the work. And it says, I will deliver, says the Lord. So this was just for this particular situation. But when the baby was born, he had breathing issues because he was early, and it was like a 90 mile trip to the hospital. But I had that beautiful Rhema word from the Lord, even unto hoary head I will carry you. And we've had some difficulties with him, with his health, but it's a beautiful thing. I remember that word, and it's been my anchor. Even unto hoary head I will carry you. And I feel like I've got that promise for him.

P Hoary head means grey-haired and old, right?

S Yes, even unto... He will grow old. I will carry him till he is old. So I've had that promise. It's such a beautiful promise for me, and I've really needed that with Remnant, so it was God's gift. But this time, with this baby, Pearl and I were talking about how do I make sense of this? Does He have some for earth, does He have some...? Did the devil just snatch it out of my...? Like all these questions that I have. But I opened my Bible this morning, and I don't know if this is the Rhema word or not, I don't want to just put it into God's mouth, this is in Isaiah 45...

P And that's God talking?

S Yes, and it was just... It's part of a chapter, and, of course, there's deeper meaning, and, of course, literally, literally part of some other meaning that has nothing to do with what I was going through, but God can pull out a scripture and

Speak straight to you, Why do you question me about the destiny of my children? Because I'm like, why not for here, Lord? Why did this baby get taken and not my other...? Why did this baby get stolen from my womb? And I felt like Him say, why do you question me about the destiny of my children? I felt like it wasn't just mine, it was His first. And He has a destiny, and maybe that destiny is eternal kingdom. Maybe there's eternal purposes in Heaven that we're all eventually going to find out...Those who believe in Christ are going to be there in this eternal kingdom. And we have purpose there, even more than our purpose here.

P Right.

S And I felt like He said, why do you question their destiny? I know more than you. And that was incredibly comforting to me. And then straightaway, I just flipped over to the next page, and right away these words came to me, still Isaiah 45, but just on the next page, it said, in Yahweh, in God, all of Israel's offspring will triumph and shine.

S And I felt like Him say to me, it's not like this baby died and has gone and is in the grave. No, in God, all of your offspring will triumph and shine, because death in... When we are saved, it has no sting. They still triumph and they still shine. And that was the comfort to me, is that my baby lives and has really triumphed, has triumphed over the situation.

[00:28:40]

D And that purpose has not come to an end.

S Yes.

D Purpose wins.

S Yes.

D The overarching plan will prevail.

P Yes.

D What will happen will happen regardless. And rejoice in everything.

S Yes. And I do want to shout out and say a loss is a loss is a loss, because of the meaning of life. When we believe that life begins at conception, the promise of that life and the dreams and the fullness of that life, that loss is felt. But I do want to shout out to those who have had stillborns or babies that have, or toddlers or children who are older, I'm not trying to put my grief in your situation, because I feel like when you've had time to connect more and have more memories and have felt that baby more, there's no denying that it is a harder, deeper, more grievous place. And so I just wanted to make sure people didn't... I want to shout out to that, that God is still there and comforts those. I love that, Blessed are those who mourn, for they shall be comforted.

[00:29:57]

P Yes, and mourning and grief is not a toxic emotion. They're healthy emotions. I think they can become toxic when we lose our faith and when we lose the bigger picture.

S I think it's so true what you just said, Pearl. Because I have had toxic thoughts that I've felt have been very poisonous to me when I've gotten riled up about something, and just in a second, riled up about something on social media or something that I've heard that I feel like is an injustice. I can feel this, like almost a poisoning of your cells, right?

P Yes.

S But this whole week that I have been bawling my eyes out, like literally really letting it hang out, I haven't felt poisoned at all. In fact, I've felt very healthy.

P Yes, so it's...

S Meaning it's not toxic, it hasn't felt toxic.

P No, and laughter is not toxic, and neither is crying, when it is for a purpose of more. It's beautiful to mourn a life, and it's a natural human emotion. I think when it turns... The danger is when we allow it to turn to bitterness...

[00:31:00]

S And depression.

P Or, that's true. Things like that, I think, is where we then have to surrender to God and say, you know... And God says, why do you ask me these things? My ways are higher than yours. And then we are called to hope and believe until we get a different answer, I think.

S Right, and wait for God's decision and not make it ours.

P Yes.

S It didn't make a difference in this situation, because God's sovereignty is God's sovereignty, but I feel like sometimes, I want to say this very carefully, and I want to choose my words right, because it could come out in a very offensive way, but I feel like sometimes we can affect the outcome of things if we just choose to go down that path of, I don't even want to hope, because I'm scared to hope, so I'm just going to basically write it off right now.

P Yes.

S I feel like that can... Like we've shared in the PODdy, the science of that, and, also, how fear does have a harvest, like faith has a harvest. And I feel like...

P So you could let the situation, because you lost that baby, completely destroy your hope and faith the next time, right?

[00:32:11]

S Right.

P Because you had an outcome you didn't want.

S Right.

P And so that's your memory. And so we can twist our theology to say, well, I prayed, and it didn't work for me.

S Right.

P But that's not what we're called to either, though, is it?

S No. We're called to believe... It says, blessed are those who believe without seeing.

P Yes.

S And, also, the Bible says God is a healer. And just because some people aren't healed, we don't know why, there are so many... We just don't know why. But we don't necessarily put it on God. I feel like He receives them home...

P Yes.

[00:32:47]

S Because He's sovereign, but I don't believe He planned to take them home either. Maybe I'm wrong, because I can't think for God. But I just really believe also that we shouldn't throw in the towel, and that God is pleased when we have faith, even when the outcome is not what we want. It still pleases Him, and it's still a powerful force. And I really feel like I had a better week. I could've had a really bad week.

P Yes, because there's that moment you come to of like, okay, my baby's gone. I hoped and believed, and my baby's gone. And so then you have to readjust, okay, so I'm no longer hoping, now I'm mourning, right?

S Yes.

P But sometimes we can put ourselves in this place, oh, let's just prepare myself. Oh, I'm probably going to lose my baby. I can't even be happy. I'm just going to worry. I'm just going to live in fear. And so then you can spend the whole time being there in the grief, or hoping and believing, and then you have to make the decision, okay, I can grieve, but I can deal.

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

S I'm Serene. This is the PODdy with Serene...

P And Pearl.

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

[00:34:05]

S You know, Pearl, it's interesting, because you think if you would practice the grief and practice the lack of hope, that you'll feel better when the outcome is bad. You'll be so used to it you'll be so, what's the word...?

P Accustomed?

S Conditioned...

P Yes.

S In your mind that will be easier to receive the bad news. I actually think opposite. Because that first week when I was thinking that there was no hope, the first part of the week, I was thinking there's no hope, and I was basically saying, well, blah-blah-blah...

P Yes.

S I was having a really bad week, and I was feeling really pretty down about it. But remember that day, two days, I decided, no, I'm not going to decide, I'm not even going to decide until I see the negative test or see a test that it's not there. I'll align my heart with God then. But until then, I'm totally beyond all symptoms, beyond heavy bleeding, beyond everything. I'm just, just believing.

P Yes.

[00:34:56]

S Well, when I found out my baby was gone, I found it easier after the faith than even the feeling of preparing for it, preparing for the bad news. It's like faith prepared me for the bad news. Is that weird? I don't know. It just made me...

P It's so weird, but it's so cool, though.

S It just made me emotionally healthy for it somehow.

P Because it was healthy and positive all the way through.

S Yes.

P Fear is never healthy. Yes, it's natural to humans, but that doesn't mean it's healthy.

S Yes.

D Some women wait three months before they allow themselves to get excited or announce that they're pregnant. Do you do that?

S No, and that's why I'm so happy that we're doing this PODdy today, and that's why I even said to you guys, why did you have to know that we were pregnant before this PODdy and before we decided to have a PODdy about it? I was just like, I want you to know, because you're close friends of mine, that we were

having a baby because I want this baby to be celebrated, because it does exist, it's reality. And I feel like if we don't let ourselves get excited about it or let family members know, it's almost a disservice to the baby even though no mother would dream of doing that. And I hope I'm not disrespectful by saying that, but I feel like every baby...It just shows the reality of when life begins, if we allow ourselves to celebrate life. It's like, would you stop celebrating a six-year-old if they die? You know what I mean?

D So you're saying to pretend the baby doesn't exist in order to manage your emotions...

S Yes.

D Is counterproductive, or at least is not really the...?

S I understand why the women doing... Because pregnancy is such a vulnerable time, especially in the first 12 weeks.

P It is. The first three months...

D Yes.

S It's such a vulnerable time.

[00:36:33]

P There's a lot of loss of babies.

S Yes.

P But you're just choosing, your personal self, you're not saying for anyone, is to celebrate every baby that God gives you.

S Yes.

P And, you know, you could look at your age and say, well, hey, 43, miscarriages are even more now. It's not because...

S And not planning...

P No, but you don't have to believe that.

S Yes.

P But all I'm saying is, for you, if God chooses to bless you to carry life, you're going to celebrate it.

S Every time, and I'll still take those early six days, early tests, to make sure I know every life that I conceive. Because I'm just like, I'd rather know and celebrate and plant a tree... And my husband was like, well, let's plant a tree for each of the babies. We lost a baby 18 years ago, the one I was saying, in the rosebush, but we don't live at the place any more, so we're going to dig it up and bring it to our house where we live now. And my husband's like, let's put them in the plot where

my father's buried. And I thought, oh, that's a beautiful idea. But I'm like, I can't do it, Darling. I can't put them in a graveyard. I can't. I'm putting them in the play-yard where I play and where I'm swinging my babies every day.

D Yes.

P Yes.

S So I want to celebrate. And so there's going to be a tree for this baby and the one for 18 years ago. And so I just feel like I want a tree for every baby, and, prayerfully, I will never lose another baby. I never want to go through that again, even though it was a beautiful time as much as a hard time. But I just feel like life is so precious, and if I'm going to believe that life exists at conception and is just as precious at conception... I mean, life at conception is the promise of everything. And it's kind of what we've said before, and I told Pearl today on the text, I said, it's like I know it was so tiny, but it's like the quantum world is so tiny, but it's bigger than it all.

[00:38:14]

P That's so true.

S I said, I know...

P The littlest things are the most powerful things, so why shouldn't you celebrate?

S I was only pregnant for a week, but it was like, well, it was two weeks, but a week when I knew, but I was like, it's so big to me, that... It was non-seen to my eye, but feels bigger than... I have such a connection to it. It feels bigger than anything I can see right now.

D Do you feel you could...? I don't know how you guys do it in your household. You hear people talking about, we're trying to get pregnant, or whatever happens happens, we're not trying not to get pregnant...

S Oh, I love to try.

D Yes. But so where are you at today?

S Oh, yes, my thoughts were never, in my head, like, okay, moving on, let's try for another. I felt my brain never went there. Because it's like I do not want to move on, like move on to a new boyfriend, kind of thing. You know what I mean? Like that didn't work out, let's go on. No baby will replace this baby that I lost. I have tender thoughts. I'm like keeping that pregnancy test, like Pearl kept hers. So I'm not moving on from this baby, but I want life in my womb, yes.

D Yes.

P See you, everybody.

[00:39:35]