

TSF Tour LIVE: Trey Kennedy

Intro: Hi, friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today because today is my birthday. We've got a great show in store for you, and no one I would rather hang out with on my birthday than our buddy Trey Kennedy.

Sponsor: But before we begin today's episode, let me take a quick moment and tell you about one of our incredible partners BetterHelp. It's no secret to y'all that I really value counseling. I think it really matters for us to prioritize our mental and emotional health. If there are things in your life that are causing you to feel stuck or that are interfering with your health and happiness, BetterHelp is here for you.

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It really matters to the team at BetterHelp, and to me too, that they facilitate great therapeutic matches. So they make it easy and free to change counselors if needed. And the testimonials they post daily on their site can really help you get a feel for how it all works if you have questions. BetterHelp offers services for clients all over the world.

And they have licensed professional therapists that specialize in so many different disciplines, things like depression or grief, or stress, anxiety, self-esteem, which means that the right help is available for whatever it is that you're dealing with. This is not self-help and it's not a crisis hotline. It's convenient professional, affordable counseling, and anything you share is completely confidential.

I want you to start living a healthier life today. So as one of my friends, you'll get 10% off your first month by visiting betterhelp.com/thatoundsfun. Join over a million people and so many of our friends who've taken charge of their mental health. Again, that's betterhelp.com/thatoundsfun.

Intro: Today on the show, we have my friend Trey Kennedy. Throughout July, you're gonna get to hear all of our That Sounds Fun tour live conversations if you weren't able to make it in person. We did save some of that interview for the live audience in the groom, but you'll hear most of it and you're gonna hear some live feedback from the audience.

Trey Kennedy is one of my very favorite comedians. You may know him from his viral YouTube videos or Instagram reels. He hosts a couple of podcasts "Correct Opinions" and "Do Less God Bless." He was also on That Sounds Fun Episode 125 if you want to go back and listen.

He is on tour the rest of this summer and this fall, which you will have to go see if he is somewhere near you. But I was fortunate enough to sit down with him and a bunch of our friends in Kansas City before he left, and I think you're really gonna love it. So here's my conversation with Trey Kennedy.

Annie: I'm just so honored and so thrilled and so thankful to get to interview this guest in front of you. So will you please join me in welcoming Trey Kennedy?

Trey Kennedy: There's your theme song!

Annie: I know. Let's go.

Trey Kennedy: That is a great song.

Annie: That's right. Here it goes.

Trey Kennedy: Good to see you.

Annie: Are you gonna do the Ellen dance across the table?

Trey Kennedy: No. Let's not talk about Ellen.

Trey Kennedy: I can't even...

Annie: You're not. You're not. You just asked the crowd to give you more applause.

Trey Kennedy: You guys are amazing. Kansas City! Let's go.

Annie: What a stand-up comedian!

Trey Kennedy: I know.

Annie: Give me more.

Trey Kennedy: Come on.

Annie: You already gave me something. I'd like a little bit more. Just a smidge.

Trey Kennedy: Well, thank you.

Annie: Did you grow up here?

Trey Kennedy: No. Born and raised in Oklahoma. But yeah, I have a... some of y'all come from Oklahoma.

Annie: I have a question.

Trey Kennedy: Yeah.

Annie: Are we touching Oklahoma?

Trey Kennedy: Yes.

Annie: Okay.

Trey Kennedy: Yes.

Annie: I just needed you to confirm. There are a lot of things I do know. That was not one of them.

Trey Kennedy: About Oklahoma?

Annie: No, just in life.

Trey Kennedy: Just in life.

Annie: I just didn't know if we would touch Oklahoma.

Trey Kennedy: No, I love Oklahoma.

Annie: How did you end up here?

Trey Kennedy: I just moved here. Yeah. People ask me that. It's amazing.

Annie: He's like, "Annie, I started my car..."

Trey Kennedy: I finished school. I was like 22, 23. I had a lot of friends. Oklahoma vibes emerged immediately.

Annie: Quit bragging. I had a lot of friends.

Trey Kennedy: Oh, no, I got married immediately. And I was just like, "Oh, I'll get to do something new." And I had a few friends in Kansas City. I was like, "That sounds good." But it's been great.

Annie: You really missed an opportunity right there. That sounds good?

Trey Kennedy: Is that the name of the podcast? I've just met her. I don't know anything. I'm kidding. We're great friends.

Annie: That is the worst thing. We've just met.

Trey Kennedy: No, of course. Thanks for having me.

Annie: Okay. I was reading your bio, which I've never done before, sorry, and you have a master's in Business Administration.

Trey Kennedy: Yes.

Annie: How's that working out for you in comedy?

Trey Kennedy: I use it all the time.

Annie: This is what I really don't know in our friendship. How did you go from studying that, moving here to like...? Did you just get a Vine account and decide to be funny on Vine?

Trey Kennedy: Yeah. At Oklahoma State. Go Pokes...

Annie: Keep asking the crowd for more. Just keep on asking the crowd for more.

Trey Kennedy: I started the Vine in college. RIP Vine. I kind of had this falling out of nowhere and-

Annie: Will you explain Vine just in case people don't remember.

Trey Kennedy: If you don't know what Vine is, it was... it's been gone for years now. It's very sad. It was just six-second videos on a loop. Six-second video. So it was a-

Annie: That you could lose two in one-half hours watching six-second videos. No question.

Trey Kennedy: Yeah, absolutely. It was the millennials Tik Tok.

Annie: Yeah. You know what? That's exactly right.

Trey Kennedy: It's exactly what it was.

Annie: The people agree. It was the millennial Tik Tok. Is that why I don't like Tik Tok?

Trey Kennedy: Maybe. I don't know. Maybe.

Annie: Maybe I've already done it when I did it with Vine.

Trey Kennedy: Yeah, exactly.

Annie: So you started Vine when you were at school?

Trey Kennedy: Yeah. So that's happening at Oklahoma State. And I'm just a classic "I don't know what in the world I'm going to do next." So the MBA was less of like, let's better myself more. I don't know what else to do"

Annie: You know what? Schools worked out for the first 16 years for this.

Trey Kennedy: Exactly.

Annie: I'll keep on keeping on.

Trey Kennedy: So I stuck around. Let's see if I can figure it out. And then by then, I'd grown a following on other platforms, and so I was like, "I'm just gonna get an apartment in Kansas City and make videos in my apartment." It was kind of sad looking back on it, though.

Annie: When I think back on this, I mean, you didn't have like, a following. That's very modest of you to say. You had millions of people who watched your videos out of nowhere. I remember you telling me one time... maybe when you were on the show... I can't remember if it was in real life or on the show. But where you were like, suddenly your fraternity brothers and everyone was like, "Who are you?"

Trey Kennedy: Oh, yeah. It was pretty wild. It was a classic overnight thing where in like three months' time I had like over a million followers.

Annie: My gosh!

Trey Kennedy: But back then Vine was very new. Social media was very new. "Influencer" was not even a word yet. People were like, "Why is this guy making so many Vines in his bedroom?"

Annie: Just to be clear, they weren't all in your bedroom?

Trey Kennedy: No, not all. Just some.

Annie: Just wanted to clear up the kind of videos you were making.

Trey Kennedy: It was not subscription based.

Annie: Yeah, it blew up and then Vine was deleted. So I literally had 3 million followers disappear, and so I kind of started again. Because I did kind of feel the whole time, I was like, "This would be a fun story to tell one day. I still need to figure out what I'm going to do." Vine was deleted, I was like, "Well, that was kind of fun. Let me see if I can keep going." And then luckily Facebook and Instagram, by the time I finished graduate school, I had accumulated a following. So I was like, "Let's try."

Annie: I think Vine being deleted was a really important lesson for a lot of us. Because you build this thing somewhere and it's not your house. And someone else can burn down that house if you've decided however many Instagram followers you have determines your worth.

Trey Kennedy: Yeah, yeah, absolutely. And I had to deal with it because I did not diversify at all. I was like, I'm just making my vines. I wasn't on any other platforms. So when it was gone, I was kind of back to square one in terms of social media. So I had to kind of figure out, "Okay, that was weird. I had 3 million followers and now zero. What do I do with that?" I decided to try again and luckily it worked out.

Annie: What is going on when that is happening? Because I'm sure y'all got a heads up. I feel like I remember seeing y'all, all the Vine people I watched, and things like, "Give me your email address. Hurry, I'm leaving."

Trey Kennedy: Yeah, people were like, "I just started a Facebook page." All the people who were kind of in the know on there knew the end was near.

Annie: So what was going on in the spiritual side of your life at that point? Because you were a believer then?

Trey Kennedy: Yeah.

Annie: And there has to be something about God in that or no?

Trey Kennedy: Yeah. I think I, in a weird way, it was almost a relief because I think getting so many followers so quickly was just kind of fun at first. How shocking is it that all these people just listen to your podcasts now are here today? It's hard to grasp that. It's like these real people here. I had millions of followers. That's cool.

And then for the first time, someone said hey to me in public. And I am, by nature, a very shy person. So I was at the mall and these [unintelligible 00:10:04] girls were like, "We love your vines." I was like, "Oh, my God." So it was kind of a whirlwind. And then I started to feel that pressure in kind of obsessively and unhealthy way of like, "I gotta make another Vine. I gotta make another Vine, and all this stuff." And so it was almost a relief in a moment. Then I had a

few months to decide like, let me try it again. It's kind of a constant recentering of what matters or what doesn't.

Annie: I think this is really interesting. And I wanted you to talk about the shyness for a second if you don't mind.

Trey Kennedy: Yeah.

Annie: Only because we all die laughing at your characters. And the videos you make they're all these characters but that is not you. That's your characters you make. But then people see your face and expect you to be that middle school boy... right, that y'all watch. Or the girls in the fall. Right?

Trey Kennedy: Yeah.

Annie: How do you deal with that expectation in public when you're at like Shoney's? What? Shoney's? Sure. Do they have those in Missouri and Oklahoma? If you're in like Chick-fil-A? That's a better answer. If you're at Chick-fil-A and the expectation of who you're going to be is not who you are, what do you do with that?

Trey Kennedy: It is kind of strange, because I think a lot of people if I get around them in maybe a normal Sunday or something, I'm not like... I speak. I'm not some total shy introvert. But not bouncing off the walls like I'm sure a lot of people assume. So they're like, "You're just so different in person." I'm like, "Well, do you want me to be like, 'What's up!'" No one likes that person.

Annie: But you like him on video done in your house?

Trey Kennedy: Exactly. Yeah.

Annie: That's exactly right.

Trey Kennedy: But I think everyone's surprised by that. I try to just be real.

Annie: Which feels more... are they both you?

Trey Kennedy: Yeah. I mean, I was always behind closed doors. I like to entertain my friends and make them laugh. I enjoy kind of put it on the show every now and then. But I was always kind of gravitated away from the spotlight and was much more laid back person, but I can get in those moods and have fun.

Annie: Yeah, thank you.

Trey Kennedy: There it is. There it is.

Annie: Trey and I were internet friends for a long time, but we met in person at a mutual friend's show. And we were standing in the back of the VIP, and he starts telling me the books he's reading, and I'm like, "Who's this guy?" Because all I knew so far-

Trey Kennedy: "He looks dumb."

Annie: "He knows how to read?" That may have been my thought. But the thing I've thought about for you is that separation of who you choose to be in your private life that is very different personality-wise than what pays your bills. So you just got married?

Trey Kennedy: Yeah.

Annie: A year ago?

Trey Kennedy: A year ago. We had our wedding a few weeks ago because of COVID, but we got married a year ago.

Annie: So Katie... you say her name publicly, right?

Trey Kennedy: Yeah.

Annie: I said and then I was like, "Edit! We have an edit point."

Trey Kennedy: You know Katie, yes.

Annie: So when you meet Katie, do you wrestle with which Trey Katie has fallen in love with?

Trey Kennedy: No. I think if you know me and get to really know me, you probably see both. I know Trey, he's a normal guy, but I can tell he can go there and be that type of guy. We had a type of situation where immediately we kind of hit it off and felt very comfortable. It was just funny to hear her... we first met like three years ago. So each year, it gets a little less confusing what I do for a living. So like three years ago, she's like, "Mama, Dad, I met this guy. He's amazing." Like, "What does he do?" She's like, "He dresses up and makes videos."

Annie: They're like, "We don't love this!"

Trey Kennedy: Yeah, yeah. Grandparents still can't wrap their heads around.

Annie: Right. Right. So a year in, married for all of COVID.

Trey Kennedy: Yeah, I got married May 2020. We had our wedding this May. Thank you. Thank you.

Annie: Everyone's very proud of you. It feels a lot like “way to go”. Tell me what you know about God now that you didn't know in January of 2020 now that you're married? What have you learned about God?

Trey Kennedy: I think marriage is cool because when you're a single dude in your 20s and especially doing my thing, I was truly doing whatever I wanted, right?

Annie: Yeah.

Trey Kennedy: I was like, "I'm gonna try to make these videos," and I do whatever, whenever. Marriage is amazing in so many ways, and one of the ways is you have to every day, nearly every moment kind of like, "What does this other person want me to do or what us to do?"

You know, on a bad day I'm kind of like, "I wanna play Call of Duty," but she wants to talk to me so much. The bad days you have to pause and be like, this is the right thing to do. It's cool to feel that and how little meaningless that is to die to myself and serve my wife, and what vastly bigger thing God did for us when we didn't even deserve it. My wife deserves it. So that's like a cool... ooo!

Annie: Yeah, you got us on that.

Trey Kennedy: On your bad moments or whatever, it's kind of like, "Man, I'm signed up for this forever." No. Really I've signed up to be totally selfless is the ultimate goal and it's a great thing. And I think marriage is awesome for that—to flex that muscle.

Annie: Right. Do you feel like in the first year...why are they laughing at you saying that?

Trey Kennedy: They just can't even take me seriously. They're like, "He's not even married. He doesn't know what he's talking about."

Annie: Katie. Okay, she's 28. We get it. Who is teaching you how to be married? Who are you listening to? Who's mentoring you? Whose books are you reading? Who's teaching you how to be married?

Trey Kennedy: I think we're both very fortunate we come from families have successful marriages. So both our folks have been married 30 plus years and we have grandparents married for 60 plus years, aunts, uncles, everyone. So we have a great time with family. We try to see them as much as we can.

That's been another cool facet too. Our relationship with my parents or something of you kind of grow up and you don't realize how blessed you are to have an awesome marriage right in front of you. You don't even think about it till you're married. You're kind of like, "You guys been doing this for 30 years. What do I need to know?"

Annie: Has being married changed your comedy?

Trey Kennedy: Just changed the content. Because I'm making jokes of what I'm experiencing. When it was vines in college, it was homework or something. Now it's like, okay, I live with a woman now. Food doesn't rot in my house anymore. She throws it away. Little things like that.

Annie: Little things like that.

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Annie: I can't remember what it is but you made a video, and one of the things you talked about was hair on the wall of the shower. And I was like, you know too much now. You know too much.

Trey Kennedy: The funniest thing was because I grew up with a sister, we're a year apart, and we had a lot of time in life where we shared a bathroom. I'll never forget, I grew up, and I would get in the shower and I'm like, "How is she getting hair on the walls?" And every time I saw, like, "That's crazy. I don't know..." And then you get in the shower later and my wife's here but I was like, "What is that?" She's like? "Oh, take that foil. I forgot it. I saved it for later."

Annie: Yes, yes. Who else does that? Yes. All of us. All of us do that.

Trey Kennedy: I'll never forget. I get in there and I'll be like, "My sister did it again. She's rubbing her head on the wall. I don't know."

Annie: You mean you thought we rubbed our heads on the wall of the shower?

Trey Kennedy: I had no idea. I was truly-

Annie: That's what you worked out?

Trey Kennedy: I don't know. It's fully... I don't know.

Annie: All the options you thought, "I bet they just rub their heads on the shower wall and it comes out in strands like that."

Trey Kennedy: I was blown away.

Annie: I'm telling you when you put that in a video, I was like, "This kills me now. Trey has so much access to information he should not have access to."

Trey Kennedy: It was a nice new world of ideas. I thought so.

Annie: It's really helping you move things forward.

Trey Kennedy: Yeah, seriously. I joked that if I run out of ideas that's when we'll have a kid because I need more inspiration.

Annie: Trey, when you have a family, you'll also get plenty of jokes. Just getting started on the marriage jokes.

Trey Kennedy: We'll see.

Annie: Is one of your characters the ones people talk to you about the most?

Trey Kennedy: I think Maddox, the middle school character.

Annie: His name is Maddox? Why have I never paid attention to that?

Trey Kennedy: It's just subtle detail?

Annie: I tell you it's not subtle as his retainer. His retainer is 0% subtle.

Trey Kennedy: That one for sure. That one's been really cool for me because I think, like with anything, my comedy is what I'm experiencing. So I think a lot of my audience tends to be people like me. So maybe they're 20s or 30s, or whatever. And that character alone has kind of really opened the doors to 10 years old to 60 something, where someone's mom will stop me and be like, "I have a 12 year old, he's just like Maddox." It's great.

Annie: Back us up to the start of Maddox. What happened? You were just sitting around?

Trey Kennedy: It was just a classic "what's the idea today?" I'm always throwing out ideas. A lot of videos you guys have never seen because they weren't good and they didn't get any views. Middle School is a funny type of stereotype. I can remember what that was like. I bought braces on Amazon for like \$8 and-

Annie: Yeah, you did.

Trey Kennedy: ...threw them in and did a little thing. And I didn't think much of it. It was actually one of those videos where I was like, "Why am I doing this?" And it went very viral. So I kind of continued and made it an ongoing character. It was great. People were like, "How do you know so much about middle schoolers? I was like, "I'm just re-acting my behavior, to be honest."

Annie: I am actually recreating-

Trey Kennedy: Actually.

Annie: ...my middle school self.

Trey Kennedy: This is great.

Annie: I like when Maddox, who I've never called him by name, I like when Maddox just stops and yells. He's like, "Mom!" And you're like, gosh, we did that every time.

Trey Kennedy: Oh, yeah.

Annie: Every time that's how you spoke to your mother.

Trey Kennedy: Oh, yeah, absolutely. My poor mother!

Annie: I mean, when you have middle schoolers, you have to do it all over again. Oh, it's gonna be great.

Trey Kennedy: It's funny my wife is kind of the opposite of me. She's very quiet and the sweetest laid-back person. She comes from a big family. She has four siblings, and it was just me and my sister. So initially, Katie, she's like, "I want a big family too. That's what everyone does." I asked my mom like, "Why just two?" She's like, "Well..." Casey is the name of my sister. "Casey is great. You... I was done after you."

Annie: We planned on eight. But brother, you, you take all the plans.

Trey Kennedy: I was like, "Katie, were all your siblings... were they really well-behaved and nice." She's like, "Yeah, they were?" Like, "That's why there's five of you. We'll see what happens after two."

Annie: You got a lot of gifts for getting married, a lot of presents.

Trey Kennedy: Oh, yeah.

Annie: And you made a whole video about the standard mixer and how no one ever uses it.

Trey Kennedy: No.

Annie: The KitchenAid.

Trey Kennedy: That's the first option.

Annie: Oh, boy! Oh, boy! Sorry. Sorry.

Trey Kennedy: Split the room.

Annie: Hang on. Hang on.

Trey Kennedy: She's like, "I made cupcakes today." Okay, all right. Yeah.

Annie: How long have it lived in your house before you use it?

Trey Kennedy: Eight months? Probably.

Annie: Oh, my gosh.

Trey Kennedy: No one in the room haven't ever used it.

Annie: What color? That's apparently a question.

Trey Kennedy: I think it's white.

Annie: You think? You don't remember?

Trey Kennedy: I told you we've rarely used it. But I've heard of a lot of people were... I put on my Insta story kind of like who... it was like 50/50 people like, oh, my god, attacking me. Like, use it every day.

Annie: That's what happened in the front right quadrant here. I didn't know the baker sat together. But they do apparently.

Trey Kennedy: But a lot of people have it and they're like, "Yeah, we've never touched it."

Annie: Did you get to register even though it was COVID times?

Trey Kennedy: Our wedding was May of 2020, so all the invites and stuff went out well before the pandemic. So everyone was RSVP'ing ready to go. We started to get some gifts and then we had to pull the plug. So it was kind of weird we got a wave of some early and then I think throughout the pandemic, people felt bad so a couple showed up.

Annie: "Hope you guys are okay. Here's a vacuum."

Trey Kennedy: And then the rest came in at the postponed wedding. So it was kind of a long journey of thank you notes.

Annie: The people feel you on the long journey of thank you notes. Because the problem you have is technically you have a year to write them. You have two years.

Trey Kennedy: If I get a thank you note a year later, I'm burning it. That's not acceptable.

Annie: If you get a thank you note a week later, what do you do with that one?

Trey Kennedy: It's like, oh, wow, these people were on top of it.

Annie: I still throw it away, don't you?

Trey Kennedy: Well, yeah.

Annie: I don't have a collection.

Trey Kennedy: I don't even finish reading because you know what it's gonna say.

Annie: You're welcome.

Trey Kennedy: Like, "Dear Trey, thank you for the..."

Annie: That's exactly right. Mean so much to me-

Trey Kennedy: I don't know why we write them.

Annie: I know. I know. I'm really don't mean a lot to you. Trash. Recycle, recycle,

Trey Kennedy: Recycle.

Annie: Recycle. We recycle it. Did you get anything you loved? Anything you registered for that you're like, "This was the thing I wanted." I love when my dude friends register for stuff.

Trey Kennedy: Yeah, I did. My COVID hobby I kind of took up was cooking a little bit.

Annie: Tell me more. Says the guy who hates his mixer.

Trey Kennedy: Well, that's for baking.

Annie: Oh, you took up cooking not baking?

Trey Kennedy: No. That is kind of the reason why we first ever brought it out because I think. Didn't you mention earlier everyone made bread last year?

Annie: Yes. Yes.

Trey Kennedy: We moved together, had this house with a nice kitchen. I was like, "I'll see what happens here." It was kind of-

Annie: "What could happen in this room that I've never known?"

Trey Kennedy: That was a fun hobby. So I did use the stand mixer. But I got a very dude stuff, like a Bluetooth meat thermometer or something like that.

Annie: Tell me more. Why does your meat thermometer need to talk to your phone? Why can't it just do its job alone?

Trey Kennedy: Yeah, it doesn't.

Annie: So do you put it in the thing and you walk away to another part of the house and your phone says, "It's there?"

Trey Kennedy: I go down the street and... just the only way I can justify it.

Annie: You just go out on the street?

Trey Kennedy: Sort of like I can justify it.

Annie: The longer you talk about it, I'm kind of getting into it now.

Trey Kennedy: Yeah, right?

Annie: Because chicken terrifies me.

Trey Kennedy: One sixty-five...

Annie: Yeah, 165. Whoa, that number, it feels like my arch-nemesis? Because I'm like, "I'm almost there. I'm at 158. Here we go." And then suddenly 173. And I'm furious.

Trey Kennedy: I don't know if anyone else did too. The meat thermometer started to blow my mind because I grew up in a household where we're like, we need to... It says to bake the turkey four hours, we do a six to make sure it's done. I didn't think I liked chicken till I was like 17. They're just...

Annie: Right, right, all the way through. But now I can put a thermometer in my chicken and go somewhere else and my phone will say, "Come get it now."

Trey Kennedy: 2021.

Annie: Who knew! Amazing things.

Trey Kennedy: Amazing.

Sponsor: Hey, friends! Just taking a short break from this conversation with Trey to give a shout-out to our amazing partner Flamingo. Think about some of your routines and rituals each day that keep you centered and help you feel ready for your day, your morning tea, or coffee, reading, or exercise, or listen to your favorite podcasts on the way to work.

We need those routines. But sometimes doing things day after day can get a little dull, right? Things like shaving. And trust me you just don't want the words dull and shaving in the same sentence. Well, with Flamingo, we can turn shaving from a chore into a ritual.

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And now back to finish our live podcast to our conversation with Trey.

Annie: Okay, so not only the videos, now you're doing a stand-up tour.

Trey Kennedy: Yeah, comedy tour.

Annie: That's awesome.

Trey Kennedy: Yeah, thank you.

Annie: What was that transition going from videos to stand up? That's two really different kinds of comedy.

Trey Kennedy: That's been a cool journey too. Really in 2019 is when me and my people first had the discussion of kind of, like, "We think you could sell tickets out on the road. Like you do a show." And I was like, "What show? You see what I've been doing and..."

I think a lot of people with a following who maybe make YouTube videos or whatever, they might go out and kind of try to do some Q&A or have some fun. But I was like, "If we're gonna

do this, I want to do something I'm proud of and kind of go for it." So I did some open mic kind of guest spot stand-up stuff, which was horrifying, but luckily it went pretty well.

I'd spent all 2019 writing and trying to get my feet wet. So, start of 2020, I had a show I felt good about. Our first show in that tour was March 11, 2020.

Annie: Tell them how many cities the tour was.

Trey Kennedy: We had scheduled like 25 shows-

Annie: Twenty-five shows.

Trey Kennedy: ...in March. If you don't remember March 11 was like Wednesday night. We off the stage-

Annie: If you don't remember, we remember. Just a quick note, we for sure remember March 11.

Trey Kennedy: We got off stage and we were-

Annie: And was the first show of the run?

Trey Kennedy: First show of the run. We were really kind of like this. We're fired up. We get backstage and someone's like, "Have you checked Twitter yet?" And my inclination was like, "Am I trending on Twitter? Was that the best show?"

Annie: "I knew my show was good."

Trey Kennedy: They're like, "No, Tom Hanks has Coronavirus." That was the night that the country shut down. I think we did the next day's show. And by the time Friday morning rolled around, everyone was done.

Annie: I mean, you heard Michael talking in the phone coaching part about losing jobs in 2020. What was that like for you, Trey? I mean, here is like the big dream happening and it's canceled.

Trey Kennedy: I had a lot of perspective. I was lucky because like I said, I'd fully built up to make videos on my house thing. So it was like, I'll go back to that. But it was, like I said, we spent all 2019 kind of doing it and really getting out of my comfort zone trying this thing that was fortunately seemed to be working pretty well. It was a hugely overwhelming week where it was like, going on tour, so nervous, a lot of jitters.

Then I remember the day before COVID was kind of a whisper, I was like, "I'm wondering if we'll be able to get through the tour that was going through June or whenever." They were like, "You'll be fine. You'll be fine." You know, you're so nervous to do the first show, you're on top of

the world. This is, you know, wow, I'm so grateful. And then they're like, "Oh, COVID's hitting." And then it was 24 hours of anxiety of like, "do we do tomorrow's show? Do we not?" And then people are like, "Let's go ahead and do it."

I started to get a few DMs, like, "How do you hold an event right now?" And then you wake up the next day and you start to... you forget it's weird. I don't know if you feel this way. Like when I was out on the Trey Kennedy tour and all these people were out, I forget that, I guess, it's my thing, I'm in charge. I was like, "What am I supposed to do?" They're like, "It's your show?"

Annie: Every day I'm like, "Who's the boss?"

Trey Kennedy: I have all these people older than me like, "So what do you want to do?" I was like... So I made a decision "let's pull the plug." We got flights home. I remember getting home and just kind of having a release of like... Kind of cried a little bit when I got home. Just like, what an emotional week! Very sad. We're holed up in this weird way, and then you start to think, "We're getting married in six weeks." So you're kind of immediately like, "Her dream wedding..." And everyone dealt with this obviously. It was just a weird...

Annie: It doesn't make your story not true.

Trey Kennedy: Oh, yeah.

Annie: We all dealt with it, but that's a very true story.

Trey Kennedy: It was very bizarre. Who would have thought that would ever happen? A lot of good fella too, for sure.

Annie: I appreciate you saying that. But also that's terrible.

Trey Kennedy: Yeah, yeah.

Annie: So now you've rescheduled to some degree. Is this a reschedule?

Trey Kennedy: 100%. Like I said, we got two shows done, but the remainder have all been rescheduled for later this year. Plus More cities. So, yeah, we're coming. We're coming to Kansas City.

Annie: You're gonna be here?

Trey Kennedy: Yeah.

Annie: What date?

Trey Kennedy: We're coming to Kansas City... I'd have to double-check. October 21st I think.

Annie: I think you're right?

Trey Kennedy: I'm pretty sure.

Annie: We can find it on the internet. We'll find it on the internet.

Trey Kennedy: I'm so excited.

Annie: Does it feel... I won't make a guess of what it feels like. What does it feel like to get to... Will it be the same show? Is it feel picking this thing up that you dropped off or did you build something new? Or what is it?

Trey Kennedy: In a way, I'm very grateful as well because it just made me work on this thing for another year, basically. We all had our very quarantine days and I was able to still do my thing in my house and make videos. But then we able to finally get back and do some social distance shows and all that in November. And I've been doing those ever since. Now it's cool because when I get back out to those rescheduled shows in October, November, December, it's mostly the same content but it's just really improved because with time, it's just gotten better.

Annie: How did COVID change comedy?

Trey Kennedy: That's a great question. I think comedy is always the same, where people just... like what's happening now? What can everyone relate to? The initial days of quarantine, it was super fun to make content. Because what other time ever in any of our lives will it be like 100% of us are doing the same?

Annie: That's right. That's right.

Trey Kennedy: So we were making all sorts of quarantine content from the day one a quarantine. I remember, literally Lysol in our Amazon packages. It was insane.

Annie: It was insane.

Trey Kennedy: And like six weeks later, just throw it on your shoulder. Yeah, I've already had it. I've already had it.

Annie: I had it in January. I had it back then. Yeah, yeah.

Trey Kennedy: So that was really fun. And then someone like me who my aim is to try to just keep it fun and light-hearted and I don't want to pick sides or do politics, you get through

COVID, and then it was the most politicized year of our lives and we struggled with kind of like, okay, how do we just have some fun here when this is dominated everyone's thoughts right now?

I think a lot of really funny stuff came out from it, just from the people who do like to come and all that stuff. But I do think with all the industries, pandemic and quarantine, working from home just sped up so many things where your traditional stand-ups who maybe were like, "Who are these guys making these videos?" all of a sudden were like, "I guess I need to make videos," and vice versa.

I think it's cool to see slowly the worlds of comedy coming together where there's respect for both sides of like, you know, it's not that easy to gain a following. It's definitely not easy to get on stage. And both sides trying to meet in the middle was a cool thing to see from my perspective.

Annie: I say this to you a lot in our friendship, but one of the things I respect about you the most, I respect a ton of things about you, but one of them is you are a faith person who has a ton of non-Christian followers. I mean, you have built a thing, where people who don't believe in everything you believe absolutely love you. How do you do that? We know you're a believer, it's part of who you are and what you do, and yet somehow people who don't love God love you. How is that? What do you do?

Trey Kennedy: Thanks for saying that. I don't know. When I started doing all this, I wanted to stay true to who I am and try to make stuff that I thought was truly funny but also wouldn't be compromising anything I thought was right. I try to also not hide who I was. I think with any kind of comedy or any content, I think the right way to do it is to be authentic. It's like who you are as coming out of that.

That's why I kind of always say if you're a believer, I think you can tell, and if you're not, maybe that's not blatant to you, but I hope that maybe over time you pick that up or I need to find opportunities to do that. Yeah, I want to create content that just brings everyone in.

Annie: You do such a great job of that, dude.

Trey Kennedy: Thank you.

Annie: I really mean it. I say a lot that I think when people fall in love with the people of God, they'll fall in love with God. I watch you as an inspiration.

Trey Kennedy: Thanks.

Annie: That's what I want to do. So I'm so thankful for that part of your work, that so many people want to collaborate with you that aren't like you, so many people share your stuff that aren't like you. It's just so awesome. Thank you for doing that.

Trey Kennedy: Thank you. Yeah, thank you.

Annie: I think it's really cool. Does it get hard, the parts of that? Because that would be a calling. It would be a real thing. You've picked this path. Are there parts of it that are hard where you could have gone in real Christian comedy or you could have gone all the way to the stuff that makes a lot of people laugh, but does it make you feel like you're being Trey? Is there a challenge in the lane you've picked?

Trey Kennedy: Yeah. You know, not more than anyone else. We're always trying to kind of be strategic for lack of a better term of like, okay, what's truly funny? Katie's become like a great... I have a couple guys help me write and create all this content. And Katie has been a perfect like, "All right, we'll run this by." And she's like, "That was all funny. Delete that part. Don't say that."

So we're not perfect at all, but trying to find that ground of like... I don't think it's bad at all to make just Christian content or anything, but I felt like I was supposed to kind of be in a lane of "how do I do something that's...literally people would think is funny, but doesn't necessarily alienate anyone?" It's the hope.

Annie: That's one of the reasons I will cheer for you privately and publicly forever.

Trey Kennedy: Thank you.

Annie: And I want my friends to know you. It's why I want them to know Mike. Both of you are in such a very unique lane that feels so gospel centric without being loud about it. And I think that's how people are gonna fall in love with God that don't know Him. I'm not sure the church is doing the best job looking like a fun place to be. But following you is a fun place to be.

Trey Kennedy: Cool. Thank you.

Annie: I think it's awesome. I'm gonna ask you this. What are you reading?

Trey Kennedy: Great question.

Annie: Thank you.

Trey Kennedy: I'll probably say I'm back into reading. It is funny. There's just a lot of adjustments in marriage. You live with someone, you know, her thing is like, "I want to lay in bed and watch TV till I fall asleep." And I had a strict "no TV."

Annie: I was like, "You don't even have a TV for a while?" Right?

Trey Kennedy: I didn't. So for the first six months of marriage, we watched TV every night before bed. I just did what she wanted.

Annie: That is so different. I was gonna be like, "You did not own one." Oh, my gosh, I did not know that.

Trey Kennedy: You obviously totally love being around each other. So it's like a fun "what are we binge watching this time?" But I've slowly gotten back into the habit of reading. I just finished "Gentle and Lowly." Have you heard of this one? I've heard a lot of people read that one.

Annie: I have it. But clearly-

Trey Kennedy: Who is it by again? Dane Ortlund.

Annie: Thank you. Okay.

Trey Kennedy: That was great.

Annie: Is it about-

Trey Kennedy: It's about-

Annie: She?

Trey Kennedy: In a way.

Annie: Aren't they all? Aren't they all?

Trey Kennedy: No. It's about gentle and lowly. It focuses on the verse where he says... there's this verse in one of the Gospels where it's the only time Jesus reveals His own character, where He says, "I am gentle and lowly." There's an old, I think, whole style of writing where these people they take one single verse and write hundreds of pages on the verse. So that's kind of his goal where it's like, what does that look like to know that Jesus and our Lord is gentle and lowly?

Annie: Good read you have.

Trey Kennedy: Yeah, great read. Highly recommend. That was the most recent one that I highly recommend. That was great.

Annie: How do you sort out having a TV in your bedroom now? Tell me those conversations, y'all. Do you compromise?

Trey Kennedy: We for sure have. Because she's a night owl, and let's do that. I like to be very kind of regimented. So we kind of have a thing where we're like, "Okay, in bed we'll watch some TV that's got to go off at this point. We got to relax." We're doing our thing figuring it out. So it's all good.

Annie: Well done. That is an impressive compromise. Because on my list of things about Trey Kennedy in my mind, not owning a TV was high on it.

Trey Kennedy: No.

Annie: Like the guy doesn't watch TV. Now it's in your bedroom. That's different. All right, marriage! Looking forward to it. Okay, Trey, is there anything we didn't talk about that you want to make sure we talk about?

Trey Kennedy: Yeah. Let's talk about your tour. This is amazing.

Annie: This is amazing. Right?

Trey Kennedy: Wow. Look at you guys!

Annie: I'm just grateful to you. It's very fun.

Trey Kennedy: Do you ever think a podcast would turn into this?

Annie: No. I couldn't have dreamed of this. I told Trey backstage, like, "I didn't know I could do something that felt like this." I didn't know.

Trey Kennedy: It's cool.

Annie: It's awesome.

Trey Kennedy: I was shocked by how much I enjoyed meeting the people that made me come to my shows. It sucks to think this. You might all agree with this. You kind of assume like all these people that come to my shows and want to meet me are probably weirdos. It's not that big a deal.

Annie: Listen, here's what I always say. The weirdos never leave the basement. The weirdos are the ones who show up above all.

Trey Kennedy: Yeah, but super pleasantly surprised just how much peop... Really surprised.

Annie: This is what he thought before he met you. He was better than I thought, by a lot.

Trey Kennedy: It's amazing. I meet these people and they're so encouraging to me. A lot of people do so much. "You've got us through the pandemic. You did so much." I'm like, "You did too." It's an equal relationship here. That's cool.

Annie: I love that.

Trey Kennedy: Congrats. It's amazing.

Annie: Thank you. I mean, getting to be with us is just like... I didn't know I'd ever get to do anything like this. It just feel amazing. I don't calm down for a long time after the show's over. Long time. I'm a tree to be around on the bus for the next few hours. It's a real pleasure. I spill stuff almost every night, Trey. I can't even explain to you how much I spill on the bus. And I don't spill in my real life ever. I spilled a picture last night.

Trey Kennedy: She's excited.

Annie: An entire picture. It could not have gotten worse. It's because I'm too excited.

Trey Kennedy: Good.

Annie: I can't be controlled. Trey, the last question I always ask, because the show is called That Sounds Fun, tell me what sounds fun to you.

Trey Kennedy: Oh, okay. What sounds fun to me right now. My newest hobby...you know, summer hobby is golf.

Annie: Oh, okay.

Trey Kennedy: Yeah.

Annie: Two people clapped for that. Thanks, guys.

Trey Kennedy: Those are obviously the stand mixer clap.

Annie: No, no, no. More bakers than golfers. We have more bakers than golfers.

Trey Kennedy: That makes sense to me. That makes sense to me.

Annie: It's on brand. It's on brand for me.

Trey Kennedy: We've been getting back on the road, which is amazing. What you don't realize when you first start getting on the road, or people don't realize, you know, we have shows every night of the weekend, which is amazing. So we got to be at the comedy club or whatever from

five to midnight. It's like, what are we doing from 8 a.m. to five on a Saturday or whatever? So me and my buddies who go on the road with me and open for me and stuff, we did too much just staring at each other and stuff like, "What are we gonna do?"

So golf is also a great outdoor activity. It takes some time. So like, let's just go golf. And it's a disaster. So I kind of went all in. I was like, I got my clubs. I got some lessons under my belt, and we're golfing. I think it's a great exercise. I think God wanted me to learn how to control my anger.

Annie: Previously, you weren't controlling your anger?

Trey Kennedy: Well, I mean, not on the golf course. Like we were in shows last week and we started around and I was like, "I'm horrible." It's not good. The people following us are like, "Are you Trey? Big fan, man! Big fan. Good luck to you. Go ahead." Like watching me and like, you should probably behave now. It's like, thank you.

Annie: Thank you, Lord.

Trey Kennedy: Thank you, Lord.

Annie: "The people behind me might always know who I am."

Trey Kennedy: I know. So the guy is like, "You guys, "You know that guy from Instagram? We followed him all day in the golf course. He is horrible." Whoa!

Annie: "He puts words together I didn't know could be strong like that." That's what you don't want happening.

Trey Kennedy: Golf is my new fun hobby. We'll see how it goes.

Annie: That's a great answer. Well done.

Trey Kennedy: Yeah, it's a great way to get out and just spend five hours with your best friends.

Annie: And get some vitamin D.

Trey Kennedy: Yeah

Trey Kennedy: Little sport.

Annie: Thank you for doing this tonight.

Trey Kennedy: Thank you. Thanks for having me.

Annie: This means a lot to me that you'd make time.

Trey Kennedy: Yeah, absolutely.

Annie: I think so highly of you.

Trey Kennedy: Thank you. You too. You too.

Annie: So I'm really glad they get to see you. Being in the same place with you is one of my favorite things.

Trey Kennedy: It's so fun.

Annie: So I'm really thankful. Will y'all please give a big round of applause to Trey Kennedy.

Trey Kennedy: Thank y'all, man. Thank you. Thank you.

Annie: Oh, you guys, isn't he the best? Oh, my gosh, I love Trey Kennedy so much. This was one of my very favorite conversations I've ever had with him, recorded or not. I just adore him. So make sure you are following him, check out his tour dates, watch his hilarious videos and tell him thanks for being on the show.

If you need anything else from me, you know I'm embarrassingly easy to find, even on my birthday. Annie F. Downs on Instagram, Twitter, Facebook, all the places you might need me. That's how you can find me. And I think that's it for me today. Friends, go out or stay home and do something that sounds fun to you. I will do the same. Have a great week. We'll see you back here on Friday with our live podcast conversation with Aarti Sequiera.