



Trim Healthy Podcast with Serene and Pearl

Episode #195 – Serenes Hope

(AIR DATE: 10/21/2020)

*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 · J = John

[00:00:00]

- P Did you know that 30 million, that's 30 million women are impacted by weakened or thinning hair? If you're among them, and I've been among them before, just know that you're not alone and that there is a solution that you can trust to deliver results and it's natural.
- S Look, thousands of women have taken back control of their hair with Nutrafol. The great thing about it is it's so natural, there are no chemicals to it. And not only do you get lustrous hair, you do not have to worry about consequences to your actual body.
- P Body, yes. Because a lot of hair loss remedies, especially ones sold over the internet...
- S They affect your hormones.
- P They have side effects. Nutrafol offers two targeted formulas for women that are clinically shown, clinically, to improve hair growth and thickening with less shedding through all stages of life. And listen there's many stages. After babies, your hair can thin. When you are losing weight, your hair can thin. Sometimes through sicknesses, illnesses, many things.

S Healthier hair growth takes time. So, you don't expect this to work in a week. So, don't shove it into the back of your cupboard if you think, oh it didn't work. No, you'll begin to actually experience thicker, stronger, faster-growing hair in three to six months.

[00:01:13]

P And that's clinical studies backing that up. So Nutrafol is physician formulated to be 100 percent drug-free. They use medical-grade botanicals in consistently effective dosages, so you get the most reliable results. Listen, Serene and I, we don't usually talk about supplements on our show, but we were really cool with this one and the one, Serene looked into it deeply, we really like what is used here.

S Yes, so visit nutrafol.com and take their hair wellness quiz for personalised product recommendations. That's the cool thing, because you can find out exactly the system that you need, that your unique hair need is, just know that it is taken into consideration, so it is going to work specifically for you. And in the clinical study, 86 percent of women reported improved hair growth after six months, so this is tried and true.

P More than 1500 doctors Serene, they recommend Nutrafol.

S You're going to get free shipping too, which is pretty great on, get this, every order, not just your first. Get 20 percent off at nutrafol.com. Spelled N- U- T- R- A- F- O- L.com, use the promo code: trimhealthy.

[00:02:25]

P Go to www.nutrafol.com, did you spell that Serene? It's N- U- T- R- A- F- O- L.com and use that promocode, trim healthy, because then you'll get that 20 percent off.

S This is the PODdy with Serene and Pearl. Get it right: P- O- D- D- Y.

D Welcome to the Trim Healthy Podcast with Serene, Pearl, and Danny.

P Wrong chords Dan. Play the right ones...

D My chords are what I feel like I want them to be Pearl, because I'm playing this guitar, and you're not. So, we've got, as usual, a great show for you and we're so grateful that you've tuned in once again, years and years later the number one health podcast of yesteryear.

P Of whenever.

D They're not even with me. Is anyone going to...?

S I am totally with you.

P Speak it.

D I'm leaving audio space for you to interject, that usually is where you cut me off anyway, so I don't know what to do.

P Sorry, I was trying to send a text to John.

D I don't know what to do at this point.

[00:03:36]

S Okay, well here we are.

P Serene is taking over us today she's got stuff to share.

S Well, you're our fam, all our listeners out there. You're totally our fam and maybe we overshare.

P We do overshare.

S Maybe we think you're our fam and we go too deep with details, but that's where you are in our hearts and we're just really open about stuff. So, if you're listening to these PODdies in consecutive order you just heard Pearl's vacation into the eye of the storm, and you heard about her experience. So, I'm going to tell you about an experience that I had on the same day.

P Yes.

S The amount of breath already, just because, I don't know, my heart's pounding and all that kind of stuff. Anyway, so we had planned on sharing with you some other news coming up here pretty soon, but I have different news to tell you. Yes, anyway.

[00:04:35]

P You can sit here and cry, it's okay Serenie.

S No, I've done already a lot of crying, I know I've got a message. I can go home and do that. I have a message and it's a message of hope for anybody who, and it's not even who's been in my predicament, who's been in many predicaments in life that keep you wanting to be connected to a dream that was in the past or to something that you keep looking back to. And you're held in the past because the past seems brighter to you than your today or your tomorrow. I want to speak to that, so I don't want to get side-tracked with all my emotions. I found out that I was pregnant in Florida, in August.

P For the second time, because she lost...

S Because you heard I had the miscarriage. This time I got pregnant, three months later, so excited and...

P Hold on, let's go back because this time it was a sticker. You were sure of it and you were so sick. We were keeping it a secret because we were going to do the big reveal and everything.

S Every PODdy that I came to share here I was wanting to lay down on this couch and just, I was so nauseated. I was nauseated from about three and a half weeks in. I knew I was pregnant because of the sickness, which usually comes around seven and a half to eight weeks, but it was bam. I did the six-day early test, and it was dark, and I was like, this is a sticker, I'm so excited. So, I never even had a fear of losing the baby, until we went to the wedding. Megan and Noble's wedding, a couple of weeks back now, a week and a half, or maybe it's even sooner than that, a week and two days.

P Well when this plays it'll be two weeks.

S Yes and everything was fantastic. I just felt weird twinges in my back, it was just a little bit weird, and then the next day just, whatever, noticed something that I was thinking, oh well it's probably nothing and it totally stopped. Like a tiny bit of spotting, but it wasn't fresh, it was nothing. I was like, that's totally nothing. It happened with Solace's pregnancy, I'm like, oh it's nothing. I called the midwife and she said, no it's probably nothing. It's probably easily explained, but we haven't heard the heartbeat yet, so come in, and we'll do a little ultrasound because then we will relieve your mind. You don't need to be worrying, you've already had a miscarriage. So, I came in and I was expecting to hear the baby's heartbeat. So, the ultrasound saw the little baby and I'm almost 11 weeks at this point, so I've gone through this, almost this full trimester of sick, and every second of the day, all the through the night I was sick.

[00:07:00]

S And every time I would get up to go to the restroom, which was all through the night because I was really, these hormones were surging. My whole world was around this baby and all my children's world. My little two-and-a-half-year-old, she weaned for this baby. I said, you've got to share the milk with this baby. Anyway, so she weaned for this baby, and nursing was her life. We were all so excited. But I was laying there and they're like, we're so sorry, there's no heartbeat. You could still be very pregnant with a live baby you've just got your dates wrong. And I know my dates and I know when I got two bright pregnancy tests way back when. So, I'm like, there's no way I've got my dates wrong. And they're like, are you sure about that? And I said I'm sure.

P Didn't they take your hCG levels though and it said about 12 weeks pregnant?

S Everything looked like, all my hormones were high. I wasn't 12 weeks, I was almost 11 weeks, but there's more to that story. So anyway, what had happened was my baby had passed to Jesus four weeks before and I had been carrying this pregnancy. My body didn't want to give up the baby, and I was very pregnant, very nauseated this whole time. But my baby was not even alive, and I didn't know it. So, I came home, and I was devastated, but not depressed. Devastated, the loss was so huge. A lot of people may not understand because I didn't get to hold this baby in my arms or feel it kick yet. But it was such a huge loss because it's part of you and it's real.

P I think so many women have...

[00:08:38]

S Yes.

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

S 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. With our husband, with my husband, no start again.

P Buffy and you have a husband.

S Start again.

P No, that was good. I'm leaving that in. Buffy makes bedding that is earth-friendly and cruelty-free. 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.

[00:09:16]

S Literally listen, I was looking into it when I was having my new baby. I was like, well I'll start getting some natural bedding to help with the breathing and everything. When you look at the chemicals that people put crazy in bedding. And we sleep right next to our faces, next to it. Buffy's products they use sustainable and recycled material, and they use a hundred percent plant-based designs. Eucalyptus fabric is the key fabric that they use, and it is so incredibly soft on 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.

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

S Let me tell you how much I love Buffy. I have bought 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've had my Buffy every night, my Buffy is also my movie watcher.

S You too.

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

[00:10:37]

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

P I doubt they're going to hate it.

S You're going to love it. My husband, he's very picky about comforters, very picky. He didn't even know that I had bought it, and he was experiencing it and he said, oh my goodness what is this? This material is the softest material I have ever felt in my life.

P You guys have to try it for yourselves. So, for 20 dollars off your Buffy comforter visit buffy.co, that's B-U-F-F-Y. C O and enter: trimhealthy. That's 20 dollars off your Buffy comforter at buffy.co enter: trimhealthy. I love my Buffy.

S This is the PODdy with Serene and Pearl. Get it right, it's.. P-O-D-D-Y.

S I did journal a little bit, and I never journal. I have bought 17 beautiful journals with leather-bound covers and little leather straps that have clasps on them and everything and have never done anything. But this was like, I have to get all these thoughts out, and God gave me a revelation. This revelation is what I want to bring to you today, and it's about longing. I want to bring that to you today. Do you think that's weird if I read cringe-fest? If I read four pages of this?

P I don't think so.

S I say me a lot because I'm writing to myself. Then I say you a lot, I'm not meaning you, listeners. I'm one of those people who when I think, I think out how we as a people of this world, what would make it a better place for us. So, when I say, you, I'm meaning that, okay? I just said, I miss my sweet baby here with me, but I can't long for yesterday, because the baby isn't in yesterday anymore. I say he because I thought it was a boy. He was, but he has moved on and I need to as well. The baby is in today and in tomorrow, this is where I need to be, in the present and in the future as I look forward to it. Yesterday has only memories, no state of living, no verb of living, no true life. And I can cherish beautiful memories because this is the fruit of thankfulness and gratefulness. But all negative memories I'm not going to remember anymore because they don't breed thankfulness, but only dark, despondency and death to the present. So, all yucky memories I'm going to trash. I was thinking about that because, well I'll read the journal. So, I don't go back and revisit laying on the ultrasound table all alone, because my husband wasn't there, and then hearing the words of Tara and seeing the still screen. I'm not going to revisit that anymore. I'm going to resist.

[00:13:16]

S I will not revisit my awful drive home with my mind racing. I will not look at the contractions and the bleeding as horror and for nothing, but as an honor and as a rite of passage to bring closure to the graduation of this precious eternal soul to heaven. I do not see it personally as I pass this baby in miscarriage, but as a birth into heaven. It is an honor to birth it into heaven. These pains are sacred not traumatic, they are meaningful and not meaningless. A sign that I carried life the blood covenant of life. So, I don't look back with longing for what I had, because in my brain what was bringing so much pain was looking back. The moments I imagined, like I imagined when did it pass? When was its whisper of goodbye? I wanted to look back to the time when it was alive and living inside of me. I'm off now, I'm not even reading my journal, I'm just talking. But I was constantly going back and looking back. And I realized I'm not going to look back with longing for what I had, but I look forward with longing for what I still have. I don't long for yesterday before the news, before the sad event, because I wanted to go back before the wedding. I wanted to go back to the wedding itself when I was pregnant and dancing around with all my extended family. So excited and thinking about the next wedding we were having soon. Which was going to be my own daughters. Imagining me very pregnant there and excited about the new baby to come. I was going back; I was constantly going back. I'm going to continue reading here. I long for what is the future of this life. That cannot ever be lost, I long for when we will be reunited. I had a realization that everything good can be perverted, and I'm reading here, so if it sounds weird I'm reading from my journal. Longing is inherently good, it is a desire, a natural God-given emotion, but it can be perverted and used outside of its intention. I don't believe, I'm talking to myself, we should ever long for the past. Longing for the past brings death and disappointment and discontentment into the present and cancels out a longing for a new hope for the future. Longing for the past is having a graveyard of memories instead of a thankful, sunlit hall of memories. I can't go forward if I am wishing to go back. God is a living God. He moves in the now and wants to weave of me a glorious tapestry of my future. But old things have passed away and behold all things are new. The journey I was having with my baby yesterday has changed, it's a different journey today. I can't thrive or get on God's sovereign path by wanting the roads of yesterday. I courageously with God, choose, yes. Yes, it's a choice. I choose to journey with where he is leading me and my children, and my present and future today. I can't long for the old life in Egypt like the children of Israel did, looking back with wishes to return. I have to embrace the provision of manna, God's fresh provision, his fresh table for today, his portion for me today. Manna means, what is it? This present portion, or the table, or the cup I drink today may seem like a mystery to me and something I can't understand, or I didn't expect. But it is what God has chosen or has allowed to nourish me.

[00:16:30]

P That's so good.

S It may not look like nourishment to me. The children of Israel wanted the quail and the leeks and the onions from Egypt. The small, seed like, quirky manna didn't look like nourishment, but it was divine food perfect to sustain, and grow, and make them thrive. When they chose to embrace the, what is it, they didn't get weary and they walked through the years of the wilderness without one of them wearing out. The leeks and quail could not have done this miracle. We need to partake, so when I talk about, we, I'm not talking about you. I'm just speaking to my journal. We need to partake of what's fresh to not grow weary in the wilderness of life. And the reason why I was writing that is, what was fresh for me now is this new journey with my baby. I can't go back to what I thought was provision. This is a wilderness time for me and he's going to sustain me with it, but it's a mystery. This new journey with baby is fresh. I know my baby lives. I know my baby is eternal, and I have to keep looking for that longing and not long for what was. So, I continue, and I'm almost done. We can't eat from yesterday's stash of manna even, like the children of Israel, because it would grow maggots. So, I choose today to drink the cup of today with gratefulness that God will sustain me through it. Yesterday's cup is not living water it's too stale for today. Fresh is the best. We do our best to nurture life and health and every aspect of our lives. We do our best to learn and choose that which begets life. We live by faith, and righteousness, and the wisdom of the Lord. And then we leave the weaving of his sovereignty, and we rest. Because that is what I was dealing with, what did I do wrong? You know, what...? But I did my best. I chose life in every area of my life. I have to leave it to sovereignty. I don't know why, and I don't want to ask why, because I think, "why?" is a victim question. Graham Cooke taught me this, he's like, don't ask why, people. The question is to ask, what does this mean for me now? Because "why?" is a victim question. So, I held onto that and was like, God I'm not going to ask you why because I'll find that out in heaven, but I'm going to ask you, what are you to be for me now? So, that's where I was. Then I say, we have to leave the weaving of his sovereignty and to rest. We eat the manna he daily provides and know he is working it for our good. I choose to hold his hand and walk the fresh unknown trail of today. I look for his goodness. I will awake myself to his goodness along the way. His goodness follows me, it doesn't get trapped in the past. I press into courage, to live in today and long for the desires of tomorrow, not yesterday. I'm reminded Pearl, and I wrote this in the journal. I'm reminded of that movie comedy that Pearl took me to, and I don't know the name, but I put it in a little quotation, this is where you live. It was a dance movie. You know the one?

[00:19:19]

P Hitch.

S Hitch. It was not a good movie, don't take your children to it.

P It's a good movie.

D Nor is it a dance movie.

P It's the best movie.

S There was a dance. This guy was like, dancing at this place and he was like, this is where you live. This is what I feel like the Lord's saying to me. He used that movie that Pearl took me to, that we also took our Mum, and we were very uncomfortable sitting next to our Mum.

P Our Mum.

S Don't take your mother to Hitch, please.

D Oh my gosh, with that question.

[00:19:41]

P Yes, don't take your mother to Hitch.

D I can see your Mum with that question mark on her face.

P If your mother is like our mother, don't take her to Hitch.

S But I felt like the Lord...

P That.

S I felt like the Lord say, Danny's doing our mother's face he's doing it very well. I feel like the Lord said to me, this is where you live.

P That's good.

S This is where you live. It's a dance move, and I'm like, I can be joyful because this is where I live. This courageous living in today and embracing the newness, even the uncertain mysteries of today, is where I'm going to truly live. We can't live inside yesterday ever again we can only die inside if we hunger for yesterday. I'm not saying I can't, I'm still journaling, it's just rambling, a constant stream of consciousness. I'm not saying I can't be thankful in memories, because thankfulness is the fruit of truly living in the day because it's counting our blessings and fueling joy, but hungering for yesterday wrecks our metabolism for hope. And then, that was my journal. Then I wanted to write some things that relate now to our journey that have nothing to do with losing a child.

[00:20:46]

P That's good though Serene, I loved it.

S It was cringe reading from my own journal.

P It wasn't cringe.

D Not at all.

P Not a bit, a lot of women have experienced miscarriage, loss, and other things.

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

S Serene

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S This is the PODdy with Serene, and Pearl. Get it right, it's P-O-D-D-Y.

S The loss of the baby is just very dramatic in my life, but there is no depression attached because of the hope of the Lord. But I felt like where I was getting trapped was the longing. I was wanting to go back to before, and it was such a trap. It really was shuffling me up. The Lord was giving me this revelation, then I would go check my phone, check a message, and then check my emails. Bing. Check out what your baby is doing today now that you're almost 12 weeks.

P Yes.

S And I want to go back to yesterday, immediately. And I want to go back to before I heard the news and so I felt the Lord say, no, you've got new hopes in this journey. Where is this journey taking you now with your baby? Now I want you to hope and desire the future. You're reuniting together, your baby lives. This is just a vapor here. So, I have a journey with this baby but I'm not going to repeat the journey that I had. Unless I look back to be thankful, and I'm very thankful even for the time that I carried the baby and didn't know that it was even dead inside of me. I feel like it was a beautiful sacred time of even more time celebrating that life that deserved to be celebrated. Even if I was in ignorant bliss, it was bliss. And so that was great.

[00:23:17]

P You didn't share any of the, and you don't have to, I guess because that's your private journey, but you didn't share in the end how you waited and waited for it to come. And your body didn't want to let it go, and then when it finally did it was really quite...

S I was proud of my body for not wanting to let it go, I was actually probably egging it along not to let it go. Because even though the baby was dead, I felt close to the baby still carrying it. And I still had all the pregnancy hormones. In fact, just to have a joke with you guys, if you've listened to the PODdy about wonderful Jeffer and the wonderful experience of just looking at the goodness of God through incredible tragedy.

P When his wife died.

S He's lost his wife and a ten-week-old baby through his wife dying of leukemia. We watched him walk through it with such incredible victory, and I said to my husband, I stomped my foot down when I came home from the hospital. By the way, this is all going on at the time when I'm praying for Pearl to survive the hurricane. This is Pearl's hurricane weekend, this is what my weekend was at home. I stomped my foot down and I said, I'm a failure, I'm not even being a Jeffer. He's like, but you're a woman and you're filled with these pregnancy hormones, so you need to give yourself a break. I mean I wasn't depressed, but I was deeply upset.

P And then when the baby finally did, your body passed...

S I carried the baby until this Sunday. So, I'm sitting here talking and it's two days from Sunday and I ended up in the emergency room.

P Yes, with really bad hemorrhaging.

S I ended up in the emergency room, I thought that I was dying. Because I've gone through many labours, as you know, I've got nine live children, and never have I seen a horror movie filled in every bathroom at my home and on the way to the hospital.

P Yes, for some reason this was just very...

S And as we're sitting here I'm still walking that journey and believing that God will heal me. I don't know the end of the journey yet, but my body is still, excessively bleeding, but we'll see what happens. I have faith, I totally have faith. Anyway, I wanted to read this, not to be a reader today, but I wrote down these thoughts. So, I thought, Pearl said, yes. I said, I don't really want to share it as a weird person or weird thing, but I wanted to share the longing revelation, and I want to share why I want to share it right now.

[00:25:26]

S So, I wrote some things down about last night when Pearl said I should share it. I know that it's not just in the area of the loss of an unborn child that someone can relate to the longing for yesterday. Of course, when someone has even held somebody that they love or had memories of life with them, that longing for yesterday will of course be even more tangible and such an incredible force. But some are stuck in the past because of something that's not even a loss. It could just because the past was more comfortable than today.

S Some people are stuck before 2020. Life before 2020, they want to go back. I want to go back, not that I would really because I've got this revelation now, but before I had, I was like I want to go out in town and not see apocalyptic mask wearers. Not that I'm against people wearing masks. Hear me, I am totally fine with people who choose to wear masks, it's totally great. But it looks like an apocalyptic movie to me.

P Life has changed.

S It doesn't bring hope of children dancing through a park.

[00:26:34]

P I want to get snacks when you go on a plane again.

S Yes, I want to travel, I want to go back to Israel. I want to take my children. We were meant to be at a family reunion Pearl, remember in New Zealand, this January we were meant to go down.

P Yes, and all the people that have lost their businesses and stuff, there's a longing for that.

S There's a longing. Maybe you want to go back before a diagnosis. Maybe before knowledge of a sad event or a sad fact, before a failed relationship. Before you binged for six months during the stressful season and you want to go back. We get paralyzed longing for yesterday that we don't change or view today to embed longing in tomorrow. To that actually takes action and brings... We need a longing for tomorrow so that we have action today that makes tomorrow bright. We can't long for the life when we fit into our size whatever. Let's long with hope and the fresh action of living fully involved in today, the present, to fit back in that healthy size in the future. So, we don't long, wasn't that great, it was awesome. I was so happy when I fit into blah blah. And that blah blah, I'm saying blah blah because it's different for everybody. Healthy may be 14 for you and it may be four for someone else, but we don't look back and long for that, we look forward with excitement to that. We hope and long and work towards a healed relationship instead of saying it used to be good. We once were happy in the good old days.

[00:27:58]

P Wow.

S We look for the beauty and bloom in the era and time we are planted. 2020 is our time to shine. When the dark gets darker the light shines brighter. We remember with joy the time when we enjoyed a precious season, but we don't long for it. And I'm so proud of you too Pearl and my sister as well, and I'll tell you why. Living in the same town as a grandchild, I've heard some people say, well they moved a year ago and it's been pretty sad since then. You had Meadow and them living, pretty much all your grandchildren living right in your backyard almost, and now that's different. Now they live in a different town. Instead of longing for that season, you've looked for and made the best of the new season

and looked for opportunities to make this season, which is a little more distant, but to make that be exciting. It's the new journey, it's the longing for the new and to make the best of the new instead of pining for that old season. I love that with our sister Vange. She has ten beautiful children and when her season was up with having babies, you'd think because she did it for so long and that was who she was, that was her identity, she was the wild Mum at home. But she didn't long back for that season. She let it go and now she's the adventure women of the world. It's like, I can't imagine her being tied down to a house anymore because she's out in a kayak and out three miles in the ocean. She will look back in thankfulness and say, that was such a great season. But she's not changing that season, saying, I can't have a season just as great. I can't move on. I'm proud of you, you and her for those things. Instead of pining for the better time we delight in the now, we embrace the new road. We find the new and different ways to connect and capture the joy, we learn how to be fantastic elastic.

P That's good.

S I love that. To be able to be so elastic that we can conform, not in different morals but to conform so that we can say, hey that was yesterday and that was great. This is today may look different, but I'm going to make it fantastic because I'm going to be elastic. Yes.

P Yes.

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

S Serene

S In my personal recent pain, I look to the day of my reunion with the babies. I say babies now, that have slipped from my hands but never from my heart. The future has so much treasure for me, so why wouldn't I want to long for the future? When I look back, when it's a thankfulness, that's great. I look back with a thankfulness to have had carried that baby so long. But I have to keep my eyes ahead, I can't look back. Even, I was telling Pearl, even on the car ride here, we don't clean our cars up here on the Hilltop. Well maybe some of us do, but I don't, and I don't think Pearl has a great habit of it either.

P No.

S You're a bed maker, but not necessarily a car cleaner.

P I haven't got there yet.

S You haven't got that identity. Well, I sat in the car and I saw my smoothie cup that I had had to eat on the way to the ultrasound, and I saw the mask that I threw off onto the dashboard, because I had to wear it to get into the building. But it all brought me back fresh to the day of pain. And I wanted to, it was natural for me to go back there and have a good cry, but I refused it. I'm like, I can be tender and mournful towards my baby, but I am not going to go back to dark memories. I refuse. So, I decided to take a deep breath and to think about where they are today. Imagining them and imagining their purpose in heaven and the future for me and for them. I've got treasure there. I'm not going to go back.

P Good.

S Other relationships, other than, no sorry, actually it says revelations here, not relationships. But I do have a revelation and I'm going to preface it. I am pro-life, but I have great compassion for any man or woman who have been victims of abortion. I don't think babies are the only victims of abortion. I think that mothers are full of fear and some, many times they're abandoned. Many times, they're not only abandoned by boyfriends or husbands, but by parents, who they'd basically be disowned if they come back. I feel like they're being trapped by the great deceiver. I have great compassion. Pearl, you and I have great friends who in past seasons of their life have had abortions but are beautiful mothers of babies today, but their whole mind was in a different panic moment of fear and they were trapped. So, I have great compassion, I have no condemnation. I don't think we can separate and say, oh you were trapped in fear and made this awful decision. Well, I've been trapped in fear and made awful decisions before and sin is sin to God and I'm not going to say one is over here and condemned. When I think all of us have made decisions that we wish we hadn't made because we were put in a place of fear. So, I really want to preface that. I am not in anyway, in hatred towards those who are pro-choice. I have my very strong conviction about pro-life that's all.

[00:33:31]

P Yes.

S And I do believe it's not just the babies trapped, and many women go on after abortion to suffer great depression, and great suffering. And I feel that because I know the suffering that I feel after a miscarriage, and I know that that feeling is theirs deep down. And so, I have great compassion for that. But as I was laying there on the ultrasound table and saw the baby, and it's the kind of ultrasound that's a little more invasive because it was...

P The vaginal one.

S Yes, the smaller. I was laying there, and the atmosphere wasn't good in the room. Maybe there was this feeling like something was wrong, or it was a small room, my husband wasn't there. And I had this feeling like I was connecting to women who have had abortions, it was this weird thing, and then I saw this little, still baby on the screen, and my heart was so broken, and I felt vulnerable and so invaded too.

S It was just this incredible feeling of loss, and I came home and told that to my Dad, it's such an awful loss. To see this baby with just no movement. It's this beautiful little baby but still. And he said Serene, I'm wondering if that's how God feels. You've felt this pain once, you've only once had experienced the still picture of a baby. But is that what God's had to experience 63 million times in America alone? Because he's the great Father. I mean you're a mother, but parenthood has been birthed in the heart of the father. It just made me realize that life is precious, and this is nothing like I said, and I prefaced it with great intensity of sharing my heart. This is nothing against anyone involved in the other side of things. But life is precious and so, that's why I don't think it's even about whether you like somebody in an election or whether you like this personality better, or this personality is vulgar, or this personality is whatever. I just feel like right now I'm moved to put my name on the side of life. Because I just saw God having to go through that, like I have a purpose and I have a plan. You might remove this from the podcast, but I just felt that was a revelation that I had, and I just felt like I wanted to share that. But I had also just two more things to say. We're 29 minutes in, I feel like I can say this. This backtracking a little bit, back to the longing and not looking back. And some verses that God gave me, which was so incredible. It says here, in Psalm 139 verse five to seven, let's see if I can pick it up. I've earmarked my page, so just hold on people. Here it is. This is, five to seven, okay, here it is, you've gone into my future to prepare the way, and in kindness you follow behind me to spare me from the harm of my past. With your hand of love upon my life you impart a blessing to me. This is just too wonderful. Deep, incomprehensible, your understanding of me brings wonder and strength.

S And it was so huge because I felt like God's saying to me, I've gone into your future, I'm preparing a way, look forward, look ahead Serene. In my kindness, I follow behind you. I'm going to stand between your past and you, I'm there. So, every time you look back you're going to feel thankfulness because I'm going to protect you from all the pain. I'm standing there, when you look back you're going to see me. And it said to spare me from the harm of my past.

P Wow.

S And I realized, if I'm going to look back, I'm going to be harmed by my past. Because right now, in this mourning process every time I look back I'm brought to tears because I look back at that joy that's been snatched. But no, he says I've gone ahead into your future to prepare a way for you. That's why I felt like, I walked into the PODdy and they were like, how are you? And I said, I'm very blessed, because God's given me some great revelations. And that's the beauty of God. He is a Father, and he loves to give drink to the thirsty, and a lot of people are thirsty.

[00:38:05]

S And that's a great thing because he gives that living water so that we'll thirst no more. And I sure was thirsty when I came home that day. Thirsty emotionally. Normally when in town and am going to drive through to Nashville, I'm like hey let's hit Whole Foods, let's get a little treat. I'm a big girl, I drove on the highway, I want some gouda cheese for my drive home. I'm like, I don't want to go into Whole Foods, I don't want to go anywhere. I was speeding down the highway just my mind racing. I'm sure I wasn't causing accidents, but I was just focused, it was awful. But I came home thirsty and he fed me, he gave me that living water. And then just one more verse in closing...Psalm 139:23-24. It's just up a little way here, it says, God I invite your searching gaze into my heart, examine me through and through. Find out everything that may be hidden within me, put me to the test and sift through all my anxious cares. See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting ways, the path that brings me back to you. And I felt him say, the path that brings you back to me Serene is looking ahead. Then when he said, see if there's any path of pain that I'm walking on.

P Isn't that interesting.

S Yes, and all the looking back, wanting to revisit, I'm not going to go back to that path of pain. So, hopefully that's helpful to you. It doesn't have to be a loss of a child many people have lost in deeper ways than I have. Because I feel like, I'm not taking away what I've gone through, because I, it's such deep loss that I can't explain it in words. I'm not depressed, but I can't explain the deep loss, but those who've gone through it know. I do want to say the more earth suit a baby puts on the more you feel like they were meant for earth. So, those who have gone through losing children with more of an earth suit than my baby had, I mean you're amazing people and I just pray that this will have blessed you. Even if it's just the fact that you hate 2020, may this bless you too.

P So good.

J Producer John here. Hey, Serene, I wanted to let you know just from the bottom of my heart and gosh I hope I speak for the majority, if not everybody listening right now. Two, three hours ago Pearl and Lesley and I were in an exec meeting at Pearls house, and I was sitting six feet from your husband. Pearl and I were going over how we were going to schedule this recording session today, because she just got back and we got deadlines, and all. And I watched your husband Sam, when we were talking about, were you even going to be here? And he was like, without question, she's going to be there. I've had a lot of people that I've worked with and that have worked for me over the years, and I have heard every excuse to not come into work. And man, whatever the biggest, Atta Girl, I can muster up out of my heart...I'm floored that you're even here. You are an amazing human.