

[00:00:00] <music>

Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today.

Today's a special episode we are sharing the last two portions of the That Sounds Fun Tour live shows from this past spring with you all. If I'm telling you the truth, it feels like the tour is ending all over again now that we are done hearing all of our guests. I'm kinda sad about it.

And just a reminder that my new 100-day devotional, Chase the Fun, releases on Tuesday of next week, August 2nd. We are so excited. So you still have time to preorder it and get the preorder bonuses. Just preorder Chase the Fun anywhere you love to buy books, and then go to chasethefunbook.com to redeem your goodies, including a download of the first seven days so you can start right now, free audiobook so I will read it to you every day,—you can also start that right now—and a chance to be part of the fun coaching Q&A episode that is coming up next week. Again, all the details are at chasethefunbook.com.

Before we dive into today's conversation, a quick word from one of our amazing partners, [BetterHelp](#). If you find yourself feeling overwhelmed or more tired than usual, it could be that you're dealing with symptoms of burnout. You're not alone.

So many friends are experiencing burnout, fatigue, lack of motivation, and feeling overwhelmed because of all they have going on. You've seen it online. A lot of people took long breaks this summer. There's a reason we're all feeling it. BetterHelp wants to remind you to prioritize your own health. One way we can do that is with therapy.

BetterHelp is customized online therapy that offers video, phone, and even live chat sessions with your therapist. So you don't have to see anyone on camera if you don't want to. Our friend Eddie, who's one of today's guests, has shared with us before how helpful his own experience with his BetterHelp therapist has been for him. And that same help is available to you too.

Plus they've done all they can to remove obstacles for us. It's more affordable than in-person therapy and you can be matched with a therapist and under 48 hours. That Sounds Fun friends get 10% off your first month at betterhelp.com/thatsoundsfun. That's betterhelp.com/thatsoundsfun.

Intro: Okay. As I said earlier, for this whole month of July, we've been sharing part of two different live shows from the That Sounds Fun tour this past February and March. These episodes have been so fun.

So if you've missed any of them, be sure to go back and listen. I assure you, you don't want to miss a single one of these. It was the most fun couple of weeks. It has been such a joy to hear the conversations all over again.

Today you'll hear from our old buddy Eddie Kaufholz about new places, new jobs, and new pets. It was such a fun night in Baltimore. The room was buzzing with people excited to hear from Eddie. I'm so happy you get to hear part of that conversation today.

The other part of today's episode is with author, podcaster, and my fiery friend Bianca Olthoff from the night we were at Inland Empire, California. Oh, it was so fun. Listen, I hate endings. You know I do. So I'm sad to see this series come to a close, but these two are the perfect combo to close us out.

Like I said, it feels a little bit like tour ending all over again. But if we gotta go out, let's go out like this. Let's jump into the portions of my conversation from the That Sounds Fun Live tour with Eddie Kaufholz in Baltimore and Bianca Olthoff in Inland Empire.

[00:03:38] <music>

Annie: Will you please join me in welcoming today's guests your friend, your buddy, Eddie Kaufholz? You love that. You just love it. You love it. Look at that. Look at that, Edward.

Eddie: Wow. Wow.

Annie: Wow.

Eddie: I'm doing an impression of a person who's normal right now. I feel really comfortable. Okay?

Annie: Welcome to the studio, Eddie.

Eddie: So when I saw that... We just start and do the thing. I could just start talking.

Annie: Oh, hold on. Let's hit 'record' like you do.

Eddie: Annie F. Down. How are you doing?

Annie: Edward!

Eddie: I have no idea what I was talking about.

Annie: You were saying something.

Eddie: Oh, when I saw the picture yesterday of Michael Wear, I thought this was a real set.

Annie: Oh, tricky.

Eddie: It's a television.

Annie: That's a picture.

Eddie: It's a big television. To which, can you guys put up pictures of Waffles? Did we bring those with us?

Annie: I need y'all to know that in last week's AFD Week in Review, which is our email we send on Fridays, we tell people who's going to be on the show and then they send in questions, every third question was about a cat, Eddie.

Eddie: Listen, let's get it out of the way because "who rescued who?" is what I'm trying to get at.

Annie: Who rescues who?

Eddie: Some people are laughing because you know. But if some people not know what I'm talking... A lot of people don't know what Waffles is.

Annie: Some people don't know everybody in your life.

Eddie: Okay, so there's a person-

Annie: There's a person.

Eddie: So for Christmas, we got the kids—we heard this on the last podcast—a cat. And we pre-named her Waffles-

Annie: Because it rhymes with Kaufholz.

Eddie: Right. It's a soft rhyme. But Waffles Kaufholz. The joke is-

Annie: A soft rhyme.

Eddie: And this cat is my best friend in terms of everybody... I didn't even know I was a cat person. But I love this cat so much, Annie.

Annie: Why?

Eddie: Listen, I'm gonna say something inflammatory and I just want to leave it here and I don't think it's gonna go well. But a cat is everything I hoped a dog would be. They kind of clean themselves, they kind of like hanging out with you, and then they leave. It's not like a big deal.

Annie: It sounds like a kid.

Eddie: It's not like a kid in terms of-

Annie: Okay, it's different.

Eddie: Right. It's totally different.

Annie: Okay.

Eddie: And then she's just like a sweet angel that just like purse on you. I'm talking about a cat at a live podcast. So let's talk about something else.

Annie: I need you to know what... Can I tell you what I hate?

Eddie: Oh, let's go.

Annie: I hate that when you send pictures to your brother Uncle Jimmy-

Eddie: Uncle Jimmy, who's here tonight.

Annie: Uncle Jimmy is here tonight. When I met Uncle Jimmy, I said, "I think I'm meeting a celebrity."

Eddie: Oh, yes.

Annie: Listen, Eddie put this on Twitter if you saw it. You send pictures to Uncle Jimmy of Waffles.

Eddie: Right.

Annie: Hold on. And under it you put what Waffles is saying, and it always starts with "daddy." It's disgusting, Eddie.

Eddie: I know.

Annie: It's disgusting. I was like, you put that on the internet. We all know that you have Waffles calling you daddy.

Eddie: Yeah. Like I'm sure most people, because I see some people taking pictures, will probably tag it for daddy because that's what I've tagged...

Annie: But you know that you shouldn't, right?

Eddie: Oh, I know.

Annie: Okay. But you know what else that... you know.

Eddie: I know.

Annie: Okay.

Eddie: I know that you shouldn't click on that hashtag.

Annie: No, no.

Eddie: I know-

Annie: No.

Eddie: ...that you shouldn't do that.

Annie: You should not.

Eddie: But I like that finally after all of these years, I've really defined my brand, which is a lot of cat pictures.

Annie: Yeah, lots of cat stuff.

Eddie: And I'm on a live show right now and we've done five minutes of Waffles talk and I couldn't be happier.

Annie: Yeah. I mean, everybody's still very into it for better or worse.

Eddie: I love her so much. She's like a therapy cat and I love her so much.

Annie: Do the girls love her?

Eddie: Everybody loves Waffles.

Annie: I mean, it sounds like you don't share Waffles.

Eddie: Oh, no, no. You don't get the opportunity to possess her. That's the thing. She comes to you when she's ready, you know? She comes to you and then she just decides, "You know what? I'm gonna wander over here and be alone. I'm gonna be with Brianna. I'm gonna be with the kids. So that's the thing. When she chooses you, you feel very special. I am an adult. I am an adult, and this is odd.

Annie: This is a cat. We're still talking about Waffles Kaufholz.

Eddie: I love her. Do you have any other questions or are we just gonna wrap it up?

Annie: That was it. Thank you guys for having us.

Eddie: Is this about the show?

Annie: Cat talk.

Eddie: Yeah, really.

Annie: Annie and Eddie keep talking about a cat.

Eddie: Meow buddies. Thanks.

Annie: Did you bring a list?

Eddie: I mean, kinda.

Annie: Okay. Do you want me to start on my list?

Eddie: I need to reveal something to you behind the scenes of the show.

Annie: In front of everyone?

Eddie: Yeah. I've never really had a list as much as I just am like, "I'm gonna just jump off the ledge with you."

Annie: What are you saying to me?

Eddie: It's not that I've ever-

Annie: We had a podcast that will live in infamy for a year plus two months-

Eddie: Oh, my gosh.

Annie: ...and you never had a list?

Eddie: No, you just kind of-

Annie: I wrote down my list.

Eddie: I know you did. But it's different kinds of people. I just kind of knew there would be things that would just happen, but no. So yes, I had a list in that I feel as though we'll have things to talk about.

Annie: This whole thing has been a deception.

Eddie: This whole thing, nanomaterial. Yeah, the - what is it spinning on the table? The inception?

Annie: Are you putting salt on-

Eddie: It was an Inception joke and I've seen half the movie so I don't know how it ends. But what-

Annie: I need you to know I could not be more stunned that you never had a real list.

Eddie: But I do have something I want to tell you. But I know you do too.

Annie: Because I started with Waffles so I'm sure you have a great topic.

Eddie: So this will be like a 'choose your own adventure' thing. Would you rather me start at the end of the story which is this morning or the beginning of the story which is a week before Christmas?

Annie: You guys vote. Raise your hand for end of the story. Nope. Very much we want beginning the story that happened before Christmas. And two we were. So you're gonna have to start now.

Eddie: We're getting the whole thing. So the week before Christmas-

Annie: This is why we never did this live before because we never wanted them to vote.

- Eddie:** No, no. I really respectfully just wanted to know what she thought. But now we're all here together, and this is a thing now and it's a whole to do and I got a new jacket and so here we are.
- Annie:** It's a great jacket.
- Eddie:** Bummer. Old Navy. No big deal. Thank you. Okay, so listen-
- Annie:** What is it like to be rich?
- Eddie:** By the way, I ate a cookie with your book cover on the back-
- Annie:** Thank you. I know.
- Eddie:** So it was nice. So week before Christmas, we go and see the Capitol. You know, the Capitol. We all saw the news. The Capitol, right? We go out-
- Annie:** Before January 6th, it was already a thing.
- Eddie:** We go to the Capitol to see the Christmas tree there.
- Annie:** Is it lovely? Is it like a thing?
- Eddie:** Yeah.
- Annie:** I thought DC has a lot of go here to see a big Christmas thing.
- Eddie:** Yeah, it's really beautiful. I feel really lucky about it. So we go to see it, and the Christmas tree is neat because it has... This is superfluous and unnecessary. But it has like ornaments from every single state. So it's kind of fun because you look at it and you're like... My kids are like, "Oh, cute." There's the South Dakota, whatever.
- Annie:** Yeah, for sure.
- Eddie:** So then Lucy—and I got permission to tell the story—says, "Do you want to race?" Because we like to race. Well, no, we don't really like to race but she was like...
- Annie:** Lucy does.
- Eddie:** Lucy likes to race and she's pretty fast. So we get to run in and I'm generously 20 feet into the race and I just go down. I just fall down hard.

Annie: Because of your knee? One of our friends listening was talking about your knee.

Eddie: Knee is fine. Ran two miles yesterday. Feel great.

Annie: You just fell?

Eddie: What?

Annie: You just fell?

Eddie: I just fell.

Annie: Okay.

Eddie: And that is an embarrassing thing because it wasn't like I wanted to be like, "Oh, there's a big pothole, but I just fell." Fell on my shoulder, immediately dislocated on the ground. So it gets so much better.

Annie: You never made a real list and you're telling me right now you dislocated your shoulder at Christmas?

Eddie: Dislocated. So I stand up-

Annie: This is not going great for me.

Eddie: And I've never dislocated anything. Have you?

Annie: Emotionally, a lot?

Eddie: Yeah, you do.

Annie: You've walked with me on that. You know. That's the not recorded part.

Eddie: I know. Let's count it in. Two, one, podcast starts now. Hey, everybody. So anyhow, dislocate my shoulder, stand up, relocate it. Just pop it back into place. All kinds of pain. Huge mistake. I need to fast forward through this. But we go to the doctor-

Annie: When you pop it back in, tell me more, do you go like this, "One, two..." like you see on the...?

Eddie: I'm just holding it like this and I go up like that and then get super nauseous. This is all in like a moment-

Annie: This is a medical show.

Eddie: This is 20 seconds after I fall down.

Annie: Okay.

Eddie: It's just like happening and I'm like, "Oh, this really hurts." So it continues to hurt. Go to the doctor, get an MRI. So I fractured my shoulder, tore rotator cuff, and tore something else up there. So I tore all of this stuff. So I've been doing physical therapy for-

Annie: Why have you not told me? Have you been saving this for this? That's the only thing this is.

Eddie: Yes.

Annie: Okay.

Eddie: Because I live in panic when you start talking to you about these shows. Because I'm like, "What if I don't have anything to talk about?" And I have to talk about a cat for 25 minutes.

Annie: You know you could write a list down.

Eddie: I-

Annie: Like the rest of us do this show do.

Eddie: Yeah. Yeah. Yeah.

Annie: It cause less panic. Go ahead.

Eddie: Okay. End of the story: this morning, physical therapy, they do something called dry needling. Oh, you've heard of it? Oh, there's a hand up. I see that hand. Hallelujah.

Annie: I see that hand.

Eddie: Thank you. So it's like acupuncture in that they take a long acupuncture needle-

Annie: Sure.

Eddie: Ooh, if you're squeamish, just-

Annie: Just turn the volume down.

Eddie: Sorry.

Annie: Sorry for you guys.

Eddie: Hit the 15 seconds button because-

Annie: Welcome to the live show.

Eddie: Anyhow, they put it into the actual deep in the muscle, and they [snaps fingers]. Like you feel it and you feel the muscle activate the one that you hurt. And they put another one, and then you know what they do? Hook up electricity to both of them.

Annie: I'm sorry.

Eddie: Annie, my shoulder is like 95% fine. They electrocuted this morning. I feel like I'm totally fine. Can you believe that?

Annie: You're bionic in a way.

Eddie: Well, that's the end of the story. What questions do you have for me about it? Do you want to know if Lucy won the race?

Annie: Uh-huh.

Eddie: She did.

Annie: She did.

Eddie: She was way past me.

Annie: Was she already past you when you fell?

Eddie: I fell because she was way past me and I kicked it into some gear that never existed because I got competitive because all of a sudden it's like... You know how you're like, "Oh, I'm doing a cute kid race." And then you're like,-

Annie: I just might want to win.

Eddie: "I'm about to get smoked." And I did. And I did and then I fell down in my little shoulder.

Annie: You have been in physical therapy. Can I tell you something?

Eddie: Please.

Annie: Physical therapy feels like a nightmare to me.

Eddie: It is.

Annie: Like I'm injured. I'm fixed. Don't make me work on it. Though. I love PTs. I support all of you.

Eddie: Oh, yeah.

Annie: My Enneagram seven of like, "You mean this is going to take longer than just that long?" I'm not interested.

Eddie: And it's like a moderately humiliating thing.

Annie: Yeah, they like bend your arm.

Eddie: Yeah. Or they're like, "You don't have a lot of core strength." I'm like, "Yeah, I know. I am-

Annie: "I'm not here for an assessment on my entire life."

Eddie: "I'm aware I can't balance any time ever for a second." And then today I'm totally like shirt off on the bench and they're just like electrocuting my arm. I'm like, "Oh my gosh."

Annie: Are you done now? Is that it?

Eddie: I mean, it feels fine. I'm gonna go back to the doctor. I don't think I'm going to have surgery or anything like that, but they'll just electrocute me.

Annie: You just popped it back in and make yourself nauseous.

Eddie: So that's how I'm doing.

Annie: Did you think at that moment, "This is dislocated?" Or did you think...

Eddie: I didn't know. I just knew it was all weird and dangly. No, no. Oh, that was the wrong word to use. Sorry.

Annie: But it really felt dangly? Like it felt, oh-oh, the skin is the only reason this is still on.

Eddie: It is crazy hearing the feedback because this can't be the first time this has happened. But normally people are just-

Annie: This is the response they do in their car.

Eddie: They just do in their car.

Annie: Yeah, yeah, yeah.

Eddie: They're like, "Stop. You don't have to keep talking about it. We don't need a 30-minute show on knee surgery. Talk about another thing. You can do-

Annie: We don't.

Eddie: We don't.

Annie: We just keep talking.

Eddie: So that's my medical update. Because every single one of these shows is a medical update. You're looking down there. What is it? Go.

Annie: No, I just was looking.

Eddie: No, tell us.

Annie: I'm allowed to look.

Eddie: I know you're allowed to look but I could feel it. Like do you have a question or something? I'm sorry. This is your big thing. This is your thing. I'm listening. It's your big, special thing.

Annie: If I just keep not talking, what else is coming out?

Eddie: I don't know. I don't know.

Annie: Okay, I'm so sorry you're injured.

Eddie: But I'm okay now because I got electrocuted.

Annie: Right.

Eddie: And I think if there's anything I learned, that's electrocution-

Annie: Don't race Lucy. That's what I learned.

Eddie: Don't race Lucy.

Annie: Don't race Lucy.

Eddie: No. Don't really race any of the kids. Uncle Jimmy and I could probably race. I think I could maybe take uncle Jim-

Annie: Okay, maybe. He does not live here. He flew in town to hang out with y'all.

Eddie: He did. He flew up to Baltimore to be here and to hang out and we're going to spend the weekend in DC.

Annie: From Florida?

Eddie: From Florida. They live in Orlando.

Annie: I'm glad you brought up Florida. How about Georgia Bulldogs?

Eddie: Oh-

Annie: It's only once. I don't know if it'll ever happen again.

Eddie: I mean, I have been... The only redeeming thing was your-

Annie: Let's talk a little bit. Go ahead.

Eddie: Are they doing the thing?

Annie: Yeah.

Eddie: All right. She also called you a baby.

Eddie: Oh, yeah.

Annie: Sorry about that.

Eddie: Thank you, madam.

Annie: He's a whole grown man.

Eddie: I am an adult. I mean, it was very exciting, right?

Annie: It was great.

Eddie: It was great. I mean, it was a great game and I was very happy for you.

Annie: Thank you. I was very happy.

[00:17:33] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Indeed](#). You know, what's the actual best? Doing something small that makes a big difference? That's true with getting to donate to cap for the food backpacks we got to help with and that's true when you get a good night's sleep and feel awesome the next day. And that's true when you start hiring with Indeed.

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And remember that we include the links to all of our sponsors and transcripts for the shows in the show notes below. But we'll email them to you on Fridays if you sign up for the AFD Week in Review. That link is in the show notes too.

And now back to our conversation with Eddie.

[00:20:38] <music>

Annie: Do you remember we were on another show together before Eddie and Annie Keep Talking with our friend, Jesse Carey?

Eddie: Yes.

Annie: And Jesse Carey one time fell out of a bed.

Eddie: He did.

Annie: Y'all might know that story. Jesse is one of the funniest humans. He's on the Relevant Podcast. He has his own podcast called Hiding Something. That's brilliant.

Eddie: Too scary. Too scary.

Annie: Eddie listened to the opening music of the first one and he was like, "I'm out."

Eddie: I want to support him, and I download it so that he gets the numbers, but I will not... I can't.

Annie: Too scary.

Eddie: Oh, God, no. Who could listen to that scariness? Anyway-

Annie: Well, first season is about how people have disappeared in national parks.

Eddie: No, they haven't. There are children in the room.

Annie: Oh, sure. Sure.

Eddie: And everybody is safe. National Parks are a treasure and you're safe with mom and dad and it's fine. So I don't need to listen to that fictional podcast. Next topic.

Annie: When Jesse was in college, he rolled out of a top bunk and landed on a person.

Eddie: Yes.

Annie: And we wanted to do a mystery show.

Eddie: No. But you remember the favorite part of the story, though?

Annie: No.

Eddie: Is that the person just went, "Who!" That's how he landed. I mean, can you imagine waking up-

Annie: Jesse doesn't know who it was that he landed on.

Eddie: Oh, we brought it up so many times-

Annie: So Jesse and I have this dream of starting a mystery podcast where we'd go and find the guy who Jesse fell on?

Eddie: Because you know he remembers.

Annie: How do you not? Someone fell on you from a bunk. And he broke a rib.

Eddie: I mean, honestly, did anybody here go to ORU and is probably around 42-ish and had a guy fall on you?

Annie: They waved their hands. And here's what. At ORU, if it was a female, that's a big problem.

Eddie: Oh, no, no, no, they don't even allow that.

Annie: Yeah, they don't allow. There's no world where dorms are being switched up like that.

Eddie: Oh, no. No. What are these? Purple?

Annie: Uu, not there.

Eddie: It's like a camp thing.

Annie: It's like a camp thing.

Eddie: I never got that the first like 100 times they said it. And then I got it. Oh, I see. It's a joke.

Annie: How do you feel about summer camp? I don't think I know this.

Eddie: I mean, I went to a Young Life camp. I loved it so much.

Annie: Oh, yeah, you did love it.

Eddie: Yeah. Do we have Young Lifers here? Yeah. What's up Young Life?

Annie: What was your favorite part of the Young Life camp?

Eddie: Oh, that's hard, because they all are very special for their own reasons. I mean, Windy Gap, which I've only gone to one time is magical. Windy Gap in North Carolina it's magical, because I went there as a camper. It's got this lore in me where it was like first time I prayed, first time... I mean, it was like a whole young life experience.

Annie: Wow.

Eddie: So that place is magical.

Annie: That's in Georgia. Windy Gap in North Carolina.

Eddie: Windy Gap in North Carolina. But SharpTop though, I mean, was intern there, which was super fun. It was like an a.m. cook intern.

Annie: What?

Eddie: So you get up like super early and cook all the breakfasts and hang out with the kids.

Annie: How have you told us the same story twice?

Eddie: I have.

Annie: Get up in the middle of the night, make food for everyone, yeah.

Eddie: That's funny.

Annie: This is a theme in your life.

Eddie: That is funny. That's so weird.

Annie: "I wake up really early, and I make food for everyone else."

Eddie: And then for some reason I'm making dinner with them. It just doesn't make any sense. But then Southwind, I mean, I don't wanna embarrass you, but Southwind in Ocala, Florida, that's where Bri and I were both interns the summer after. And that's-

Annie: Where you fell in love.

Eddie: Yeah. That's where we... Yeah. So that was very sweet.

Annie: A couple of people asked about Bri's job now that she's a lawyer.

Eddie: Oh, yeah, she is.

Annie: What do you want to say about that? What can you tell us?

Eddie: I mean, she-

Annie: It's for the CIA. We can't tell you anything.

Eddie: There's a lot that we can't say.

Annie: I'm just kidding.

Eddie: But she's working with lawyers. She's still working as a counselor and still doing the thing. Like the post-school, figuring out like what job is coming next, and looking for stuff. She's doing a great job. So she's seeing a lot of clients as well. So she's upstairs and I'm downstairs. So it's really fun.

Annie: Like in Downton Abbey? Is that what you mean?

Eddie: It is exactly like that.

Annie: Or do you mean in your house?

Eddie: I meant in the house. I don't know. Like she pulls a little string and jingles and I come upstairs and bring her little crepes.

Annie: I seriously thought you meant she's upstairs and you're like the service.

Eddie: No, no, no. She's in like office and I'm in the basement and then we're doing the thing. So we're both working at home.

Annie: I super thought you were doing an analogy.

Eddie: A lot of my life is spent with Downton Abbey analogies.

Annie: Well, that's because you're doing it right.

Eddie: There's a new movie?

Annie: I know how. Yes, there is. As long as Lady Mary is in it... we've talked about this at length.

Annie: I know. I've never disliked a character on television more than Lady Mary. I'm not gonna explain it. I don't have to. I just don't like it.

Annie: Here's mine: Lady Edith. Bye.

Eddie: Which one is she?

Annie: The sister. That's the worst.

Eddie: Oh, the middle sister?

Annie: Yes.

Eddie: Yeah, I understand that.

Annie: RIP, Sybil, come on back soon. Oh, I wish.

Eddie: Oh, Sybil was great. And then her husband was fantastic. Little early.

Annie: Too soon. Wow-

Eddie: I'm sorry.

Annie: That show came out 10 years ago. Here's another question I didn't prep you for at all.

Eddie: Okay.

Annie: Annie and Eddie Keep Talking, we left like Seinfeld.

Eddie: Done.

Annie: Left them one more. But people want you on the network, and so do we. Are you going to do a show for us one of these days?

Eddie: Oh, Annie F. Downs, that is very sweet of you to ask. Where are we on in terms of cat programming? And just generally-

Annie: Listen, the rate The Snack Show is doing, people like a niche podcast.

Eddie: 20 minutes of just me free form on the show. I mean, the truth is, Annie, I would love to do a show. I would love to. I have to figure out the right thing. You know I get really intense with that. It's got to be the right thing. But I would be honored. I mean, your team is great. I love podcasting.

Annie: That's recorded, right?

Eddie: Yeah, yeah, yeah.

Annie: If you have any ideas, hashtag PodDaddy. It's very daddy.

Annie: No. Don't do that.

Eddie: For Daddy pod.

Annie: Don't do that.

Eddie: Send your ideas to For Daddy Pod. I will give you that cup if you get your-

Annie: Your covenant eyes is gonna ping your accountability partner if you use that hashtag. I'm just telling you right now. I'm telling you right now.

Eddie: It is shutting down your church lan, line or whatever it is. Lan? It's still connected with like Cat 10 cable in?

Annie: Yeah.

Eddie: Downloading-

Annie: Wow. Hey, we never do this, but this was too fun to resist.

Eddie: Okay.

Annie: We saved a VIP question from Heather Gordon. We saved Heather's VIP question because we had to answer it together.

Eddie: Okay, Heather Gordon, ready.

Annie: Do you have a family heirloom that you would want The Repair Shop to fit?

Eddie: Do we have a family heirloom?

Annie: Everyone wanted to know. Heather, you asked the question that every actual person wanted to know.

Eddie: Golly, that is a sweet one. Do you? Do you have something in mind?

Annie: You first.

Eddie: I know. I'm trying to think of it because we don't have anything that's busted. So I'm trying to think of like if there was something that was busted I would want it fixed. Oh, you know, there is something that always... And don't know where we got it. But there's a Christmas decoration. It's one of those like green little ceramic trees. But it's not like a tree. It's little. It's like for podcast people.

Annie: With light on the ding ding ding-

Eddie: Yeah. Like those little things and you plug it in-

Annie: I have the same one from my grandmother's house.

Eddie: It must be from a grandmother. And that little ceramic thing just like warms my heart.

Annie: Does it need painting?

Eddie: I mean, it's a little chippy. It could go to the ceramic lady. And probably like when she steams clean-

Annie: Have you ever seen a more impressive person than her-

Eddie: I mean, it's pretty unbelievable what she do.

Annie: ...besides what you see in a race? I've never seen.

Eddie: It is amazing. Repair Shop, if anybody hasn't seen it, is like this show out of the UK.

Annie: From where they're from.

Eddie: Yes.

Annie: And they're getting to watch episodes all the time. And we do not get to see them.

Eddie: Yeah, we won't see what you've seen for years. So don't wreck it. I don't know if they're gonna repair something this season or maybe they're not going to.

Annie: Yeah, don't spoil the ending. Did they fix it?

Eddie: Yeah. So basically this show that just fix stuff. If you haven't listened to us talking about it, they just-

Annie: But you bring these really beautiful, old things from family and they make it so great.

Eddie: Charming. So they fix stuff.

Annie: But Will is still your favorite guy, right? You think he's beautiful.

Eddie: Oh, he is everything we hoped for. He is-

Annie: Handsome.

Eddie: ...waffles. He is what I'm hoping for Waffle wise for-

Annie: For me?

Eddie: Yeah.

Annie: Thank you.

Eddie: Really good. He could send a rustic table, you know, a custom podium for you up here so your friend and I have to bring out some sort of like thing.

Annie: Okay, great. I've loved that too. Ceramics woman still to me is the one. And the Leather woman. The leather woman.

Eddie: Oh, that's cool.

Annie: You love Steve the clock guy too.

Eddie: But you know that they're siblings? Leather and Clock are siblings.

Annie: Leather and Clock or real-life siblings? Two people in one family ended up on The Repair Shop?

Eddie: Yeah, that's right. But she had a whole other life. I forget what she did. But she had a whole other life that was like a super duper professional something and then got into leather work and then got into this whole hobby craft professional thing. So she and her brother, yeah, they're siblings.

Annie: That's great news.

Eddie: I mean, that's really something.

Annie: I'm still trying to think... I don't want to-

Eddie: There are people that have never seen this show that are like, "We don't understand. We don't understand."

Annie: When we talked about The Repair Shop on the podcast, hand to heaven, one of our lowest-rated shows.

Eddie: Oh yeah.

Annie: One of our lowest listened to shows.

Eddie: It really was. It was like-

Annie: Oh, like 500.

Eddie: And we titled it The Repair Shop.

Annie: Yeah.

Eddie: So you're pre-alienated. You didn't watch the show, you don't listen to this one.

Annie: They did not. You did not. You did not.

Eddie: What were you gonna say? I interrupted you. I'm sorry.

Annie: No, I don't think so. I have family here tonight and I'm wondering if... I would like to know what they wish we could repair because we all share grandparents. So I'm wondering... our grandparents had a great-

Eddie: We all share grandparents.

Annie: Yeah. I just don't want to like be, "Stand up everybody."

Eddie: No, no, no. I get it. I get it.

Annie: But my cousins are here. My grandparents had a really cool living room table that weighed 100,000 pounds. Do y'all remember? It weighed so much. And it was like black and it was... I remember it as a kid. I'm sure this isn't true. It was very long. It was far too long of a living room tape-

Eddie: But isn't it like going into your elementary school that you thought was huge and you realize it was like this size?

Annie: Like seeing your teacher at the grocery store. Same thing. I will also tell you in the center of it, there may have been two, there was at least one built-in ashtray. Am I lying? Built-in ashtray on the center of... I would die to see that thing again and be like, "Why did people do things like that?"

Eddie: Ann Linda. Because Ann Linda's coming over.

Annie: Right.

Eddie: And Ann Linda is going to smoke.

Annie: Why did you build into your table a cigarette holder?

Eddie: Oh yeah, Menthol 100. Ann Linda is just-

Annie: It is so weird.

Eddie: ...get in here. You don't need ashtray, put it in the middle of table.

Annie: Yeah, just put it in the table.

Eddie: There's a deep in the middle of the table. We'll shopback it out at the end of the night.

Annie: We'll shopback it out. Waffles. Waffles. Waffles.

Eddie: Did it look like I was like... that was cool like smoking motion?

Annie: Yeah, yeah. You look like that parent. Is that a parent? Like two kids that smokes.

Eddie: Oh, yeah.

Annie: Yeah, that guy. You look like him. What's your biggest goal in 2022?

Eddie: Uhhhh.

Annie: Oh my gosh, you know who is asking? My friend Parker who is 11. That's so sweet, Parker. What's your biggest goal for 22?

Eddie: Hmm.

Annie: Yeah, Waffles, Waffles.

Eddie: Boy, that is a really har-

Annie: Waffles, Waffles. Repair Shop waffles. Okay, we got it.

Eddie: I think we've pretty much covered everything everybody wants to know.

Annie: Except your goals for 22. A goal.

Eddie: Well, I didn't really have resolutions like many resolutions this year, just like the typical resolutions. I mean, always-

Annie: Seven minutes is serious. Here we are.

Eddie: I think like the overall goal, and I mean, honestly, it's gonna be the what sounds fun as well is just being home and being settled. It takes not long to move. It takes a while to have a place feel like home. And there have been like moments of that.

We were, last weekend, with our friend Rob, who we love walking around the Tidal Basin. So you walk from like MLK, around the Jefferson, and we walked back. And we were just like all very happy. And it was beautiful out. And that was a moment we're like, "Okay, this feels like home."

Or we've had friends over and they were playing hide and seek with the kids and just getting inside of the places that you hadn't cleaned and weren't ready for guests. And it was like funny. And you're like, "Okay, that feels like home."

So I think just trying to have more of those moments that punctuate and actually feel like home. There's a restlessness with moving and being fairly displaced from everybody you know.

Annie: Everybody. Your whole life.

Eddie: Like a whole to do. I would like to feel and for us all to be a little bit more grounded. So that's actually the 2022 goal.

Annie: And it sucks so much when time is the only thing that can do that.

Eddie: You just have to wait.

Annie: And you just have to keep doing it.

Eddie: I mean, yes-ish. But also I gotta make sure I'm like putting an effort to make friends, meet people, be vulnerable with people, let people know about whatever's going on in life. Like Orlando was easy because there were people there. I mean, Uncle Jimmy was right down the road. Like there are people that were there that were old friends. And so you just get to have that relationship.

So void of that relationship, it's going to take a bit of like... I've realized I need to make a volitional choice to get out there and meet people and try to hang out and not be so introverted and stuff like that. So it is both. It's like time and effort.

Annie: I think you're right.

Eddie: That's it for me.

Annie: I think we want it to be just effort. I want it to be just effort. You probably want it to be just time.

Eddie: Totally. Because it's a lot. It's a whole lot.

Annie: And you can sit home and let time take away.

Eddie: Oh, yeah.

Annie: And I can meet 75 people in a night and think that's enough, right?

Eddie: Yeah. Case in point, I mean, our different responses to quarantine. You were like, "I gotta start podcasting and going crazy and making lists about things I'm going to do. I'm going to do my closet."

Annie: Technically I thought we both made lists.

Eddie: But I was like fine. I didn't mind the quiet. I didn't mind. But that doesn't actually... like you can't just sit on that.

Annie: I got better at it, though, didn't I?

Eddie: You sure did. Oh yeah. I think it was like kind of had to. I guess you didn't have to but for your mental health, it's like, "Okay, this isn't going anywhere soon."

Annie: So let me ask you, because the show is called That Sounds Fun, tell me what sounds fun to you.

Eddie: I mean, I do. I do. I think it's being home. I think it's feeling home. I think it's having moments of home with all baby-

Annie: I think I'm relating to that. I think I'm related to that baby.

Eddie: Oh, you are? Okay, I'll be just a little quieter. Oh, that was the best. When I was a pastor, and I got to baptize babies? Oh.

Annie: Oh, you guys, thank Eddie Kaufholz. Thank you.

[00:35:40] <music>

Annie: It's so, so good to catch up with Eddie, right? I love that dude. And now let's fly all the way across the country from Baltimore to Inland Empire, California, and catch up with another one of our favorites, Bianca Olthoff.

[00:35:58] <music>

Annie: Will you please join me in welcoming today's live podcast guest, Bianca Olthoff? Yes, Bi! Yes, Bi! Come on. Hi. Welcome.

Bianca: Thank you, friend.

Annie: Bianca has been all over the world this weekend. So you just relax on that couch.

Bianca: Good.

Annie: If you lay down or something, I'm going to ask you counseling questions. So get ready.

Bianca: Well, I kind of want to have a therapy session from the fun coach because you're doing some great things and I'm here for it.

Annie: Thank you. Do you feel like her sometimes where you're leading the way and people have to keep up?

Bianca: So I'm an Enneagram Seven and I wing in work is eight and in relationship is a six. So by and large, I like to say I'm a 77. Fun is my jam is what I have all the time.

Annie: Speaking of fun, talk about your weekend. You started out at IF:Gathering.

Bianca: Back it up.

Annie: Oh boy!

Bianca: I know. So my husband and I lead a church in Orange County, California and shout out to OC folks.

Annie: Yes.

Bianca: Yes. Yes.

Annie: What is the church called in case we're church looking?

Bianca: The Father's House, Orange County. And we like to say, if you have a home church, stay there. Groove your roots there. If you don't have a church, you always have a seat at The Father's House. So we're located in Brea, California.

I taught on Sunday, and then on Monday, my husband and I flew to Orlando. He did a staff training on Tuesday. I did a worship night for the church on Wednesday, then flew to Dallas for IF:Gathering on Thursday, preached on Friday, came back. Well, actually, we got stuck on the tarmac for three hours in Dallas yesterday.

Annie: No.

Bianca: Yeah. Got back to the Orange County Airport right at 11 right before curfew, thank God. And then-

Annie: Oh, right, because y'all can't land at Ronald Reagan.

Bianca: No.

Annie: Those neighbors are rich.

Bianca: John Wayne.

Annie: Oh, John Wayne, not Ronald Reagan. John Wayne. Sorry.

Bianca: Ronald Reagan is in DC.

Annie: Sorry. Sorry.

Bianca: John Wayne Airport. Annie, don't mess with my hood, okay?

Annie: I know. Sorry. All those 80s old white guys, I mix them up. TV stars. They're all movie stars.

Bianca: Yes. But honest to God, I was very looking forward to being here-

Annie: Oh, thanks.

Bianca: ...not just to connect with you, but to connect with the podcast listeners and your family and friends. Thank you for having me.

Annie: Thank you. I know, we're really glad you're here. Tell me what you experienced at IF this year about like... One of the beautiful things about IF:Gathering is every year I feel like we kind of get a glimpse into what God is doing globally in the church, particularly with women. What did you walk away from this year experiencing or thinking?

Bianca: You know, it doesn't surprise me and yet it surprised me the power that happens when women come together. And this isn't just a localized Dallas event. They're not just two people come in from the nation and the globe fly in for this conference, but there's 4,000 women there live. And then this year there was 77,000, roughly 500 people watching live.

Annie: Oh my gosh.

Bianca: Yeah. Largest in the last six years. And then it goes into replay for free. So there's literally hotspots on a global map of people that are watching live. There's a global gathering of women that are hungry for God and hungry to see him move. So through the power of technology, through the power of interdenominational understanding and concepts all coming together on the concept of "we love Jesus, we want to get into His word." Oh, that was I think the biggest thing.

I usually speak on the second day, so I'm just a ball of nerves on Friday and Saturday. I can't focus on anything. Somebody can be giving me the answers and the secrets of life and how to have my thighs not touched, I would have no clue because I'm not listening. I'm just going over my message. I went on Friday nights and I got to participate the first on Friday, which is when the conference starts-

Annie: She literally opened the conference, which is terrifying.

Bianca: It is very terrifying. But the beauty in that is that I actually got to sit and-

Annie: Yeah, you were done.

Bianca: I was. And the surprising thing for me was the conference... There's no like bells, whistles, you know, unicorns, leprechauns flying out of the sky, or anything like that. It's literally worship, in the word; in the word and worship. And yet so many women were just hungry for that. So that was beautiful to see.

Annie: For our friends who didn't get to watch or attend, will you talk about when Jennie skyped in the pastor in Ukraine?

Bianca: So we see a lot that's going on through wherever you're getting your news outlets, whether it's CNN or Fox, or whatever, we're seeing-

Annie: Or Sharon Says So.

Bianca: Oh, Sharon Says So, yeah,

Annie: She is one of my main new sources.

Bianca: And you're seeing travesty on both sides. And yet we have this voice. So the founder of IF:Gathering, Jennie Allen, had a conversation with a local NGO president that's there on the ground in Ukraine.

I think the beautiful thing that we're seeing is this narrative of people that are passionate about their country and fighting for their country while also being very mindful of what's going on with Russian people as well. Like this war isn't just an attack on Ukraine but there's lives and families that are being impacted by the deaths of brothers and sons and fathers and grandfathers that are fighting on behalf of Russia.

So it was this beautiful eye-opening moment. You hear the pain and the weight, and the sadness that the country is facing while still be mindful of the Christian perspective of they're our brothers and sisters, and they are children of God. Therefore, we will intercede and we will love and we will pray because their loss is our loss. That was beautiful.

Annie: At the very end, when she, Jennie, Skyped in, this guy, this pastor at the very end, where he says, "I want to say one more thing: we need to pray for Russian families." And I was like, "This guy is..." And I agree with him but I thought, "Man, to be sitting in a country and in a town that's being bombed to say, 'but I recognize that our brothers and sisters are losing over there, too,' wow."

Bianca: And I'm a feeler.

Annie: What happened?

Bianca: So the room just shifted.

Annie: Really?

Bianca: That's not what we were expecting to hear.

Annie: No.

Bianca: We wanted to raise an angry fist and be like, "This is the injustice of it all." And yet, when he said that, it was really just a sobering moment. And it's a loss for everyone. It was a beautiful moment. We just didn't hold the pain or mourn the pain, we actually got to intercede and pray. It was a very beautiful moment.

Annie: Do you think technology is how the globe gets reached with the gospel?

Bianca: Listen, this will be fun, but we're gonna have a theological conversation about ecclesia.

Annie: Right. I'm gonna move this pillow because I want to be closer. Tell me.

Bianca: I think the concept of technology, digital church, what we're talking about like for meta church that people are talking about is, prior to 20-

Annie: Is meta church where like people are going to church on the *Sims*, that kind of thing?

Bianca: Yeah.

Annie: No one's playing the *Sims* anymore. I understand. I'm a dinosaur.

Bianca: But this is our type of reality. I actually got to witness a service and it was fascinating.

Annie: No.

Bianca: I don't know how he felt about it before, but I saw a guy raise his hand in the metaverse and then you're thinking, "Well, is this real?"

Annie: What are you talking about?

Bianca: But then he came back for seven weeks, started making friends in the online digital community. So he's had real conversations with people that he's never met because he felt safe enough where he wouldn't feel safe to enter into a church like this, but felt really safe entering into an online.

Annie: Okay, back me up for a second. Hold on, Bi.

Bianca: Okay, ecclesia, ecclesia. Because here's the big question. Here's the big question.

Annie: But is it like metaverse.com? How do you even get into that church? That's what I'm asking.

Bianca: First of all-

Annie: Did they all buy the same cartridge at Toys R Us?

Bianca: So Pastor Craig Groeschel out of Life Church, he's really experimenting in this space.

Annie: Of course, he is.

Bianca: Of course, they are.

Annie: He's brilliant.

Bianca: I know. He's so brilliant.

Annie: I mean, YouVersion app.

Bianca: And his biceps are huge.

Annie: And he works out.

Bianca: I mean, come on. He looks like Tom Cruise.

Annie: Right.

Bianca: Like really? Come on.

Annie: Like with another two feet on the height than Tom Cruise. Yes.

Bianca: So backing this up from this concept of Ecclesia, the Greek word for church, what we thought church was prior to 2020, a big debate was, you know, is online church really church? How are we discipling people? I kind of was like in the middle of that conversation because I saw the power of technology, and I love technology. But then the world shut down, and everyone who had an issue with it had no other choice-

Annie: There was no option.

Bianca: ...but to have church online.

Annie: Right.

Bianca: And the beautiful thing that we saw... We were a baby church so we didn't have live stream technology. We were only a... First of all, we were open for 15 months and closed for 17 months. Hashtag California.

Annie: Open for 15 and then closed for 17. Bi.

Bianca: We literally didn't know would we have a church when we opened?

Annie: Right.

Bianca: It was rough, rough up in the streets. But that's a whole other testimony because the Lord down did it with our miracle building. Praise God. It was great. But we talk about-

Annie: Y'all couldn't do live stream. That's what you were saying.

Bianca: We couldn't do live stream prior to the shutdown. And that was a financial. We just didn't have the finances. And we are preparing and we were saving but what COVID did is it just turned our hand. So we scrambled, literally found random studios to record and have church and create... We did want to have a great digital experience, but what we saw was this explosion.

My husband did work in the UK and Germany and Poland and Bulgaria. Prior to starting the church, he was on staff at another church in Orange County called Mariners Church. He oversaw outreach there. So he's always had a heart for missions. And then I was doing itinerant work for 10 years.

So what we saw was the fruit of seeds that we planted a decade before now in fruition, because there's people that are part of our church, even today, like this morning... And we're not talking about they like stumbled upon The Father's House YouTube page live by accident. No, these are people that are coming every single week from Ukraine, from London.

Annie: Wow.

Bianca: We have a community group with... three community groups in London... or excuse me, in the UK.

Annie: Uh-uh.

Bianca: Yes. One in London, one in Bournemouth, and one near Leeds.

Annie: My gosh!

Bianca: And these are people that are meeting live during the week-

Annie: But watching you guys.

Bianca: ...but watching us. So we started seeing there was these pockets of groups. And thanks to technology and analytics, we realized that there was a large group of people from like the eastern seaboard, specifically Connecticut, New York and New Jersey, and then also in Texas.

Annie: Very hard to get church.

Bianca: Very hard.

Annie: Not Texas. But those others are places. There are not a lot of churches up there.

Bianca: What we saw was Ecclesia take place—an online expression of church, but with tangible places where people connect. And so what we said, we're like, "Well, why don't we bring church to them?" So we didn't have a building, so we took a couple of worship leaders and my husband and I and we flew to Jersey for a pop up worship night.

Annie: Uh-uh.

Bianca: Yes, we did. Yes, we did. We had 150 people come through for a worship night and word. It was amazing.

Annie: Sorry, I didn't know this. When was this?

Bianca: This was 2021. Things were opening up a little bit. So we had to cap it. But I mean, we had an absolute blast. I mean, this is another little testimony to God and love. A guy here in Southern California met a girl in New Jersey during COVID through our community-

Annie: On the metaverse?

Bianca: No, through our community groups. Through our community groups. And they got married because Rona love is real.

Annie: That's right, Bi.

Bianca: Yes.

Annie: That's right. Do you remember when I... uh...

Bianca: Say it. Say it. Say it. Say it.

Annie: Do you remember when someone and I broke up during a COVID and I called you and I was like, "Who's gonna hug me? Who is going to hug me? He should have waited two more months."

Bianca: I do remember that. It made me feel really close to you. I mean, it was at your loss, but I was like, "She really trusts me. I love Annie F. Downs."

Annie: I do. I do.

[00:47:41] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Ritual](#). Okay, gaps in our nutrition aren't something to just ignore, you guys. Over 97% of women aged 19 to 50 are not getting enough vitamin D from their diet and 95% are not getting their recommended daily intake of key Omega 3s. A lot of us fall in that category, but Ritual wants to help us with that.

Ritual's Essential for Women 18+ multivitamin was formulated by exhaustive research to help fill nutrient gaps in the diets of women who are 18 and older. It's formulated with nutrients to help support brain health and bone health, blood health and to provide antioxidant support.

But Ritual didn't stop there. They invested in a gold standard University-led clinical trial to prove the impact of Essential for Women 18+ multivitamin. And here's what they found. Essential for Women 18+ was shown to increase vitamin D levels by 43% and Omega 3 DHA levels by 41% in just 12 weeks.

The clinical study was published in a leading scientific journal called *Frontiers in Nutrition*. *Frontiers*. Y'all know how much I love pioneering. I love it when the research about a product speaks for itself. And this does. And y'all this isn't something all vitamin companies do. Ritual is committed to third-party testing, traceable, and vegan-friendly ingredients, and always clear communication. No shady stuff.

Ritual just released Synbiotic+, a gut health supplement with clinically studied prebiotics, probiotics, and post-biotic, all in one minty capsule. Just one delayed

released Synbiotic+ capsule per day supports your gut with all the quality and traceability we know and love from Ritual.

My next month's Ritual just arrived in the mail. Thank you very much, mailman. And I always love knowing that I will not run out and I will be able to get all the good stuff I need. Plus they're easy on my stomach. And y'all know how I feel about that minty tab. It makes all the vitamins taste so nice.

Right now Ritual is offering my friends 10% off your first three months. Just visit ritual.com/thatsoundsfun and turn healthy habits into a ritual. That's 10% off at ritual.com/thatsoundsfun.

Sponsor: Here at That Sounds Fun and at the That Sounds Fun Network we love learning new things about podcasting and continuing to improve in the work that we do. And that's why we are so glad to learn about [Anchor](#).

If you haven't heard about Anchor, it's seriously the easiest way to make a podcast. Let me explain. Not only is it free, yeah, that means you paid \$0 for it, but it has simple-to-use creation tools that allow you to record and edit your podcast right from your phone or computer. And Anchor will distribute your podcast for you. So people will be able to hear your content on Spotify, Apple Podcasts, and all the other platforms that they love listening on.

Anchor even has ways that you can monetize your podcast with no minimum number of listeners. It's everything you need to create a podcast in one place. We hear from people all the time who have great ideas and are looking for how to get their podcast started. Well, Anchor is what we use all across the That Sounds Fun Network. And we are just huge fans of how easy they make it to create a great podcast.

So just download the free Anchor app or go to anchor.fm to get started. Again, that's anchor.fm or you could download the free Anchor app.

And now back to finish up our conversation with Bianca.

[00:51:03] <music>

Annie: So did you preach this morning?

Bianca: No, Matt did.

Annie: Okay, good. I was like, "Bianca, bless your heart."

Bianca: I know. I know. Which is very southern talk I've learned this far.

Annie: Oh, yeah.

Bianca: When southern people say, "Bless your heart" they're not blessing your heart. You know what they're saying? You sure is stupid.

Annie: Not exactly.

Bianca: Annie blessed my heart, guys.

Annie: I thought you sure are stupid. Yeah, I did. I did. That feels really hard to do. So when y'all are planning a Sunday morning, are you live-streaming now to London as the East Coast?

Bianca: Yes, yes. And Algeria and Egypt. These are people like weekly coming in. It's beautiful.

Annie: That's unreal.

Annie: So then I go back to my original question: is technology what's going to get the gospel around the world?

Bianca: I don't think it will replace face to face, hand to hand, heart to heart. But my God, it's really coming in to sow seeds. And we're seeing harvest because of the seeds that we're planting. I don't want to demonize it. I don't want to say that, "Hey, that's the future. There's nothing else." I think it's gonna look like a hybrid.

Carey Nieuwhof has a lot of research on this where a lot of churches will only do digital church until we are back in person. And he said, "I think that that's a miss because there is a whole lot of people that otherwise would not go to your church and found you during COVID. And then you're just going to close the doors on them?"

Annie: Right.

Bianca: So I think what we're really exploring is this hybrid model understanding. Pre-COVID, the average Christian Church attender was going to church once a month. Post-COVID, the average church attender, and this is a person who most likely gives possibly even tithes, they're coming once every seven weeks. And so there's still conversation about like, "I don't know if I feel safe enough." You can go to Target, you can go to Starbucks, you can go to the movie-

Annie: But not anymore on Sunday.

Bianca: But not in the house of God.

Annie: "It feels like I could catch it. I could catch it."

Bianca: So it's really interesting to see how things have shifted and dynamic has shifted. But here's one thing that we're not talking about is the beautiful side of technology, is that maybe you're on the road, Annie, but yet you still get to participate.

Annie: I watched you teach.

Bianca: Exactly. You get to participate in what God's doing for the global church. And now what we're seeing is a person usually would have one pastor in one local community. Thanks to technology, the best Bible teaching from every sort of the swath of denominations and Christendom is at our fingertips.

Annie: Right.

Bianca: Biblical literacy could be abolished within the next 10 years because of Bible translations, technology, and churches that are now going global. And what technology has also done is raised up different voices, which I think is very beautiful. It's female voices, people of color... Our eyes had been open to the amazing voices that are out there that probably didn't have a platform before technology.

Annie: And you know what interesting? I wonder if you've noticed this at conferences, too. I've noticed conferences being really intentional about getting diverse voices in from denomination to race to married or single. And the person running the conference will say, "I watched their talk online."

Bianca: Yeah, exactly.

Annie: And then you go, Oh, they're seeing the work, and then they're bringing in the best, not just the people they've always known.

Bianca: 100%. And that's not just within church. We're seeing it even within businesses. The front door is no longer people walking through the front door. People walking into a church service, nine times out of 10 will have watched a YouTube service or an online service before walking into a church.

How many of us will look on Yelp before going to a restaurant? How many of us will creep ex-boyfriends or current love interest on Instagram? Don't lie. You know what I'm saying?

Annie: Bianca will do it for you. I'm just saying.

Bianca: I will. I'm so good. I'm so good.

Annie: She's very good at it. She's very good at it.

Annie: Bi, I had a funny thing happen in Nashville. A dear friend of mine is having a real medical problem and he has a new machine that helps him breathe. And he said, "I can't go to church anymore." And I said, "Of course you can go to church. I want you to go to church." And he said, "My machine is so loud."

It's a privileged point of view that I have never thought about that there are people who don't go to church because of their medical... not because they're afraid of getting sick but because they come with accouterments. Right? And they have medical things that have to come with them that make them insecure about their volume or where they can fit or whatever. Are y'all thinking about that in church? I...

Bianca: Annie, you know, we can't help but think about that. I have a story of a girl who came across The Father's House because she was in a hospital. She had a cliff diving accident and she was paralyzed from the collarbone down. She has no faith background. She was on YouTube.

And she's like, "I literally only had access to move my finger. So everything was on a laptop. I was watching everything online and I happened to come across a church service. And she's like, "Then I watched 22 church services."

And it started making me think like, "If what they're saying is true that there's a... if what they're saying about God is true, could God heal me?"

Annie: Wow.

Bianca: In a hospital room by herself, she said, "God, if you heal me, I'm gonna go to this church." Cassie had one surgery, gained all function in her body.

Annie: Gosh.

Bianca: She's on our coffee bar team.

Annie: No!

Bianca: She comes to church every single week, her mom got saved through our prayer too, her dad received Jesus, and they're still waiting on her brother.

Annie: Right. He doesn't have much time.

Bianca: No!

Annie: It's happening. You better live it up because he's about to get saved.

Bianca: And while she was in the hospital, while she was doing physical therapy, she joined one of our community groups. And this was all on Zoom. So she had friends that she met before she even came through the doors. So how can we not wrestle with the power of technology or how the gospel is going out through social media and the internet? So it's been bananas.

So we're creating ways for people to play at any level that they feel comfortable. The conversation is, do we want to make church so easy for people? And I'm like, "That's what Jesus did?" I mean-

Annie: I want the access to be easy.

Bianca: Exactly.

Annie: I'm not sure what I'm gonna say is easy-

Bianca: Exactly.

Annie: ...but I want you to have a seat. I just was really moved by that when we were talking the other day. I thought, "Man it amazes me the barriers I didn't know about that could keep people from going to church." Even moms with little babies who are like, "I'm not going to come back until I put the baby in the nursery because I don't want my baby be the crying one." Right?

Bianca: Yeah.

Annie: "And you go, "Oh, then we've got to have online church." And also we love your baby so bring them in.

Bianca: And then even like social anxiety being a very big thing right now.

Annie: Right.

Bianca: I'm not even with... just because of like COVID or any of that stuff. Just people feeling a lot of fear being around a lot of people or new environments or being judged. Technology provides people a way to get a sense of community and the gospel before ever stepping foot through the door.

Annie: Okay, the last thing we always ask. Because the show is called That Sounds Fun, Bi, tell me what sounds fun to you.

Bianca: Honestly, I love going to Cabo Mexico with my husband.

Annie: Well, certainly.

Annie: Thank you. You got us all on that.

Bianca: That sounds like so much fun because we do this same thing and it just feels like paradise. We love to work out together in the morning. We love to lay up at the pool. We love to read. We love to have a good dinner. And nothing sounds more fun than just kind of a moment of escapism and hang out and connect.

Annie: Is that common?

Bianca: We actually just had it. We had it a few weeks ago.

Annie: Okay, good.

Bianca: I would like to have it every month.

Annie: Yeah, certainly.

Bianca: Remember, I'm an Enneagram 7. So I'm like, "Every weekend, Cabo. Okay. All right."

Annie: My counselor says that sevens need to take a vacation every quarter, really.

Bianca: Oh my goodness.

Annie: Because we have to.

Bianca: Will you talk to Matt, please?

Annie: I will talk to your husband about this.

Bianca: Because there needs to be room in our budget for this quarterly vacation.

Annie: Yes, quarterly. Quarterly.

Bianca: Annie, your therapist is gonna be my therapist tomorrow, okay?

Annie: That's right. That's right. That's right. Will y'all please join me in thanking Bianca for joining us today?

Bianca: Thank you, guys.

[00:59:16] <music>

Outro: Oh, you guys, aren't they both the best? No better way to end this series than to end it with Eddie and Bianca. Man, it makes me ready to go back on tour though. It absolutely makes me ready to get back on that bus and be with y'all and sit with my friends and have a conversation. Ah, I just love it.

And to all of you who came to our That Sounds Fun live shows in February, March, or last June, I cannot thank you enough. We have the most fun out there with y'all. And it would not be fun without you, so thank each of you. I thank you so, so much for joining us for the live shows.

I hope when we are back out on the road I get to see you out there again. I just can't tell you how much I love it and how grateful I am for you meeting us at every tour stop.

Hey, be sure you're following Eddie for all that premium cat content and grab your copy of Bianca's new book, *How to Have Your Life Not Suck* and listen to her podcast, *We're Going There*. It's one of my very favorites.

Be sure you're following both Eddie and Bianca on social media if you don't already. Tell them thanks for coming on tour with us and thanks for being on the show today. Especially if you were in Baltimore or Inland Empire, you know how much you loved that night. Tell your people.

If you need anything else from me, you know, I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me. I am back in action in the office and on the internet next week.

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. Today what sounds fun to me, oh, man,

getting back at it. I'm ready to see you, to see my co-workers, to be in the office. I am ready, ready, ready for this next season. It's gonna be a fun one.

Y'all have a great weekend. We'll see you back here on Monday with a very special episode featuring you guys. We're celebrating the release of Chase the Fun by doing some fun coaching. It's gonna be a blast. And hand to heaven, I think you're gonna actually find it really, really helpful, I promise. So y'all have a great weekend. Rest hard and play hard and we'll see you back here on Monday.