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**Annie:** Hi friends! Welcome to another episode of That Sounds Fun: The Seasons. I'm your host Annie F. Downs. I'm so happy to be here with you today. Today on the show, we're answering the question: did someone else cause this winter in my life? This is important. I think you're going to enjoy this one.

And also there's another new episode of Annie's MiniBFF podcast that releases today. And I just want to make sure you knew. It's part of our special mini-series over on that feed for a couple of weeks leading up to the release of *Where Did TJ Go?* It's about who we are, why we are here and where we are going. Make sure you're subscribed to Annie's MiniBFF podcast wherever you're listening to this one.

And coming in one week, *Where Did TJ Go?* releases into the world. You can order it today wherever you love to buy books. We hope it reaches every single family that might need it, and that you'd grab a couple of copies to have on hand for the next time someone you love experiences loss in their family.

It is available anywhere you love to buy books. You can go ahead and order it now. And just as a reminder at [wheredidtjgo.com](http://wheredidtjgo.com), we will sign... We. Me. I am signing bookplates for you. If you've lost a child or someone in your family, there are in loving memory bookplates. I've done hundreds so far, signing them with the children's names that are with Jesus and then my autograph. And then also we can do some that are just plain me signing them or to other children. So that is at [wheredidtjgo.com](http://wheredidtjgo.com). I hope you'll grab your copy of that book.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors, [AG1](#). AG1 has been a part of my morning routine for a long time because I love that I can knock out getting my vitamins and nutrients I need in one drink. It's just too easy.

Listen, I start my tea. While my tea is steeping, I add one scoop to a cup of really cold water, and I love to throw in some frozen lemon juice or a hydration multiplier. It truly helps me feel more clear-headed and ready for the day. And anytime I'm traveling, which is a lot, I've got their travel packs in my bag. Try AG1 for yourself. It's something I've actually been able to stay consistent with. And that's why we've partnered with AG1 for so long.

AG1 is offering my friends, new subscribers a free \$76 gift. When you sign up, you'll get a welcome kit, a bottle of D3 plus K2. I put that in there every day too, and you'll get five free travel packs in your first box. So make sure to check out [drinkag1.com/soundsfun](http://drinkag1.com/soundsfun) to get this offer. That's [drinkag1.com/soundsfun](http://drinkag1.com/soundsfun) to start your new year on a healthier note.

**Intro:** Today on the show, my friend Erin Moon is here. Y'all know we are big Popcast fans around here at AFD Inc. I honestly can't believe it has taken us this long to get Aaron on the pod.

If you aren't already obsessed with our podcasting cousins over at the PMG, then let me tell you more about Erin. She's a writer, a podcaster, a storyteller. She is the resident Bible scholar and host of the Faith Adjacent podcast and senior creative at the PMG Podcast Media Group.

And her very first book, *I've Got Questions*, just came out last week. Today, we get to talk about it along with everything from aging and makeup to doing life with people we do not always agree with.

If you're taking notes in your TSF seasons guidebook today, we are on page 18. If you don't have the guidebook yet, and you'd like to grab it, that's at [AnnieFDowns.com/seasons](http://AnnieFDowns.com/seasons). So here's my conversation with my friend Erin Moon.

[00:03:47] <music>

**Annie:** How is this your first time on my show is my real question, Erin.

**Erin:** We were waiting for the right moment.

**Annie:** Perfect right moment.

**Erin:** And now we're here.

**Annie:** I know I say this to you a lot in our friendship. I'm such a fan. I feel so lucky that I get to be friends with people I'm also fans of.

**Erin:** Well-

**Annie:** I'm a huge fan of your work.

**Erin:** The feeling is mutual.

**Annie:** Thank you. You don't have to say that. But I do. Genuinely, I love what you guys make over at the Popcast. I'm just such a fan of how y'all weave faith and culture. Sometimes it leans heavier one way, and sometimes it leans heavier, heavier the other, and I just love it.

**Erin:** We try not to take ourselves too seriously. Try to take maybe the faith portion seriously. And then on the podcast, you know, taking the information seriously. But we're not taking ourselves seriously.

**Annie:** Thank you. A couple of things you and I need to hit right off the bat. Nail color, lipstick color, how do you choose?

**Erin:** I think it's vibes for me personally. I like to experiment. I like to play. I'm a soldier for color theory now because it has changed my life.

**Annie:** Same. Changed my life.

**Erin:** It's made my life so easy.

**Annie:** It is so easy. And people think you look like a million bucks.

**Erin:** You look like an angel.

**Annie:** And it's everything's different because I'm wearing the colors that are-

**Erin:** Nope.

**Annie:** ...that our moms knew in the 80s.

**Erin:** They knew.

**Annie:** Who knew? How did this go out of style?

**Erin:** But I do wish that we would still go to a department store like to JCPenney and they would lay all of the colors on you.

**Annie:** You know, that's how my mom and my sisters got it done. They went to one of those.

**Erin:** That's how my mom did it.

**Annie:** I didn't get to get colors laid on me. I did the pictures.

**Erin:** Yes, I did the internet version.

**Annie:** Here's me also. Well, you know what I care more about how it looks on the internet.

**Erin:** We're not really worried about what's happening.

**Annie:** Yeah, in person feel what you feel

**Erin:** Who cares?

**Annie:** The majority of the world sees me via Instagram.

**Erin:** So you got to have the right color.

**Annie:** That's exactly right. So has that affected your lipstick?

**Erin:** Yes, it has.

**Annie:** Same.

**Erin:** Well, and we probably will have to cut this but you know, your perfect lipstick is the color of your nipple.

**Annie:** We cannot cut that because I've never heard that before.

**Erin:** That's true. Yeah.

**Annie:** Wow. I don't think we have to cut that. We'll double-check. I mean, that's true for men or women. We all have them.

**Erin:** Right. That's true.

**Annie:** But that's your perfect lipstick color.

**Erin:** That is supposed to be your perfect lipstick color. Like your perfect nude kind of every day.

**Annie:** How does one at a store-

**Erin:** You know, that is personal between you and your God. And so whatever you need to do to figure that out-

**Annie:** That's what I'm wondering is how do you... When I'm in Ulta, there's no photograph I can pull up or any other way I can compare directly.

**Erin:** You know, Sephora has a great return policy. So you can just maybe buy a few, take them back to the privacy of your own home, do some color testing. And then you know, what doesn't work can go back.

**Annie:** I do think it's very interesting that people return makeup.

**Erin:** Oh, I do too.

**Annie:** I can't talk myself into doing it. I'm just like, "Well, you spent \$14 on that lipstick."

**Erin:** You did it.

**Annie:** "I'm sorry you don't like it."

**Erin:** Yeah, I know. Absolutely. But you know, they have a very great return policy.

**Annie:** I just did not know that.

**Erin:** Yeah.

**Annie:** Okay, I should try that. My next biggest question about lipstick is, the thing I really find myself some would say tortured by in this winter season. How do you store your lipsticks? I feel like I don't see ones that I would pick because they're in a caboodle.

**Erin:** First of all, are you actually using a caboodle?

**Annie:** I will send you a picture. I'll post a picture. It's purple marble.

**Erin:** I love.

**Annie:** It's my caboodle from being a teenager.

**Erin:** I mean, I think a caboodle is a perfectly acceptable way.

**Annie:** I can't see all the colors. I feel like there's got to be something that other people have figured out where you can see all your lipsticks.

**Erin:** Yes, there probably is. I don't know that I have enough for it to be like a really intense collection that I need it to be. Now, nail polish, yes. I have a-

**Annie:** You're an Olive and June stand.

**Erin:** Listen-

**Annie:** You're an OG Olive and June.

**Erin:** I am. Since they were naming polishes after me, the more I've been there. I love it. It's wonderful.

**Annie:** Do you always do your own?

**Erin:** Yes. I mean, since I started using them. Listen, their tab press-ons are the best thing.

**Annie:** That's what I've heard. I've heard they're unbelievable.

**Erin:** They're incredible.

**Annie:** This is a reverse sponsor as me and Eddie call it where they aren't paying us. We're just talking about what we love.

**Erin:** But they're great.

**Annie:** But they're great. I love Olive and June. I don't enjoy painting my own nails because I'm not good at shaping them myself. That's always my problem.

**Erin:** Yes, I agree. But, you know, they have like a little boot camp that you can do.

**Annie:** On how to shape?

**Erin:** Mm-hmm. Yeah. Listen, they've got it all.

**Annie:** See, that would really serve me. If someone would teach me how to shape my nails well, I could be okay with not getting them done.

**Erin:** And they have the gel now. That's really right. I mean, I feel there-

**Annie:** So where do you store your nail polish? Do you have those stood up somewhere?

**Erin:** No, I have these... They're like tackle boxes and they're two sided. So there's a wall of nail polish on one side and a wall of nail polish on the other side. And they're like little carriers.

**Annie:** Adorable.

**Erin:** And they live under the bed.

**Annie:** That actually sounds like what I could do with my lipstick.

**Erin:** You could, probably. The one that I have is not tall enough for lipsticks, but I mean-

**Annie:** Is this from a container store?

**Erin:** I don't remember where I got it. I assume something like that or, you know-

**Annie:** Just talk to me about teaching your daughters about lipstick and nail polish.

**Erin:** They don't want to wear it.

**Annie:** Oh, they're just not interested.

**Erin:** They don't want to wear it. They definitely don't want to wear lipstick.

**Annie:** Okay. Do they wear makeup at all?

**Erin:** Yes. But got to be fresh-faced. They do not want a heavy look at all. I mean, I did one of their makeup for like a dance, and she took it all off because she was like, "This is not me." And I was like, Okay, well, I'm glad that you know that. They don't need it. They're sparkling and they have so much collagen. The cheeks are juicy, and there's nothing wrong with it. But they do like to paint their nails.

**Annie:** Do they use yours? Y'all share?

**Erin:** No, they wait for their grandmother to come into town, and she'll take them to get a dip. That's what happens.

**Annie:** That's exactly right.

**Erin:** One hundred percent.

**Annie:** Let's talk for just a hot second. This is not on the list. You can tell me note any of this aging because fresh faced. I just got my first bottle of Jergens Firming Lotion. Have you gotten into the firming lotion game yet?

**Erin:** I have not. I have just recently got a red light LED musk.

**Annie:** I really think I want one only because of Jamie.

**Erin:** Well, yeah. And that's the thing. Jamie is my pioneer, and I'm going to follow her on the organ trail.

**Annie:** I'm probably a year behind her. I'm still in Boston.

**Erin:** Okay.

**Annie:** And I'm watching her... She's way across Mississippi.

**Erin:** She's gathering supplies.

**Annie:** Yes. Yes. Yes.

**Erin:** Absolutely.

**Annie:** So do you like that? Can you tell a difference?

**Erin:** I just started maybe like four weeks ago.

**Annie:** What's supposed to happen?

**Erin:** I don't... I think you're just supposed to be prettier. I don't really know.

**Annie:** We need to phone a friend.

**Erin:** No, we do.

**Annie:** What's supposed to happen?

**Erin:** I think maybe it's like encouraging collagen growth. Jamie is dying right now because we're wrong. Whatever we're saying is wrong.

**Annie:** I'm like, does it make your skin puffy in the right way?

**Erin:** Maybe.

**Annie:** That's collagen growth.

**Erin:** Maybe.

**Annie:** I haven't done that yet because I can't quite figure out when I would do it. Because is it like an hour?

**Erin:** No. Mine's 10 minutes.

**Annie:** Oh, I'm doing it.



**Erin:** 10 minutes on my face and 10 minutes on my head.

**Annie:** What?

**Erin:** Because it stimulates hair growth.

**Annie:** Fascinating.

**Erin:** I do know that.

**Annie:** So you slide it up and slide again.

**Erin:** Mm-hmm. That's right.

**Annie:** Do you have more hair? Four weeks. Can't know.

**Erin:** Well, again, I just started. So I don't know. But Jamie swears that she has more hair.

**Annie:** Okay.

**Erin:** Yeah.

**Annie:** Put me in a price range. Are we talking 100? Are we talking 250? Are we talking up?

**Erin:** We're talking up. This was a saving. I'm going to save for this.

**Annie:** Also, buy what you want.

**Erin:** No, yeah, buy what you want.

**Annie:** But I'm just curious if this is like I should think about this or I should try this.

**Erin:** I think there are versions of it that are maybe less expensive, but I don't know that those are working, frankly. I honestly don't know what the other one's working. But it feels like maybe it has little more oomph.

**Annie:** Every day for ten minutes?

**Erin:** No. Every other. Well, you like work up to it. You got to like do like every-

**Annie:** Train yourself.

**Erin:** ...three days and then every two days.

**Annie:** Well, then you should definitely see a difference if they're telling you cautiously move forward. It's like retinol. Like when you first start retinol, you can't just slap it on.

**Annie:** I know you think you can. And then it burns.

**Erin:** And then you're like, My face is falling off.

**Annie:** You're like, this didn't feel this way yesterday. Why is it this way today?

**Erin:** I don't know. Why are we even doing it? I mean, I like doing it. It's fun for me. But I also want to embrace being an old person.

**Annie:** How do we do that, though?

**Erin:** I don't know.

**Annie:** I don't know either.

**Erin:** I don't know. Part of me is like, Let my hair go gray. I want it. I want the gray. My husband has this incredible gray hair. It's amazing. I'm furious with him that he has it. But every time I go and I sit in that chair and I'm like, make it blonde.

**Annie:** So some of what I tell myself is my firming lotion is the example on is because I'm not married yet and therefore I'm still on the catch and release.

**Erin:** You're trying to keep it tight.

**Annie:** Yeah.

**Erin:** I got it.

**Annie:** But then I had this long conversation with one of my friends in line at Publix this week and we just happened to be in line next to each other. And she was talking about how she wants Botox, but her husband doesn't want her to get it, but how much she wants it.

**Erin:** Okay.

**Annie:** And I thought, Oh, I keep hearing this for married women that they are caring and their husband isn't. And I'm out here on a catch-and-release plan thinking this is part of the system.

**Erin:** Yeah. I think it depends on like-

**Annie:** Certainly.

**Erin:** you know, what your what your deal is. I think we all have to decide where our line is. You know, like where are we going to go? I keep telling Ben, and no one can see this, but I keep telling Ben, If I could just get a little right here. He's like, that's a facelift. I don't know if you know that. I'm like, Oh, yeah, you're probably right. So I'm trying to embrace it and also I'm doing the red LED mask. So whatever.

**Annie:** You know, it's a complicated thing. Because we also have public faces. There also is the... we are showing the next generation, whether it's... everyone listening has a public face, but your children are watching how you age.

**Erin:** Absolutely.

**Annie:** The internet is watching how everyone ages. You and me and our followers and our friend Katie, who's listening wherever she is with her amount of Instagram followers that are all her friends in her small town. We're all still watching each other age. So there feels like a little pressure to make sure I'm aging in a way that looks like I'm aging.

**Erin:** Yes. Because I want to be aging because that's a privilege. Right?

**Annie:** Sure.

**Erin:** Like, what a gift to get to age. But also, can I not have the saggy jowls while I'm doing it? I don't know. I don't know.

**Annie:** What's wrong with the jowls?

**Erin:** There is nothing wrong.

**Annie:** I can't figure it out. I know.

**Erin:** There is nothing wrong.

**Annie:** I know.

**Erin:** Patriarchy. That's what it is. It's the patriarchy.

**Annie:** But it's not because the men don't care, supposedly.

**Erin:** I think they do. I think they do.

**Annie:** Oh, okay.

**Erin:** Maybe that's an outlier. But I think they do.

**Annie:** Everything's a bell curve.

**Erin:** Yes.

**Annie:** Everything is a bell curve.

**Erin:** So true.

**Annie:** Probably for five or six years, I have thought... Obviously, I've been in my 40s for four and a half years. I think, okay, for the rest of my life, I get to think about, how do I want to get older in front of people?

**Erin:** I mean, it's a thing.

**Annie:** Yeah. It's just really... back to where to store my lipstick.

**Erin:** And it's not just your face, too. It's like your whole body. If I stop my workout routine, like if I take whatever, I'm in physical pain, because I'm like, I don't want to do any of this. But I also want to be able to walk around with, if I ever have grandchildren. I want to be able to do that. So it's like you're just constantly thinking about the upkeep.

My friend Erin calls it the obnoxious maintenance of being a person.

**Annie:** Yeah, that's it.

**Erin:** Which is 100%.

**Annie:** That's it. Because I just have been working very hard to get be able to kneel again. So I do a ton of leg workouts, because I have proven to myself for the last three years that my knees needed more support than I was giving them. And so it has been very interesting to be like, oh, this is just made obnoxious maintenance of

being a human. At this point, I'm working out to be able to do everything I want to do.

**Erin:** Yes. Not because I'm trying to look a certain way. It's because I'm trying to get my body to not betray me.

**Annie:** Yeah, that's right. And the tiny amount of control that we have, which is just insanely tiny.

**Erin:** Probably not any, frankly.

**Annie:** Yeah, truly. Did I make my food? No. Did I grow that salad? No. Did I fish for that salmon? No.

**Erin:** I fell while I was playing pickleball a couple years ago and I broke both of my wrists and shattered, like fractured my knee. And I was like, This is not something that... the worst part was as I was standing up or like I was coming-

**Annie:** Did you know they were both broken?

**Erin:** No, I continued to play. And I did win. So that is important.

**Annie:** That is important to say.

**Erin:** But the moment that I knew something had changed was when I was laying on the ground and I did not hear laughter. I heard, ma'am, are you okay? Ma'am? I was like, Oh, no, we have reached-

**Annie:** These are not peers.

**Erin:** No, these are not my peers. I am an old to these people. I think that's how it is.

**Annie:** How was recovering from two broken wrists at the same time?

**Erin:** Not great. Let me tell you. Not great.

**Annie:** How do you mom like that with three kids?

**Erin:** You don't. You don't. You sit on a couch and you go, I can't do anything for you. I don't know. I don't know how to help you. I'm here for you emotionally. But that's it.

**Annie:** I can make decisions with you.

**Erin:** Yes, I can. Absolutely.

**Annie:** I can boss you.

**Erin:** But grilled cheese is out currently. So we're not doing that.

**Annie:** This is great because we're in the winter. We're talking about wintery things. You have a new book that just came out called *I've Got Questions: The Spiritual Practice of Having It Out with God*. Today's question we're answering is did someone else cause this winter in my life? So when you're sitting there with two broken wrists, and you have been thrust into a winter, right... This is happening with a friend of mine who has a broken leg right now and she is stuck on the couch.

**Erin:** Yeah, and it's the worst.

**Annie:** It's the worst. So what were you doing mentally? Like who were you blaming? Were you blaming? What's the journey mentally when you're kind of stuck in a winter like that?

**Erin:** I mean, I think there has to... like for me, I want to get back to quote-unquote normal as quickly as possible, which that's not how we do this. We pay attention to the hurt. You have to do the PT. And the PT sucks. I think it's like you have to honor what is broken. You have to go, This hurts. This is bad. I've done something. Something's been done to me. I'm going to pay attention to that. I'm going to treat that. I'm going to tend to that.

And then as you go, you know, PT starts getting harder and harder because you're working those muscles that you... Now, I did love my wrist PT because it was essentially just a hand massage. Yeah, it's magical.

**Annie:** Did you do like rolling the ball?

**Erin:** Oh, yeah. And I was like, Mm, that's so hard. But I want to skip so much of a grief process. I'm in pain. I want to get better. Let's get better so we can keep moving on. And sometimes it's like, no, no, we got to sit in this.

**Annie:** In the book you do... This is a read that is going to serve so many people, Erin. I'm so glad I got to read it. In it you talk about this idea of sitting Shiva, which is a Jewish practice, but also what that looks like for us to do that if our church history is falling apart, if our body is falling apart, if a relationship is falling apart, whereas we kind of go like... I mean, I cannot tell you how quick when a breakup happens, someone goes like, Okay, get back on the horse. And you're like, Yeah, I actually

should. A time is wasting. The only way to move forward is to move on. Dah dah dah dah. Can you talk a little bit about sitting in that?

**Erin:** Well, I don't like it.

**Annie:** Yeah, I hate it.

**Erin:** I mean, you and I, we are not feeling people.

**Annie:** No.

**Erin:** That's not our bag. But I think with Shiva, it's this incredible Jewish practice and I think it has so much to teach us. It's similar to church calendar to me. Like, I'm going to move you through this. This is not easy. And to just throw someone who's grieving or in pain out to go like, figure it out. No, there's a process here. There's a framework here.

With Shiva, it's giving you the time and the space, and it's giving you tools to move through that grief. I mean, that is what is so powerful to me about it is that we... I think we as, you know, Western, American Christians or whatever, we don't have that kind of process. We're like, Hey, you need to grieve well. Whatever the heck that means.

But what we mean by that is you need to get over it because you're making me uncomfortable.

**Annie:** Yes. How are you still sad? I mean, no one would ever say that. But that is what like, how are you-

**Erin:** We hear it all the time. How is this still bothering you? But I think if you don't honor that grief, if you don't go through those processes, you're only going to get stuck there.

**Annie:** Well, I'll tell you what I find more is I say, I'm sorry, I need to talk about this again.

**Erin:** Oh, my gosh.

**Annie:** So I am saying yes, my grief should be done by now. Or I go, I'm sorry, you have to hear this guy's name again. I understand this, this, and I like make 15 reasons.

**Erin:** Yeah, you give all the caveats.

**Annie:** Yeah, that's it. Because I'm the one who thinks everyone else thinks I should be over this grief of whatever it is.

**Erin:** Because you've been conditioned. Because you don't want to burden anyone else with it.

**Annie:** Sure.

**Erin:** You don't want to make any... you want to be happy. You want to be joyful. But there are times in our lives when that's not available to us. And I think if we try to pass over that... I mean, Brené Brown says that the only way out is through. You know, you've got to do the thing to move through it.

**Annie:** I mean, what we were talking about at lunch... Thank you for coming to eat lunch.

**Erin:** Oh, my gosh, it was so fun.

**Annie:** I was like, if you're in town, Erin, I want more time.

**Erin:** It was great.

**Annie:** But we were talking about all these interviews I've been doing about my nephew TJ and just being like, Yeah, I've just turned off my feelings to say the things I need to say. There will be a backside to this. I don't know there will be a backside. I don't know what the backside is.

**Erin:** You will have to go through that. And to not go through it would be a disservice not only to you but to TJ, you know?

**Annie:** Yeah.

[00:23:08] <music>

**Sponsor:** Hey friends, just interrupting this conversation to tell you about one of our incredible partners. This show is sponsored by [BetterHelp](#). We're talking about dating this month in Single Purpose League. So of course, it brings up conversations about red flags and green flags. But regardless of relationship status, we all still have a lot to learn about healthy relationships. When we talk about flags that applies to our friendships and working relationships too.

And therapy is such a helpful tool for every relationship we have, including the one you have with yourself. Therapy has truly changed my life. Y'all hear me talk about it all the time. So I encourage you to consider giving BetterHelp a try.



It is done fully online, so it makes therapy affordable and convenient. You get access to a diverse network of more than 30,000 credentialed therapists with a wide range of specialties. And you can easily switch therapists anytime at no extra cost.

Discover your relationship green flags with BetterHelp. Visit [betterhelp.com/thatsoundsfun](https://betterhelp.com/thatsoundsfun) today to get 10% off your first month. That's [betterhelp.com/thatsoundsfun](https://betterhelp.com/thatsoundsfun).

**Sponsor:** Y'all, we just recently got a box of the [NIV Lectio Bibles](#) at the office, and we were all standing around looking at how beautiful they are and how cool the layout of this Bible is. I've never seen a Bible like this before. It's literally designed to be as distraction-free as possible. There's actually no chapters or verse numbers or subheadings so that you really have this seamless experience as you read the books of the Bible and discover the story of scripture. It also features an introduction from our buddy and one of our Hall of Funnors, John Mark Comer.

As apprentices of Jesus, our aim isn't just to read scripture, it's to be with Jesus and to be formed to be like Him one page at a time. So the NIV Lectio Bible is a simple ancient way to read the library of scripture. It's available wherever Bibles are sold, and you can learn more at [nivlectio.com](https://nivlectio.com).

**Sponsor:** You guys often ask about what devotionals are apps I use to kick off my time with God in the morning. And I want you to know about the [Glorify app](#). I think you're really going to love this one. Just this week, they've started the daily experience with quotes from some of my favorites, like Bob Goff, you know we love him around here, and Andrew Murray. Oh, y'all, I love his writing.

When you open the app each day, it'll guide you through. You start with a quote to read, and then it takes you to the scripture passage for the day, then a short devotional. You choose to listen to it or read it. So you just really get to choose your own adventure.

They also have extra resources each day that you can engage with. There's a song of the day if you love to kick your day off with worship, there's a daily walk with God experience. It's like a guided prayer. It is really cool. And there's a guided meditation as well.

So visit [glorify-app.com/thatsoundsfun](https://glorify-app.com/thatsoundsfun). My friends can download the Glorify app for free. That's [glorify-app.com/thatsoundsfun](https://glorify-app.com/thatsoundsfun) to download the Glorify app for free. [Glorify-app.com/thatsoundsfun](https://glorify-app.com/thatsoundsfun).

Okay, now back to our conversation with Erin.

[00:26:20] <music>

**Annie:** So when you think about winter and the suffering... let's kind of go into some of what your book is about, I've got questions. I mean, there are times where winter is thrust upon us in some way. There's a tragedy. There's a revelation. I mean, I remember we've had two times at our church where a pastor broke everyone's hearts. And you are shoved into a thing in a winter in a moment. Like, why are we scared to ask questions sometimes in the middle of pain like that, or in the middle of church pain, in the middle of the thing that's happening right now? Even in the middle of watching a show and something shows on the TV and you go, that kind of reminds me of something that happened at middle school. That... never mind. Why are we afraid to ask questions sometimes?

**Erin:** I think there's two reasons. I mean, there are more, but I think mainly there are two reasons. One is fear, because what is on the other side of that question? What happens?

**Annie:** What unravels?

**Erin:** What unravels? What happens when I pull that thread? That's a real thing, especially when you have grown up speaking about religion. If you've grown up evangelical, if you've grown up in the church, if you've grown up and you've kind of like, I like to say, pickled in the brine of evangelicalism, those questions... like you come, you almost come to earth with all of your questions answered, quote unquote. There is a reason for everything. You've got everything settled.

And to pull on that, or as I told my spiritual director, like, I feel like I'm walking on an iced-over lake and I just... what's going to break? What's going to be the thing that puts me in the river? So I think there's that, there's that fear. And then I also think there's the possibility of isolation, and nobody wants to be.

**Annie:** Gosh, it is sad when you write about that in the book.

**Erin:** Yeah. It sucks. Because I think there are some people who honest questions are... they're not ready for them and they're not ready for the idea that, you know, you ask a question that may or may not be within the bounds of what everyone has agreed on in a certain, you know, small group or church or faith community, whatever. That is scary to people. So immediately you find yourself on the outside.

I mean, that is part of why I think faith exploration can be so lonely. Because part of it's personal. But a lot of it is that isolation of like, I was with these people, I

started asking a question that made me uncomfortable and now I'm out. And I think that happens a lot because people are afraid.

**Annie:** I am curious if you pro or con this or agree or disagree. I also think there were times I've been unwilling to ask the question because I didn't trust I'd survive.

**Erin:** Oh, 100%.

**Annie:** I didn't trust my own strength.

**Erin:** I think that's where the fear comes in. That fear of being like, what if the answer is not what I want? What if the answer just doesn't fit into how I thought everything worked?

**Annie:** I've started being a part of God Behind Bars, the ministry that goes to prisons.

**Erin:** Oh, that's cool.

**Annie:** They have a partnership with Cross Point. So we do a service every Wednesday night and Thursday night at a women's prison here in Tennessee.

**Erin:** That's so cool.

**Annie:** It's very cool. But you want to talk about the change of my faith understanding. Sitting in church with women who are in prison is just... I mean, there's just all these opportunities, Erin, to go like, Oh, is this whole thing bigger than I thought it was? Is this whole thing different than I thought it was? And is God bigger than I think He is? And sometimes that can even be scary.

**Erin:** Absolutely.

**Annie:** "Is God okay?"

**Erin:** "Is God outside of what we have put God in?"

**Annie:** And He is.

**Erin:** And if so, oh my gosh, what does that mean?

**Annie:** Yeah. What does that mean?

**Erin:** I mean, it's really scary. But I think to your point, what's interesting is that you worshiping along with what I would consider to be a marginalized group.

**Annie:** The most unreached group in America.

**Erin:** Really?

**Annie:** Yes. Prisoners are the number one unreached group in America.

**Erin:** That's amazing. I mean, I think like that right there, you're going to see perspectives that you've never encountered, you've never even dreamed of. I mean, I go back to this old, old episode of The Liturgist podcast where Propaganda is being interviewed. I love him. And he talks about how reading the slavery narratives is different for White people than it is for Black people.

**Annie:** Sure.

**Erin:** And he was like, you don't understand what it's like for that freedom. You are the oppressor in that narrative. I was like, oh my gosh, the way that people see things, the way that they encounter God, the way that they're reading scripture, that they're expressing their faith, that can change me. That can change me through watching them, being around them, their perspectives, their experiences. God... it's so vast. It's just so vast, you know?

**Annie:** A thing I carry with me a lot that you write about in the book is the idea of when we all get to heaven, we're all going to have been right and we're all going to have been wrong.

**Erin:** Absolutely.

**Annie:** Not everyone on earth. I'm not saying everyone, I'm saying all of us that claim Christ. We will all have been right and we will all have been wrong about things.

**Erin:** We're all wrong about something.

**Annie:** Yes. And I think, if we're thinking in the winter season, part of the isolation can feel like I've got it right and so I can't be in relationship with people who don't, or I think I've got all this wrong. And so how do we suss out being in relationship with people who have different rights and wrongs than us about some things?

**Erin:** Well, we are just by default because that's just true. Like you and I, our Venn diagram overlaps, but not on everything because you're Annie and I'm Erin. I think you have to decide, is it about being right or is it about love? What is your purpose? For me, I had to say my purpose is not to be correct, to have the correct... like it

does not say for God so loved the world that He gave His only Son, that whosoever has correct theology. That's not what it says.

I think so much of this we want to make a claim that we are correct, we've done the right thing. We believe in the right things. All of our little hermeneutics and everything lines up perfectly. But I think, one, humility is so important because you're going to be wrong, I'm going to be wrong. The things that we're right about we don't even know if we're right about them.

**Annie:** Yeah. And the humility line is, do I actually think you are giving your very best to know and learn...? Do I believe you're trying... I'm pointing at you, but I mean the greater you. Do I actually believe that the person I'm in disagreement with in some way that they are actually trying to do the right thing? That's humility.

**Erin:** I have to trust Holy Spirit in you and you have to trust Holy Spirit in me. And that's hard. That's so hard. Because sometimes my Holy Spirit may say different things.

**Annie:** Hey, listen.

**Erin:** And that's-

**Annie:** How many Christian men have ghosted women or Christian women have ghosted men. You go, same Holy Spirit? Same Holy ghost in both of these and you treated me like that and I treated you...? Yeah.

**Erin:** Yeah, exactly.

**Annie:** In a dating sense, it is very complicated to trust the Holy Spirit's work in both people.

**Erin:** I mean, 100%. I think so much of that you have to put down your pride about being right. And I think you have to offer love. Now, I'm not saying like if this is a toxic relationship or a relationship that's abusive or anything like that. Obviously, those are the caveats. But, if you lead with wanting to be correct, you're never going to reach a true intimacy with someone.

**Annie:** You say, "So who's right and who's wrong? If we're really going to put stock in this hole, it's a mystery business. Then why are we getting so hot and bothered when we feel the family going rogue? Or maybe we're the ones going rogue. How can any of us be so sure?" I mean, it's such a beautiful thought.

One of my favorite things about your book is how you make space for us to be like, I'm figuring it out too. I'm figuring it out. And we're figuring it out. And you can

ask questions and not be afraid. I think winter questions feel scarier to me than summer questions. Some of that's my personality. But I'm like, no, it's already dark and cold. I'm just going to do my best to cross stitch and sit in front of a fireplace and watch a TV show and not do the hard work.

**Erin:** Allowing yourself to move through the seasons. I mean, I think that's what's powerful about the church calendar. That's what's powerful about something like... I mean, that's what I'm saying. The whole world follows the seasons. It is built into, I think like who we are as people. And so we should honor that.

We should pay attention to what has died, what is potentially going to rise again in us. I think if you ignore winter, there's no spring, there's no summer.

**Annie:** You're right. One of the things you talk about in the book and you've already mentioned here is your spiritual director. How did you decide spiritual director versus counseling? Do you do both at times?

**Erin:** Do both.

**Annie:** Okay.

**Erin:** Do both.

**Annie:** Will you kind of talk us through like... if someone's listening and they're like, man, I need someone to help me, how do we know where we're going?

**Erin:** I think for me, a spiritual director is someone who's going to almost midwife my hearing from God a little bit. It's not therapy. It is way more intimate, I think, truly. Therapy for me is more, Hey, you've got some issues and we're going to work through them. And it does obviously have to do with God because I love God and I'm a believer in all of that. And that touches everything.

But I think spiritual direction is just more, what is the relationship between me and God and what are you seeing on the outside of it? And how do you experience it? And just talking through that with someone is really powerful for me.

**Annie:** I mean, for your personality and for my personal... the few times I've done spiritual direction — there's this lovely spiritual director here — it just is so not my personality.

**Erin:** Oh yeah.

**Annie:** So every time are you just going like, I feel like I tied my horse to a fence?

**Erin:** Yeah. What I try to do is I try to go, okay, just do it. Just do the thing. I mean, I had this one, I talk about her in the book. I had this one, she was like, "Let's just work through some scenarios." And I'm like, "I don't want to do that. That sounds terrible." But then if I buy in, if I go with her on that, it is always fruitful. It always is.

**Annie:** My spiritual director texts me, I don't know, two months ago, a month ago, and she said, "Hey, I have you on the calendar today at four o'clock. Does that still work?" And I was like, "No. Also, I don't have an appointment with you. But is this the Lord? Are you telling me..."

**Erin:** Do I need you?

**Annie:** Do I need an appointment with you? And she was like, "Oh my gosh, hilarious. I have another client named Annie. I texted the wrong Annie." And I was like, "I should probably. Can we go ahead and do that?"

**Erin:** This was a nudge.

**Annie:** But so then for you, counseling is more tools.

**Erin:** Yeah. Yeah. I mean, I'm talking through relationships. I'm talking through the stuff that's going on in my head, as opposed to this intimate relationship with God that... I mean, I like a guide, I like a framework. I'm a checklist girl. And anyone who can... I love a guru. So hold my hand and let's do it together. I really like that.

**Annie:** In the book, you talk a lot about the Michelangelo painting on the ceiling of the Sistine Chapel.

**Erin:** The creation of man of Adam.

**Annie:** Will you tell a little bit of that story for this about all the brain stuff? This is wild.

**Erin:** It's so crazy. So Sistine Chapel, the creation of Adam, obviously one of the most famous-

**Annie:** I mean, y'all can Google it, but it's where you see God's finger reaching toward Adam's finger. First of all, Michelangelo is a genius. How high is the ceiling? How did he get up there?

**Erin:** Scaffolding.

**Annie:** Okay.

**Erin:** There was scaffolding. He either would lay down and do it like right in front of his face, or he would stand up and... I mean, like out of control. Just truly out of control.

**Annie:** Can you put a century on it? I don't even know when he was, sorry. 1600s?

**Erin:** 1500s.

**Annie:** Okay.

**Erin:** The thing about Michelangelo, he's not even a painter. Like that's not his first thing. He's a sculptor. Have you ever seen the David?

**Annie:** Yes. Unbelievable.

**Erin:** It is shocking. It's shocking. I thought, okay, it's a statue, whatever. No, it is shocking.

**Annie:** It is shocking. I tend to think statues are shocking that someone can carve something.

**Erin:** Oh my gosh.

**Annie:** The Met in New York, I'm always like, how?

**Erin:** How?

**Annie:** How did y'all all do this? All these artists were able to create this.

**Erin:** I don't even know how they sculpt like the little cherubs in the gardens.

**Annie:** Thank you. Same.

**Erin:** That's out of control.

**Annie:** The size of David, the detail on his toes.

**Erin:** Oh my gosh.

**Annie:** His muscle. It's wild.



**Erin:** And the fact that it was a bad piece of marble.

**Annie:** Right.

**Erin:** Like a weak piece of. I mean, just give it all to me. But anyway, so Michelangelo, he's painting the Sistine Chapel, whatever, blah, blah, blah. And you know, fast forward 500 years to us, our time and this gynecologist, he writes this paper and he's like, Hey, I think that Michelangelo... I think he actually... the painting, if you put an anatomically correct image of a brain on that painting, he has essentially made God in a brain. Like there are all these images around it.

**Annie:** It's insane.

**Erin:** It's insane. First of all, it wasn't even an okay thing for them to do, to like open up bodies and [inaudible 00:41:01]. That was like, Hey, we don't do that because you know, how will we be resurrected again? I mean, there is so much detail.

If you go Google it, you'll be like, Oh no, that little image is part of the, you know... I don't know what... what even are brain parts? I can't even remember it off the top of my head.

**Annie:** Amygdala.

**Erin:** That's the one I was trying to think.

**Annie:** Was it?

**Erin:** I think so.

**Annie:** Oh, great. Amygdala.

**Erin:** Anyway.

**Annie:** No one's paying us to know that stuff. That's not what I'm here for.

**Erin:** I wrote it. It's done. I don't even know. But anyway-

**Annie:** It's a fun part of the book.

**Erin:** It's so beautiful. Anyway. So everybody's like, This is amazing. Oh my gosh, Michelangelo did this. What a genius, you know? Then like 20 years after that, these two doctors they realized that there's another part of the Sistine Chapel where the lighting is really weird and like God's neck looks bizarre. Michelangelo's

genius. Like you put a larynx and a voice box over that. And it's the same thing. Man's larynx over God's neck.

What I love about that is it reminds me of Paul saying like, we have the mind of Christ. We have the voice of God. We are the body of Christ. That's just the perfect example to me of what that could possibly look like.

**Annie:** I think the reason it came to my mind is when you think of all these questions stirring up in you, all these sadness and grief and longing and, and sitting shit and all that, and then you kind of go, is there any hope in any of this? Then you're like, yeah, look at the Sistine Chapel. Look at the way that God is so intricately in all of it. You're going to be all right. Michelangelo's all right. He has all his questions answered now. It's going to be all right.

**Erin:** I mean, even though he did paint himself as an empty skin suit at the front of the Last Judgment, which is hilarious.

**Annie:** It's a shocking thing. What a wild person! Also, 500 years ago. The idea that they... 500 years just feels like a very long time ago.

**Erin:** Yes, it does.

**Annie:** And you go like, oh, and they like wore clothes and painted things that we still look at.

**Erin:** They did. They did wear clothes.

**Annie:** They like ate food. They were people.

**Erin:** They absolutely were.

**Annie:** It's amazing.

**Erin:** It really fascinating.

**Annie:** That we still look at their art

**Erin:** And it still means something.

**Annie:** Yes.

**Erin:** I mean, I think that's so important. Like God has given us so many means through which we can understand the world and understand His creation. I think artists are 100% a part of that.

[00:43:44] <music>

**Sponsor:** Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [Thrive Causemetics](#). If you've been eyeing Thrive Causemetics, because you want to give it a try but are curious which products start with, speaking of your eyes, I'm telling you it is their Liquid Lash Extension mascara. I love it so much.

Y'all ask a lot about my lashes, and no, I do not have lash extensions currently. Thrive's Mascara makes my lashes look so long, but it also doesn't clump or smudge or flake. It also comes off really easily at the end of the day. It is the best.

And whether you want a more natural look or you're prepping for a night out and need full glam, they have what you need. And their products are certified a hundred percent vegan and cruelty-free and made with clean skin-loving ingredients. Plus for every product purchase Thrive Causemetics donates products and funds to help communities thrive.

Thrive Causemetics is luxury beauty that gives back right now. My friends can get an exclusive 20% off your first order at [ThriveCausemetics.com/TSF](#) that's ThriveCausemetics.com/TSF for 20% off your first order.

**Sponsor:** So y'all know I'm splitting my time between Nashville and New York city these days. So I've got some of my essentials stocked in both places. And that 100% includes my [Prose](#) hair care. I love what it's done for the health of my hair so much that I made sure to get my latest order shipped to both New York and Nashville so I never run out.

If you haven't heard me rave about Prose before, they have been transforming traditional hair care and skincare since 2017 with a made-to-order model. They take the expertise of their team of in-house cosmetic chemists and pair it with an advanced AI algorithm that personalizes your formulas based on more than 85 unique factors. So my hair care truly is customized for my exact hair needs and my locations, and I can genuinely tell a difference. So can y'all. Y'all talk about it.

Prose is so confident that they'll bring out your best hair and skin in 2025 that they're offering an exclusive trial offer of 50% off your first hair care subscription order at [prose.com/thatoundsfun](#). So take your free consultation, get your

one-of-a-kind formula and see the difference custom care can make with 50% off at [Prose.com/thatsoundsfun](https://Prose.com/thatsoundsfun).

**Sponsor:** Y'all know I'm trying to be a protein queen and even though I didn't love beef bone broth in my hot chocolate, I do like to find snacks that pack some protein and aren't full of ingredients I can't pronounce. [Thrive Market](https://ThriveMarket.com) makes it simple to find the best options and they ship everything to me, which is the best.

They have chopsticks and protein shakes. I like the OWYN brand. And they take the guesswork out because all their products are 100% non-GMO and free from over 1,000 harmful ingredients. One really cool feature they have is their "smart cart" feature. When you create an account, they ask about your needs and then automatically that builds a cart full of cleaner versions of your favorite things. You can tweak it before checking out, but it's a great way to get started, especially if you're trying to phase out some of the junk food.

Head to [thrivemarket.com/thatsoundsfun](https://thrivemarket.com/thatsoundsfun) and my friends get 30% off your first order plus a free \$60 gift. That's [thrivemarket.com/thatsoundsfun](https://thrivemarket.com/thatsoundsfun).  
[Thrivemarket.com/thatsoundsfun](https://Thrivemarket.com/thatsoundsfun).

And now back to finish up this conversation with Erin.

[00:47:24] <music>

**Annie:** This is an off-script question about heaven.

**Erin:** Okay.

**Annie:** Ready?

**Erin:** All right. Just chill.

**Annie:** What would you imagine? We're doing a lot of thinking about heaven partly because of the TJ book and because we're doing a lot of... I'm answering a lot of questions about heaven. How do you think art's going to play in? Are we going to have art hanging in our houses?

**Erin:** Yeah.

**Annie:** I would think so. I mean, I hope artists get to keep making things.

**Erin:** I don't know why they wouldn't. God is constantly creating. He hasn't stopped creating. I mean, I think that's such a crucial part of even our relationship with God

through creation, through the things that we make or how we work or whatever. That's a part of our connection with God. I mean, we're going to work on the new earth, so I don't know why we wouldn't do art.

**Annie:** That's great. I just hope we can travel without jet lag. That's one of my big...

**Erin:** Oh, yeah. My husband really wants to do... he thinks that's going to be time and space travel with Jesus. And Jesus is going to like take Him to maybe ancient Rome and then he's going to take him to his favorite Bible study and they get to kind of see it like he's Dr. Who. That has been-

**Annie:** I mean, why not? Why can't Ben Moon be right?

**Erin:** Temporospatial travel with Jesus.

**Annie:** I mostly want to have access to go anywhere on the current earth. Like I want...

**Erin:** You're not trying to go to Mars.

**Annie:** No, no. And I'm not trying to time travel though I'm available to it. I'm available to it.

**Erin:** Okay.

**Annie:** I'm trying to go to the bottom of the ocean in a safe manner. Right now there's sharks. I want to go to the bottom of the ocean and then I want to say, "I'm done here. Can I go to Greenland?" And then, "I'm in Greenland and then I'm done here. Can I go to Australia?"

**Erin:** So you just want space. You just want like...

**Annie:** I just want to move. I want to go where I want to go at the speed I want to go there.

**Erin:** I love that you're like, I got to see the Mariana Trench right now.

**Annie:** That's it. Are there Megs down there? That's what I have to know.

**Erin:** We need to know. Thank you.

**Annie:** I have to know. Okay, here I've done it really now. I want to ask you one more thing in this line, particularly when we're thinking about winter and with your book. There are people who feel a lot, and you talk about this so beautifully in the book about the power of rage. I punched my guest bed in such an aggressive manner a

few weeks ago and I was like, oh, this was great. I haven't done a thing like this in a long... probably since I was at OnSite and that's one of the options you have is to practice some of that. Why does rage matter in our faith life though?

**Erin:** Well, I think we have to be really careful where we spend our anger capital regarding faith because I mean, it doesn't take anything to look around and go, well, there's a lot to make me angry. 100%.

**Annie:** That's right.

**Erin:** I think Paul says, be angry, do not sin. That's interesting to me. Who's the best model for not sinning? Obviously Jesus. So let's go to when Jesus was angry.

**Annie:** Oh man, I love when you do this.

**Erin:** So let's go to when Jesus was angry. The most famous, the one everybody loves is turning over tables in the temple. What was it? What was the core reason that Jesus made a whip out of cords and started just going whole hog on everybody? It was because people had put up a barrier for people who were vulnerable to worship God. They were dehumanized. Yes. And so to me-

**Annie:** Because of the price.

**Erin:** Because of the price, right.

**Annie:** Just for anybody who hasn't thought that all the way through, it wasn't that they blocked the gates. It's that they couldn't afford-

**Erin:** They couldn't afford the sacrifice.

**Annie:** Yes.

**Erin:** Because they had jacked up the price so much, which that's not okay. So then we have Jesus saying, no, I'm about to rip this veil down. I don't want there to be any barriers between us. I think rage is so helpful, one, because you can feel it and you're... you have to feel it. Like if you are angry, it's not like you can go, I'm not angry anymore. Or you can. But like Maya Angelou says, it's going to build a cancer.

**Annie:** To me, that's the one that can't live in my body. I can push down sadness. I can push down grief. I can distract away from that. When I get real proper angry, that one makes my heart race. I can't breathe. That one has to expel itself.

**Erin:** Yeah. 100%. I think you have to decide what makes you upset, what angers you about whatever questions, dehumanization of other people, whatever it is. And then you cannot let everything make you angry. And that's really hard for me.

**Annie:** You do that really well though.

**Erin:** I don't know.

**Annie:** You do. I've heard you talk about it before. I mean, we're sharing internet. I mean, I see places you are that you could get angrier than you do. But I think the North star to that is, why is this making me angry? I think we got to ask ourself that question because if it's about our comfort, if it's about our safety, if it's about... if it raises us up and someone else has to be pushed down, we got to check that. That's not be angry and do not sin.

When we utilize our anger on behalf of God's people, on behalf of the vulnerable, the marginalized, that looks like Christ. Anger should be propulsive. It should not be something that just you sit with. It should make you do something. It should make you work for something, see a change.

**Annie:** So in a world where we are angry, but we recognize we're angry because we're getting uncomfortable or we're angry because we're jealous, what's your propulsion move when the anger is version of sin or could lead to sin? So I'm angry because I saw somebody say something on Instagram that I don't agree with and I think it's bad. That's just the easiest word. But I'm not going to comment because how does that serve? What do I do with the anger in me then?

**Erin:** I think you have to redirect it. So say, okay, this person made me mad. This person said something that just really chaps my hide. Why? Why is that making me mad? Asking and then going to the root cause and then taking that feeling and putting it into something productive, into something that does actually mean something. You know what I mean? Taking that energy and not giving it to over to jealousy or whatever, envy, any of that and putting it somewhere where it can be productive.

**Annie:** I think it's important for people to remember because there are some people... I mean, it's been so interesting this year so far to talk about winter so long, even though not everybody listening is living in a winter. There are people who are living in Australia and it's summer. So it's not just weather winter. It's like what's going on internally. And there have been so many comments of, I feel like I've been in a winter for years. I don't know when I'm ever going to get out of winter. And I think, what are you doing with your anger? Not in a judgment anyway, but like, how are you doing this? If you chronic illness or there are times where relationship falling apart, keep someone in a winter for so long.

I think it's important for people to hear you say that anger is a propellant because it's just a good reminder that your anger is going to take you somewhere. You just kind of get to decide the banks of the river.

**Erin:** Absolutely. Absolutely.

**Annie:** That's really good to remember. I don't know that I remember that enough.

**Erin:** Well, I mean, it's really hard to when you feel accosted. It's hard because you don't feel safe or you don't feel like you can do the thing that you want to do. I mean, that's where I think the actual hands-in-the-dirt faith living out comes in. It's like, oh no, this is where it happens.

**Annie:** Because I think some of what I was taught and... so some of nature and some of nurture for me, nature being my Enneagram sevenness, how I'm built and my nurture being growing up in a Christian world is don't be mad.

**Erin:** Oh yeah.

**Annie:** Don't get mad.

**Erin:** Especially for women. Especially for women of color.

**Annie:** I love how you address that in the book, how different it is for White women versus women of color

**Erin:** Absolutely. I mean, I think anger is annoying to people who are not with you. And so it's very difficult to, to see that and try to apply it to everyone, I think. I think that is really tricky.

**Annie:** I'm new to anger. It's probably-

**Erin:** Welcome.

**Annie:** Thank you. Genuinely, it's probably been four or five years that I've really accessed it and been like, okay, that's what this is. Before that, because I thought I couldn't or because I didn't ever want to, I didn't call it that. I knew I felt it, but I didn't call it that.

Ashley and I will joke sometimes where she's like, what do you feel? And I'm like, who can know?



**Erin:** Yeah. I don't know.

**Annie:** Nothing. What are you talking about?

**Erin:** Feelings.

**Annie:** Then she says, what are you thinking? I was like, well, I can tell you what I think. I am furious. I said to someone just the other day after I punched my bed so much is I said, the interesting thing is I'm so glad I know that's anger because I know there's something to be done.

**Erin:** Oh yeah. And there's something to do. And I think we are taught again, being pickled in that brine. This is not a meek... It is not gentle.

**Annie:** Gentle Jesus meek and mild.

**Erin:** Yes, absolutely. But we also have examples of Him getting real mad about important things and things that affected the way that people could be near Him. I think if you can figure out where Jesus is mad and you can follow that, then everything else you can go, okay, well, I got to work this out.

**Annie:** That's really good.

**Erin:** When I was reading the chapter titles, by the way, and one of the chapters is called white lion, hot dog, Jonathan Jesus. I was like, she's certainly talking about Jonathan Roumie. And you are-

**Erin:** I am. You know I'm a huge The Chosen fan.

**Annie:** Me too.

**Erin:** Oh my gosh. I'm obsessed with it.

**Annie:** Let's finish there. Tell me a little bit about... again, I'm going to tell you my Lent plan. But tell me a little bit about why you think The Chosen is such a gift.

**Erin:** It has humanized the scriptures a hundred percent. It's almost like Apocrypha a little bit. It's like getting a Bible commentary. First of all, it's just impeccably directed, acted. It's beautiful. And I think it's such a gift to see a depiction of Christ in the way that Jonathan does it, where it's not like He is fully God and also fully man and Jesus joking around. Jesus being funny.

**Annie:** When he and Lazarus are throwing the ball back and forth and Jesus is a bad sport, a bad athlete--

**Erin:** It's great.

**Annie:** I'm like, That is so funny.

**Erin:** It's so great. And I think even with the disciples, we tend to see these people as they are in the stained glass.

**Annie:** As they are. That you had at your church and I had at mine the Kenneth Wyatt discipleship paintings.

**Erin:** Yes. Oh my gosh.

**Annie:** I died. I went and googled it when I read it, and I was like-

**Erin:** Did you really?

**Annie:** Yeah, those were down the hallway.

**Erin:** You had those?

**Annie:** The exact same ones in our church.

**Erin:** I thought they had to be just a Texas thing.

**Annie:** No, Marietta, Georgia. I bet they're still there. I should go by First Methodist Marietta and see. They are down the hallway. And Judas is such a weird shade.

**Erin:** Judas is so mean.

**Annie:** He's so weird.

**Erin:** So crusty looking.

**Annie:** But they are all White guys, which is problematic because they're Middle Eastern in real life.

**Erin:** Obviously.

**Annie:** But they all had such different personality. But that is how we've always seen them.

**Erin:** Peter looking built.

**Annie:** Such a good, strong fisherman. That's exactly right. That's exactly right.

**Erin:** I'm being like, that's a good arm, Peter.

**Annie:** I could not believe when you mentioned those in the book. I immediately googled it to be like, I think I know exactly what she's talking about.

**Erin:** So funny.

**Annie:** So that's what we've always pictured to some degree.

**Erin:** Yeah. And I think it's so easy to not... it's sacred imagination. That's what it is.

**Annie:** I love when you describe that.

**Erin:** And that's Dr. Wilda Gafney. She came up with that phrase. But I think there is something to it. And, oh my gosh, the way they are doing Judas is just killing me.

**Annie:** Listen, I'm glad you talk about Judas. The sacred imagination is important because that's how we can think about heaven and wonder what artists are doing and how we can think about The Chosen and Jesus and what was really like. But when you talk in the book about having compassion for Judas, that is what the chosen is doing is the first time you see Judas, and you know it's Judas, you're like, oh no.

**Erin:** Just a person.

**Annie:** He's so kind.

**Erin:** He's so sweet.

**Annie:** He has the best eyes.

**Erin:** Oh my gosh. Not actor's eyes.

**Annie:** Right. And then you just go like, you're a nice guy. You're like, some point is going to start making little choices and you become Judas.

**Erin:** Which we all do.

**Annie:** We all do.

- Erin:** We all do it. I know. If it's not true for Judas, then it can't be true for us.
- Annie:** It's going to be awful to watch.
- Erin:** Oh my gosh. Oh my gosh.
- Annie:** So here's my lent plan. I'm going to watch one episode a day.
- Erin:** Oh, I think that's smart.
- Annie:** Monday through Friday. If you start on Ash Wednesday, you end on Monday, Thursday.
- Erin:** Well, that's perfect.
- Annie:** That's what I thought too. So I'm going to watch one episode. Because then I'm like, well, I'm going to watch an hour of TV every day, probably.
- Erin:** Probably.
- Annie:** So let's redeem it a little bit.
- Erin:** Sure.
- Annie:** I've also had this dream. You know how when...? Yes, you do. Taylor Swift. When she was doing the Eras Tour, there were people who had poster boards of all the songs and wanted to check off when she did all the secret songs. So I kind of want to do that with every story in the gospels and see, do they actually hit every story in the gospels over these seven seasons?
- Erin:** You should do that. Make a big poster.
- Annie:** Make a big poster. I'm going to make a big poster.
- Erin:** I think you should.
- Annie:** But I thought this is the time when I can like walk toward Easter in a really interesting different way. And the first four seasons fit over lent.
- Erin:** Yeah. Absolutely. I love that. I think that's a great idea.
- Annie:** Can we finish with you talking about Taylor Swift for just a minute?

**Erin:** Oh, yeah.

**Annie:** Did you just love her?

**Erin:** Listen-

**Annie:** You saw the Eras tour once?

**Erin:** I saw the Eras tour once. It was magical.

**Annie:** Did you have problems with the witchcrafty part?

**Erin:** I did. See, it didn't read as witchcraft to me. It read as like forest feral, you know, whatever. But I think what I love about Taylor is that she builds communal effervescence for people.

**Annie:** Beautiful language.

**Erin:** That moment of like screaming your favorite song with, you know, 50,000 other people. Jamie and I went to see her together. And just walking back to the hotel.

**Annie:** What city did y'all go to?

**Erin:** We went to Atlanta.

**Annie:** Okay.

**Erin:** And walking back to the hotel and just hearing like women, you look amazing. Oh my gosh, you're so cute. I was like, this is like sisterhood. This is something so beautiful. I don't know. It almost transcends her a little bit.

**Annie:** I think that is actually the thing to pay the most attention to. If you don't like her lyrics, I don't care. Fine. You don't have to like her. I do not like Dave Matthews Band. Just never have. So I wish everyone well that does. So you don't have to like Taylor Swift's music. But the thing to watch is how she has convinced everyone in the audience that they are friends with everyone else.

**Erin:** Yes. I mean, the friendship bracelets thing.

**Annie:** Oh, adorable.

**Erin:** You belong. It's about belonging. All you have to do is show up and know a song.

**Annie:** If you want to.

**Erin:** If you want to.

**Annie:** You don't even have to know a song. Just show up and everyone's going to assume that you're friends... you agree with them. They're going to assume you agree with them.

**Erin:** And they're not going to make you feel bad for not knowing.

**Annie:** No.

**Erin:** I think that's what's fun. Now, listen, there are some Swifties who they're a little too much.

**Annie:** There's idolatry happening to be sure.

**Erin:** Well, and I think like-

**Annie:** But there is for every artist. That is not unique to Taylor Swift.

**Erin:** But I think, you know, some people they're going a little too hard in the paint for her.

**Annie:** Agreed.

**Erin:** But anyway, I do think there is something really, really beautiful.

**Annie:** That's the thing I've watched the most is going like, how did she convince everyone that everyone in that arena was as cool as they are and that you can show up wearing whatever you want and you're going to get catcalled by girls-

**Erin:** By girls.

**Annie:** ...by friends.

**Erin:** I've never felt so safe in my whole life.

**Annie:** Literally.

**Erin:** I mean, it was incredible.

**Annie:** I'm really moved by her ability to make people feel like they belong. That's the word. You're right.

**Erin:** Yeah, absolutely.

**Annie:** That's exactly right. What did we not say that you want to say, Erin Moon?

**Erin:** Oh, no. I mean, I think we hit it all. We talked about how mad we are.

**Annie:** It's a good time I'm being mad.

**Erin:** We talked about Taylor Swift. It's great.

**Annie:** Thank you so much for writing this book. I think it is going to serve so many people.

**Erin:** I'm glad.

**Annie:** I'm really grateful. And would you please come back sometime?

**Erin:** Yes. I would love to.

**Annie:** Because the show is called That Sounds Fun, you do have to answer, tell me what sounds fun to you. What are the Moons doing for fun these days?

**Erin:** Oh my gosh. Okay, well-

**Annie:** Or just yourself.

**Erin:** I think it is that communal effervescence is what sounds fun. I don't know if you follow Kate Kennedy. She does Be There in Five. She has the Be There in Five podcast. But she will do these events called Track Five. And it is essentially just like a giant Taylor Swift dance party.

**Annie:** Oh, cute.

**Erin:** And I mean, and you are with people who love it. I mean, it's almost like a mini concert thing, but it's like even something like the Olympics, watching the Olympics together.

**Annie:** I love that stuff too.

**Erin:** Like tweeting through the Oscars. You know?

**Annie:** It's the only thing I miss about Twitter.

**Erin:** Yeah, absolutely. I mean, I'm begging for blue sky to be a thing. But I think that feeling of all being together and being just joyful about the thing, that is what always sounds fun to me.

**Annie:** I can't even tell you the year, maybe 10 years ago, 8 years ago, the Nashville Predators went into the playoffs.

**Erin:** Oh, yes. Yes, yes, yes.

**Annie:** When I tell you our town was different for about a week. It was all anybody talked about. Everybody was watching every game. Our whole town was doing that. And you were like, this is the most fun I've ever had. And I didn't care about hockey for one minute before right now.

**Erin:** No. It's community.

**Annie:** It's so fun.

**Erin:** But you're all focused on that one thing. I just love it.

**Annie:** And I like the surprise ones better. Like... Kate Kennedy? Is that what you said?

**Erin:** Yeah.

**Annie:** One of hers... those kind of things where you're like, I don't know, versus a sporting event is so fun. Like going to a game is so fun. But you kind of know we're all going to be Georgia Bulldogs. This is gonna be fun. I hope they score. I hope they win the national championship. I'm not married yet, but it was the best feeling I've ever had in my life. It was unbelievable. I've never experienced anything like we won the national championship. But the surprise ones where you're like, are we all about to sing the same thing?

**Erin:** Is this happening? You know?

**Annie:** That's a great answer.

**Erin:** That's my favorite feeling. We try not to judge fun, but I agree with you a lot about that answer. That's such a good feeling. My sacred imagination says heaven will be just a collection of those of us doing really fun things together.



**Erin:** I think you're absolutely right.

**Annie:** I love you, friend. Thank you for being here.

**Erin:** Thank you for having me.

[01:07:34] <music>

**Outro:** You guys, don't you love her? She is so great. Okay, after hearing our conversation, if you feel like this book would serve you, it is called *I've Got Questions* and you can grab it wherever you love to buy books. Make sure you're following Erin on social media. Tell her thank you for being on the show today.

If you enjoyed this episode, you got to go back and listen to our 2019 episode with the rest of the team, Knox McCoy and Jamie Golden. We've linked it for you in the show notes.

If you have any questions from this episode, drop them in the Q&A box on your Spotify app if you're a Spotify listener like me or send them to us on Instagram @thatsoundsfunpodcast. We'll try to answer them there.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook, and TikTok. Anywhere you need me, that's where you can find me.

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you and I will do the same. Today what sounds fun to me is my first Monday in New York in a while. I'm so happy to be home. I'm probably going to eat a bagel. That's probably in my spirit. That is my today.

Y'all have a great week. Remember, we only release on Mondays right now, so we'll see you back here on Monday. Next week we get to release our latest kids book, *Where Did TJ Go?* So of course on the podcast on Monday, I'm honored to introduce you to my sister, Tatum Green, and bring back one of our favorite therapists, David Thomas as the three of us talk about the story of losing my nephew, TJ, and what it's looked like to create this book as a tool for families who need the reminder of the hope of heaven. There is good news, even in sad stories. I can't wait for you to hear our families. We'll see you guys on Monday. Have a great week.