

[00:00:00] <music>

Annie: 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. We've got a great show in store.

One quick thing before we get to all of our usual episode stuff. Y'all, are you losing your minds about the announcement we made on Monday that Carlos Whittaker and I get ahead out on the road together to bring the Here For You Tour to so many of your cities? Y'all I know. I'm losing my mind. We are so excited. We are so excited. It's gonna be such a fun special night every time.

The tickets are on presale right now. So what that means is that tomorrow it goes live to the rest of the world. It goes live to the rest of the world. But today it is just available to people with the presale codes. Your code, as that sounds fun listening friend is FUN, F-U-N.

And y'all the party tickets, that's what we're calling the VIP experience, they are going to go fast. So I want you guys, my actual friends, to have access to those first. Again, everything goes live to the rest of the world tomorrow. The churches get to tell everybody in their church that we're coming, all of our partners that are part of it will make announcements tomorrow. But today is the day that you get the tickets that you want before the whole entire public knows about this.

So just go to hereforyour.com today, use the code FUN so Carlos and I get to see you when we come close to you or wherever you want to take your next road trip. We're giving you six months to plan a very fun trip in June if you don't live near one of our tour stops. But trust me, you're going to want to come. It is going to be very fun. Again, it's the hereforyour.com and your code is fun FUN.

Sponsor: Before we dive into today's conversation, I want to share about one of our amazing sponsors, [BetterHelp](http://BetterHelp.com). When you're at your best and you're in a good place, you can really make a positive impact in the world around you. But sometimes life gets you bogged down and you may feel overwhelmed or like you're not showing up in the way that you want to. A helpful way to get closer to that version of yourself that you want to show up as is working with a therapist.

If you're new here, first of all, welcome. You may not know this about me, but soon you will know it well. My therapist has been a godsend in my life, and I'm so thankful for her helpful voice and my decision-making processes over the years.

If you're thinking of giving therapy a try, BetterHelp is a great option. It's convenient and flexible, affordable, and entirely online. You just fill out a brief questionnaire and you get matched with a licensed therapist.

And you switch therapists anytime for no additional charge. If you're a person of faith and wondering how that might be factored into the matching process, that is part of the BetterHelp questionnaire. They do have therapists whose modalities work well with those that are on a faith journey, not to mention who deal with a wide array of challenges that you might be facing like anxiety, grief, relational dynamics, and so much more.

If you want to live a more empowered life, therapy can get you there. Visit betterhelp.com/thatsoundsfun today to get 10% off your first month. That's betterhelp.com/thatsoundsfun.

Intro: Today on the show, I get to talk with some new friends, Holly and Glenn Packiam. Glenn is the lead pastor of Rockharbor Church in Costa Mesa, California. He's the senior fellow at Barna Group and an adjunct professor at Denver seminary.

For over 20 years, he served in pastoral ministry at New Life Church in Colorado Springs where Holly also served as a pastor of parenting ministries and women's pastoral care.

Together they've written an incredible new book called *The Intentional Year*. It's an invitation to stop right now right where you are and choose to live on purpose. Here at the beginning of the year, we thought it would be a meaningful and important time to talk about celebrating the good from our last season, getting in touch with what God's calling us to right now, and practicing rhythms of prayer and rest and renewal and relationships and work. I think you're gonna love them and really benefit from their wisdom and experience.

And you may know Glenn's previous work. He's the guy who wrote *The Resilient Pastor* which I know all my pasture friends have read. So that is who we get to chat with today. So here's my conversation with my new friends, Holly and Glenn Packiam.

[00:04:22] <music>

Annie: Okay, 2023, Glenn and Holly, welcome to the podcast.

Glenn: Hey, Annie.

Annie: I'm so glad y'all are here.

Holly: So good to be here.

- Annie:** Thank you for joining us. Okay, we're new friends, but we share all the friends.
- Glenn:** Yes.
- Holly:** We do.
- Annie:** So my question for you is... I need to do some basic questions just because if we'd had time to get lunch before this, here's what I said: Is this your first book?
- Holly:** Together.
- Glenn:** The first book together.
- Holly:** My first book.
- Annie:** Okay.
- Glenn:** Number eight for me but our first together.
- Annie:** Glenn, I mean, you've been doing this for some time.
- Glenn:** Yeah, sure.
- Annie:** Yes. But first time you're co-writing.
- Glenn:** First time I'm co-writing, yeah.
- Annie:** Okay. Tell me the difference of writing by yourself versus writing with your wife.
- Holly:** Tell them.
- Glenn:** It's so much better.
- Annie:** Right. Right.
- Glenn:** It's right where the people are. No, what Holly does such a great job of is writing with Holly has made it... it's a more pastoral, more conversational tone. It's where people are actually living. I can get stuck in the world of ideas or concepts and Holly's always like, "Let's tell more stories. Let's help people imagine what this looks like in their life." So it's great.
- Holly:** And Glenn's a great editor. I can give him my stuff to nice edit.

Annie: He's a good editor.

Holly: Yeah.

Annie: Okay, so the other book that our friends listening are like, "Annie, I can't believe you haven't read this book by Glenn," what are the ones that they're like, "Annie."

Glenn: Well, *The Resilient Pastor* is one that came out-

Annie: Oh my gosh.

Glenn: ...in February of 2020.

Annie: Yes., of course. Yes! Dah, you did send them at Cross Point.

Glenn: I did something. Yes. Yes.

Annie: With Adam Buzard who's unbelievable.

Glenn: Amazing. He's amazing.

Annie: He's the best.

Glenn: We did like an eight-city thing with Barna and yeah, it was great.

Annie: *Resilient Pastor*. I knew it. I was like, "Annie you're dumbest."

Glenn: No, no.

Holly: No.

Annie: I'm tempted to restart and I'm not going to so that people know I hadn't put that together in my head. But now you put it together for me. Thank you for telling the truth and not going like, "No, no, no." Thank you for being like, "Annie, everyone read *Resilient Pastor*."

Glenn: No.

Holly: No.

Glenn: I wish they did. I wish they did.

Annie: Glenn, a lot of them did.

Glenn: Okay, okay.

Annie: A lot of my pastor friends read it.

Glenn: That's good.

Annie: So you wrote *Resilient Pastor* while you were still pastoring Colorado?

Glenn: That's correct. Yeah.

Annie: Okay.

Glenn: And during the pandemic. So that book began... So February right before the pandemic, David Kinnaman from Barna came to me and goes, "Hey, let's partner together. Let's write something for the challenges in a changing world."

Annie: How great is Dave!

Glenn: And naively, I was like, "That sounds awesome, Dave. Let's do it."

Annie: Did you say that sounds fun?

Glenn: I should have said that.

Annie: You should have said that sounds fun.

Glenn: Anyway, we outlined this whole thing and then pandemic breaks out, you know, and we thought, "You know what? This is a more urgent sort of thing." But we did all of the research for fall of 2020, early 2021. And it has ended up being such a critical message for pastors.

Annie: Yes. It's been really interesting. I'm sure you've noticed this as having a book out with this title. If there is a theme right now that the Holy Spirit is saying to us it is resilience. I sometimes worry that readers think, "Why is everybody writing the same thing?" But authors know, "No, I wrote on this for two years and I was working in my house by myself..."

Glenn: Literally.

Annie: ...writing a book God had given me." And then suddenly here come all the resilience books.

Glenn: Totally.

Annie: Here come all the strength books, or all the prayer books. It's wild.

Glenn: Okay, so bizarre, crazy little side story about when I was writing this I had vocal cord surgery.

Annie: Oh, wow.

Glenn: I had lost my voice, had surgery, was not allowed to preach for three months.

Annie: Wow.

Glenn: And I was in my basement literally just praying and reading and writing. So anyway.

Annie: Holly, what have you experienced when it comes to prayer as far as watching your husband go...? Have y'all watched *The Chosen* by the way?

Glenn: Season 1.

Holly: The first season.

Glenn: I'm behind.

Annie: Well, catch up, because Season 3 is here.

Holly: Yeah, we'll catch up.

Annie: But it is in Season 1 where Jesus goes and talks to Peter's wife and He says, "This calling is not just his, it's yours, too." So even before *The Intentional Year*, how did you experience being part of *The Resilient Pastor* season?

Holly: I'm in ministry as well. I'm doing pastoral work. And so I think just coming alongside Glenn in just times where it's difficult ministry, you know, we kind of experienced the same things together of just different parts of things that go on in the church of people having hard time or complaining sometimes, you know. And so I think, really just praying about that together, staying connected every day. I meet with a lot of people as well. And so just trying to come along in their journey. I love doing that.

Glenn: Being a safe space for each other. I mean, you're really great at that. We can pray together, pray for each other.

Annie: I'm thinking about your new book, *The Intentional Year*, and my question is—either or both of you can answer—did you call it that because we're not being intentional? Are there people who are not being intentional? Or did you call it that because we're not doing intentionality correctly?

Glenn: You first.

Holly: I think for me, I'm naturally probably not an intentional person honestly.

Annie: Okay. That's really good for me to hear because that's not something I recognized as like... there are people who are living more freely from intentionality.

Holly: Right. So I think my natural personality would be to be a little more go with the flow and what comes up and I get distracted and see the flowers and want to go there and do that. So I think at the time when we started really feeling like we need to have something more than just being reactive, you know, respond and react, which I think as a good Christian that's what we do, right?

You know, like, we want to respond to people and come to their aid and come to their side. Those are all good things and sometimes God calls us to do that. But if that's all we're doing is reacting or responding, maybe it's better word, then sometimes we're not really sure what God is actually calling us to do.

Annie: Wow. Wow.

Glenn: And I think there is a sort of autopilot mode that we get into with life. You just sort of get on the conveyor belt, you get on the moving walkways, so to speak, and time just keeps on moving. And it was about 12 years ago or so that a couple of older people in our life, mentors said, "You guys should go away in an annual retreat." And at first we're like, "Well, yeah, we do that. A little vacation or little, you know, away from the kids, whatever."

And then we started to realize, actually, we need to put some pieces into that retreat. So that kind of became like this keystone habit that changed everything because then we started to say-

Annie: Y'all have done it for 12 years.

Glenn: Yeah, yeah.

Annie: Wow.

- Glenn:** Holly, you are the one who started with putting some structure in it. Like, "Let's start with like a review, and then let's move to listen for a word for the year. And then let's take an inventory, you know." So it started to kind of develop, and it began to change everything. Because you can have good intentions but intentionality is actually when it turns into a plan.
- Annie:** Wow. Right. Because when I'm thinking about it, I'm like, I don't know that anybody gets to January and goes, "You know what? This year I'm just not going to try."
- Glenn:** Right. Right.
- Annie:** I think in fact probably what's happening is people get to January and go, "I've been meaning to try." Or "I've been trying to try and I don't succeed." And so there's gotta be something... but then you're teaching me, Holly, that there are people who literally get to January and go, "Let's just keep going."
- Holly:** Yeah, I think so. "Let's just respond or let..." They just don't think about being intentional.
- Annie:** That's really interesting to me.
- Glenn:** Or it's sort of like goal-oriented. Like, "This is my goal for the year." The trouble with goals is once you achieve it, it's over or it becomes so big that you're like, "I'm not going to make it this year. So it's over." Like read the Bible in one year. It's a good goal. But if you fall behind my goodness, it's hard to catch up, right?
- But what we're trying to do here is to help people think in terms of rhythms. So they're just built into your calendar and they're not goal-oriented. So reading 30 minutes a day is different than saying, "Reading a book a week."
- Annie:** It's one of the reasons we're reading the gospels every month next year as a podcast.
- Glenn:** Awesome. Awesome.
- Annie:** Because if you missed it in January, guess what? We're starting over in February. But my hope is that we bridge people to listen or read the whole Bible. But for this year, can you do 30 days?
- Glenn:** It's great.
- Annie:** And then can you do 30 days again? Right?

Glenn: Yes.

Annie: Because I think some of the goals we believe as believers is if I don't eat the whole sandwich, then I failed.

Holly: Right.

Annie: When maybe the call is just start with a crust and work your way in. Right?

Glenn: Right.

Annie: So when it comes to building this intentional year, and what y'all have outlined in the book is so smart. I'm gonna read the subtitle. *Simple rhythms for finding freedom, peace and purpose*. Well done. Every shelf goes, "I want that. That sounds right." Does it always look like a retreat?

Glenn: No, it doesn't have to. It doesn't have to. I mean, for us it is.

Holly: I was gonna say to what you were saying, Annie, of that, I think someone could read this and maybe feel like, "Oh, this is so work-oriented. Am I supposed to do this retreat, and then I have all these practices?" But I think our hope for it really is, even if there's one or two things that, you know, you can add to what you're already doing. Or some people might read it and go, "Maybe there's some things I need to take out of my life to create space for a new rhythm."

Glenn: What we've done is put these things in a sequence. So you could say, "I'm going to take the next few Saturdays," for example, "and I'm going to take two hours and do this first part, and then I'm gonna do..." So there is a particular sequence of practices that help you. But they don't have to be all done in one retreat.

Annie: Yeah. I mean, they can be.

Glenn: Sure. Why not? Why not? Get some friends away.

Annie: I mean, what we know of our friends listening is half of them aren't married yet. So what does it looked like to build an intentional year if you are...? So they're not married yet or they're not married now?

Glenn: Sure.

Annie: So they're single parents, they are single again, they are widowed and their kids are out of the house. So there's not a world where me and someone this month are going on a retreat together. So what does it look like to build an intentional year

when you predict your year and look at your year and it looks like you're building alone?

Holly: I can think of a good friend of mine who every year she has a friend and they actually do plan to go on a spiritual retreat together like twice a year, and they have certain rhythms that they do. But I think it could be done with, you know, roommates or someone in the family or a friend. Like Glenn said, it could be going away to do this with someone you trust that you feel is a safe person that you could process and pray together.

Glenn: And of course, you can do it alone. But I think the added benefit of a community doing it is there's almost like a communal accountability. Not in a heavy-handed way, but you know what? It's like companions on the journey. Like hiking on a long sort of hike together.

There's actually a chapter in the book all about relationships.

Annie: Yes, yes. Right before the work. Relationships before work. Me too.

Glenn: So our hope is that people would find all kinds of creative ways to do it. Again, several weekends in a row, alone, with a group of friends or roommates. Sometimes people will say, "Well, we have friends, but we don't know how to take our friendship to the next level." Well, what if this becomes an annual sort of rhythm? And then you know what to ask each other when you catch up. Like, "Okay, how's that going? How's this going?"

Annie: Glenn, the resilient pastor is out here, and he's read your book, and he's still pastoring. Or she's read your book, and she's still pastoring. And now the thought is, "I'm just hanging on." Like, "I've just gotten above the tank being empty. I'm certainly not quite ready. I'm certainly not quite ready to dream about how me and the gym are gonna get along in 2023 because I've just stopped suffering at church." So what's it look like? Put together these two things for us.

Glenn: Thank you for connecting those dots seriously. Because one of the bits of data from Barna is leading cause of burnout is the loneliness and isolation that pastors feel. So it's something like 60% of pastors reported feeling lonely sometimes or frequently. That's pretty high number.

And I think for us, you know, both of us having been in ministry for over 20 years, one of the challenges we recognize is you're using that relational muscle all the time but the people that you're in relationship with, those relationships are asymmetrical. So you're kind of their leader and they're non-reciprocal. So you're the person they call, but they may not be the person you would call.

Holly and I were at a retreat or at a conference maybe seven years ago. Do you remember this? We were doing this worksheet.

Annie: I love you said, "Do you remember this?" That's all he told you. Like, "Remember we're at a conference a few years ago?"

Holly: Yes, I remember that one.

Annie: And actually you nodded. So you-

Holly: I do. I do.

Glenn: She did because she's the hero of this story. We were writing out who were the close relationships. And Holly had this whole list of "This is when I see these people, this is when I talk..." And I sat there kind of frozen, like, "I don't make time for my friends. What am I? In high school? Like we're hanging out with friends at the mall?" And I realized that that was a big problem.

Annie: Wow.

Glenn: So to tie that back together, for pastors or for people in ministry, this isn't just one more thing. This is our lifeline. Like God meets us through others, through different kinds of relationships. So I would say part of intentionality really for pastors is start there. Start with saying, "Where is your regular time with your foxhole sort of friends?"

Annie: Yes. Yes. And who are they?

Glenn: And who are they?

Annie: Who are they? You got to make sure you have... I've watched a couple of pastors do this really well and I've sadly watched a couple of pastors really suffer alone. And I'm like, "Who are you call...?" Like, I remember going into a meeting with the pastor friend of mine and going into a lunch. And it was him and his wife and I was like, "Who are you calling? Who are you calling? Does anybody else know this?" Because someone needs to know this part.

Glenn: There's a fun little *Lord of the Rings* kind of thing that I do in *The Resilient Pastor*.

Annie: Oh, boy!

Glenn: Are you ready for this?

Annie: I'm super ready. Are you watching the new series?

Glenn: I haven't yet because it's long.

Annie: I haven't either.

Glenn: I don't have 90 minutes.

Annie: You're like, "That's not in my intentional year. Call me in '24, in '23."

Holly: Turn down that space yet.

Annie: Yeah, that's right.

Glenn: You know, five sort of kinds of relationships to think about. One is the Gandalf. Who's that Sage that they're not going to travel with you every step of the way but you can call them in key moments? Like when we made this big move, we had Sages that we call them.

Annie: I mean, because y'all were in Colorado for 22 years?

Glenn: Yes.

Annie: Wow.

Annie: The weather is better. You gotta call me. I'll be like, "The weather where you're going..."

Glenn: You can now be one of our Gandalfs.

Annie: Yes. Yes. Oh my gosh. I'm just the weather Gandalf. That's all. I'll just check the weather for where you're going next.

Glenn: So you need a Sage. You need someone who can tell you, "No, that's like an Aragorn." Like someone who bears the weight of authority in your life. I'm constantly tempted to live beyond limits. I need people who can say, "You shouldn't say yes to that." And then you need Pierce, like the dwarves and the Elves. People who are in the same war but they're not in the same front of the battle.

Annie: Wow.

Glenn: So this is like other pastors, other p..., right?

- Annie:** Yes. I'm actually going on our treat this weekend and there's seven of us.
- Glenn:** There you go.
- Annie:** And we all are co-workers, we're in this space but we all do very different things. Some are LA, some are New York, some are Texas. We're all very different. We write different books if we write books, but we are elves and dwarves.
- Glenn:** Exactly. And then the other one is you need a friend like Samwise who can say, "I can't carry the ring, Mr. Frodo, but I can carry you." And then finally, you need a healer, like a counselor or therapist, spiritual director—someone who can drain the poison. Like Arwen does for Frodo. So anyway-
- Annie:** Wow, that's very good. The resilient pastor there, everybody. I love it. That's so good. Holly, I mean, I'm listening to him say all this and wondering for women, is it different?
- Holly:** For what part?
- Annie:** The five. Those five roles.
- Holly:** I don't think so. I think it's the same. I think I still need those same kind of wise people to look to and I need the people who are doing, you know, in the thick of it with me and healer.
- Annie:** Where does a partner fit in that list?
- Holly:** That is a good question.
- Annie:** Thank you. My dad loves when people say that. He always texts me.
- Holly:** When I think of it, I guess I think Glenn and I really being in it together. This is a partnership. We try to stay connected every day.
- Glenn:** Frodo and Sam alternating.
- Holly:** Yeah. Yeah.
- Annie:** Both of you are the Frodo and both of you are the Sam, it would seem.
- Glenn:** Right. Right.

Holly: Yeah. Yeah.

[00:20:40] <music>

Sponsor: Hey friend! Just interrupting this conversation real quick to share about one of our amazing partners, [Thrive Market](#). Okay, let's talk about food for a second. If you had to guess how I would rate these three things, grocery shopping, cooking, and eating, what do you think the order would be? You're right. You're right.

First is eating. Second is eating. Third, eating. Listen, you know, I don't love to cook my own things. But also I do sometimes. I'm just kidding. But I for sure do not particularly enjoy going to the grocery store that much and definitely not at the crazy prices we're dealing with right now. Thrive Market to the rescue.

Thrive Market is my go-to for all my grocery and household essentials. And the convenience of getting it all quickly shipped to my doorstep is a huge time saver. The Thrive brand pantry staples like almond flour and canned tomatoes and spices are, well, staples for me. And I always have the Kettle & Fire bone broth on my list during chilly months so I can toss a soup together anytime I need to.

As a Thrive Market member, I can save money on every single order. On average I save over 30% each time, literally, y'all. On my last order I spent about \$107 and I saved \$30. And before that I saved \$45.77 on a \$135 order. On top of the massive savings on each order, Thrive Market has a deals page that changes daily and gives me cash back on so many brands. And they have a price match guarantee.

Not only does Thrive Market save me money and save me drive time and waiting in the line time, they also save me shopping time. I love the filters on their website and app, and they have over 70. Whether you're looking for certified gluten-free snacks or non-toxic cleaning essentials, you can curate your own shopping experience with a click of a button.

Sometimes I like to say that I'm a gluten-reduced, and so that gluten-free filter really helps me find great items so fast. No isle wandering involved. And often what I'll do while I'm watching TV, I've got my Thrive Market open and I'm looking at their best sellers to see what everybody else is buying. And I usually end up getting a lot of that to try.

When you join Thrive Market you are also helping a family in need through Thrive's one-for-one membership matching program. So when you join they give, which is awesome.

Join Thrive Market today and get 30% off your first order plus a free \$60 gift. So go to thrivemarket.com/thatsoundsfun for 30% off your first order, plus a free \$60 gift. That's thrivemarket.com/thatsoundsfun.

Sponsor: And I want to tell you about another one of our incredible partners, [Raycon](https://raycon.com). The New Year is here. And whether you're making big changes or just settling back into a consistent routine, chances are you could use some audio accompaniment on your journey. I know that's true for me. It is crucial.

I love listening to audiobooks for the book club I'm in, I want to work on a puzzle and listen to my audiobooks. And I know a bunch of you need a quality way to listen to the Let's Read Through the Gospels each day. You know, that sounds fun.

The fact is a good pair of wireless earbuds is indispensable in 2023. For premium audio at the perfect price point you've got to go with Raycon, you guys.

Raycon's Everyday Earbuds look, feel, and sound better than ever. With optimized gel tips for the perfect in-ear fit, these earbuds are so comfortable and they will not budge. It is shocking. Honestly, it is shocking.

Raycon gives you eight hours of play time and a 32-hour battery life. 32 hours. Y'all, I feel like I go weeks before I need to charge mine again, which sometimes makes it hard for me to even remember where my charger is because they worked for so long.

Raycons are priced just right. You get quality audio at half the price of other premium audio brands. It's no wonder Raycon's Everyday Earbuds about to have over 50,000 five-star reviews, you guys. You can easily adjust the volume, answer a call or pause when you're listening with a different earbud tap functions.

The Everyday Earbuds provide amazing noise isolation but you can also set them to awareness mode if you're out walking or hiking and you need to be aware of your surroundings, which you need to be aware of your surroundings. Or if you need to be able to hear the baby monitor, which you need to be able to hear the baby monitor while you're getting stuff done during naptime.

Like I said, my Raycons are perfect for listening to audiobooks or for listening to a podcast, or a playlist when I'm out at Radnor Lake. I usually listen with the pure sound setting because the audio is so clear I don't miss a word.

Go to buyraycon.com/thatsoundsfun today to get 15% off your Raycon order. That's buyraycon.com/thatsoundsfun for 15% off. [Buyraycon.com/thatsoundsfun](https://buyraycon.com/thatsoundsfun).

And remember all the links to our sponsors, to our newsletter, the AFD Week in Review, our book of the month—do you even know what the Book of the Month is? You gotta go check it out—the transcript of the show, the link to the tour, and more are available in our show notes. So be sure you check those out. Just trying to make things a little easier for you where we can hear in 2023.

So let's jump back into our conversation with Glenn and Holly.

[00:25:28] <music>

Annie: Who's the first person who said California?

Holly: Me.

Annie: Really?

Holly: Yeah.

Annie: Did the church call you?

Glenn: They did. They did. A friend of ours reached out probably 18 months ago or 18 months prior to the move. And at that point, we were like, "No, I don't think so." And then a few months later, we're like, "Maybe." And then-

Holly: Because at first we just couldn't imagine ourselves not being in our stable, secure place that we've always been and feeling known and connected and all of that.

Annie: Because when I'm thinking about being intentional, I mean, I just am thinking... So anybody who's in Southern California Rockharbor in Costa Mesa, great church. Now you know the pastor's because you're listening to them. So y'all go there. But I'm wondering when someone reading this is going to make the California move this year, who doesn't even know that someone's going to say California in their house, right? I mean, I didn't think about moving to Nashville until October of the year before I moved here. So my whole life shifted in one conversation.

Holly: Wow.

Annie: Well, think about our retreat and how that played a role for you even in discerning the move. You know, the word that you heard for the year, I mean, all of that.

Holly: Idea had been proposed to us when we went on our retreat. But I did have this sense of like, "I think we're supposed to go," but everything in me was... I felt like my

insides were clinging to what I knew, and I thought, "Only the Lord can really open my heart because on my own I don't want to change."

Glenn: And that's the beauty I think of creating space. Like if you don't have something built into your life where you say, "Stop this train, please, I need to get off and I need to think and I need to listen."

Annie: Wow.

Glenn: And for both of us it was like the Lord was saying, "Put everything on the table." But if we were just going through our normal life, we would have been like, La, la, la, la, let's move." But we had the carved-out space to say, "Okay, God, we'll put everything on the... what are You asking of us?"

Holly: Like, "Lord, open my heart to this. Do you really want me to?" I honestly think I wasn't expecting this. I really was surprised in a way that I felt open to such a significant change.

Annie: To carry the train analogy too far, if the train doesn't stop and you don't get off and assess, you can't get on another train.

Glenn: That's right.

Annie: And so you just keep riding the same one.

Glenn: That's right.

Annie: I had a coach tell me today, she said, "The pain of staying the same is a low hum of pain for the rest of your life."

Holly: Wow.

Annie: "But the pain of change is a sharp pain that happens quickly."

Glenn: Wow.

Annie: And I was like, "Oh." Because I was saying to her, "I am in pain." She was like, "Right, because you're changing." But can you imagine if I just stayed in Atlanta or if y'all stayed in Colorado?

Glenn: Right.

Annie: It's low hum of disobedience.

- Glenn:** It would have been theirs. Absolutely.
- Annie:** Is that too much to say?
- Glenn:** No. No, I don't think it is. Although, okay, for some of your listeners, it may not be that staying the same as disobedient. But I think there's these missed windows or missed opportunities.
- Holly:** Like an invitation.
- Annie:** You're just missing out. It would have been disobedience for me. I'm gonna say. I'm gonna say. I mean, 42 years of living, there's one of those.
- Glenn:** That's not every decision is invitations. Everything else was invitations. But every now and again, meaning once every 42 for me-
- Glenn:** Every couple decades or whatever.
- Annie:** One out of 42, there's an obedience that changes everything.
- Glenn:** Are you familiar with the Prayer of Examen, Annie?
- Annie:** Yes.
- Glenn:** Okay.
- Annie:** You know who taught me is Aaron Nyquist.
- Glenn:** Oh, Aaron is a dear friend. Dear friend. So Holly was the first one to kind of between us on our retreats to sort of apply the Prayer of Examen to the previous year. You should talk about that.
- Holly:** It was often people who are used to thinking of it as a daily thing or a weekly thing to look back. But I thought, "What if we take this and think about the year?" I mean, it seems like kind of a big task, but just even sometimes just looking at my calendar would help me remember significant things or times of people or different events that we had. And just going back and saying, "Lord, what is it that you have helped me remember, you know, from these different things throughout the year?"
- Annie:** Wow.

- Holly:** So I think for me, sometimes I want to really sense the Lord in every day, in the moments. And sometimes it's hard to do that. And so looking back for me, I could sense maybe what the Lord was showing me when I look back.
- Glenn:** And even in the move that's how we began to see the themes of... There's many versions of the Examen, right? For us, that sort of loosely speaking, the five kind of moves are you rest in God's presence, you begin to review. Like Holly said, calendars can help with that. Then you rejoice. Like, here's God's gifts. Then you repent and then you request grace.
- Annie:** Wow.
- Glenn:** I think when I started a review, I was like, "I am dying a slow death here but I don't want to admit this." And it's not there was nothing wrong about our situation. It was just that I wasn't saying yes to... there's a step of faith sometimes that opens you up, it makes you live on the edge of like dependence on God that you can't get to unless you give that kind of scary yes.
- Annie:** Right. I mean, repentance. Can we talk about repentance for a minute?
- Glenn:** Yes.
- Holly:** Yes.
- Annie:** Because I don't know that anybody wants to be sitting here at this point the year and going like, "You want me to look back and repent?" We just want to look back and go, "That was sad. That was happy. That was good. That was bad. I'm glad I did that. I wish I'd done that. The money could have been this, instead it was this. The relationship was this." Why does it matter to look back and repent?
- Glenn:** I'll just say for me personally I can't move on to the next step which is receiving a word for the year until I think about the places where I failed to give and receive love.
- Annie:** Wow.
- Glenn:** Often for me, the most convicting moments are with Holly or with the kids.
- Annie:** How many do y'all have? Two?
- Holly:** Four.
- Annie:** Four.

Glenn: Four.

Annie: How old are they?

Holly: Seventeen, 15, 12, and 10.

Annie: Did they all move with you?

Holly: Our oldest went to college early so that she didn't have to transition.

Annie: Okay.

Holly: Back-to-back years.

Annie: Wow, house full of teenagers and preteens.

Glenn: Yes, I know.

Annie: Girls? Boys? What's the stat?

Holly: Girl, girl, boy, girl.

Annie: You guys!

Glenn: Sophia, Nora, Jonas, Jane.

Annie: May the Lord be with you.

Glenn: Hallelujah. And also with you. But those are the moments for me when I feel like, "Oh, I realize I have not been as attentive as I want to be. I've not been as present as I want to be." So then I'm ready to say, "Okay, God, as I repent of that, what I'm asking you for is grace to be different."

And then maybe my word for the year... You know, because if you don't repent, I think the tendency is our word for the year is always going to be like, "More blessing" or "more success." "I hear the Lord saying..." And it's like, yeah, maybe He's not seeing that. So repentance is a necessary unburdening of ourselves, unclenching our fists so that we can then say, "Okay, I'm ready to receive from you now."

Holly: I did talk through this process with a friend. And one of the things she did have a hard time with was that section and just saying she would feel so much

condemnation in the process. So we talked about, okay, what is our inner critic? Is it you being hard on yourself, giving yourself these expectations, and asking these things of yourself or is it that you really sense the Lord saying this to you?

Annie: Wow.

Holly: So trying to prayerfully discern that.

Annie: The other problem is if you accidentally don't repent, and then the Lord gives you the word "humility," you're like, "I'm gonna deal with it the whole year? You're gonna make me for this whole year..." Trust us. You want to clear it up before you ask the Lord for the word of the year because He cares more about our character than our calendar or career or anything. He will get you right.

Glenn: Amen.

Annie: I think so often in scripture where He says, "Humble yourself in the sight of the Lord." Because that's our first option. He won't stop there. But that's our first option. I'm like, "Let me take that train every time if I can."

Glenn: I don't want this to sound like... It's not meant to be a threatening sort of thing. But it's similar with our pace, right? Like, if we don't choose to stop, oftentimes our body will find a way to tell us, "Hey, it's time to stop, time to slow down."

Annie: I don't know that y'all know this story but this summer my sister and her husband had a baby that died a couple of months after he was born.

Holly: Oh, so sorry.

Glenn: So sorry.

Annie: Thank you. Me, too. He was very cute and wonderful, great part of our family. And my meniscus disk in my left knee tore the week before he died. And I was like, "But I was gonna go fast. I was gonna go fast for all this." And I didn't get to go fast in any of it. So if I crossed that of oh, yeah, I didn't choose to slow down but the Lord knew I actually couldn't sustain what was happening in my life if I didn't.

So there was an intentionality to the Lord's work in my life that I would have never chosen. But who would I have been at this point if I would have just kept going at...? My normal speed is very high, as y'all saw when I blazed into the room at 900 miles an hour. My normal speed is very high. Only the Lord slows me down until I get as wise as you are and choose it.

- Glenn:** No, no. No, no. We have been on the other side of that too.
- Holly:** I think very often I hit my limits and it's usually for me with my body and I'll get sick or "Oh, my stomach. Oh, I had a lot of health things." And so it's like the Lord is getting my attention through my body, saying, "You have to stop."
- Annie:** Does intentionality mean slow?
- Glenn:** Not necessarily. Again, I think there's this key. You just don't have it or you have to stop the spin cycle for a second in order to be intentional. Was it John Lennon's lyric in *Beautiful Boy*, life is what happens while you're busy making other plans, you know?
- Annie:** Right. Right. Right.
- Glenn:** And so it's all those other plans that just kind of take on a life of their own, and then it becomes, "Oh, that's my life now," right?
- Annie:** Yeah.
- Glenn:** You know how people will say with money, where your checkbook is that actually reveals what your value is actually. The same things with your calendar. Your calendar reveals what you actually are prioritizing. So, no, you don't have to slow down. Intentionality doesn't mean slow but you do have to slow down to be intentional.
- Annie:** Yeah, that's really interesting.
- Holly:** I think it's knowing yourself. And I'm thinking about Enneagram-
- Annie:** Do y'all have a number y'all identify with?
- Glenn:** Yeah.
- Holly:** I've listened to all your EnneaSummer episodes. Really good.
- Annie:** Thank you. What number do you identify with?
- Holly:** I identify with nine.
- Annie:** A nine. That's very sweet.
- Glenn:** I'm a three.

- Annie:** I know. I know. Such a healthy one in my experience of you.
- Holly:** Well, and just our capacities are very different and the spaces that we need are different. So I think intentionality for different personalities looks so different in how much space do you need and how fast can you run. I tried, for years, to keep up with him and his pace and his capacity. Always feeling like I was failing and not doing enough. But I can't run at that speed and I need a little more space.
- Glenn:** One of the questions that we've learned to ask, before even starting any of this, you know, is to say, what is what season am I in?
- Annie:** Interesting.
- Glenn:** "Lord, what is this season actually for?" So, funny story.
- Annie:** Oh, wow.
- Glenn:** I grew up in Malaysia. It's where I'm originally from. And when I was in my freshman year of college, I moved to the States. You know, my parents were back in Malaysia. We had this offer or this opportunity to drop out for a semester or for a year and join this band and play youth events in arenas, whatever. So I call my dad... and this is back when the international phone call was like three bucks a minute.
- Annie:** Yeah, that's right. You're like, "I got a quick question."
- Glenn:** So I'm like, "Dad, this guy..." It was like that scene in *That Thing You Do!* "Dad, this guy is a really nice camper."
- Annie:** Great movie reference.
- Glenn:** Great movie. Great movie.
- Annie:** Delta just added it to their What's On Right Now.
- Glenn:** So I'm like, "The only catch is I gotta take a year off of school." Long pause on the other end. And my dad goes, "Glenn, what is this season for?"
- Annie:** Wow.
- Glenn:** And I was like, "Wait, what do you mean what is this season for?" I'm like, "This is my dream." And he said, "I think this is a season for you to prepare yourself and

devote yourself to your studies." I mean, by God's grace, later in life, I would be part of a band and do the traveling thing and all that sort of stuff. But in that season-

Annie: Did I see you in concert?

Glenn: Probably not. There was Desperation Band. We did worship stuff back in the early 2000s.

Annie: Oh, wow. Yeah, yeah.

Glenn: There are some songs that traveled more than we did. So that was good. But the point really is, it looks different for every person, yes, but it also looks different for every season.

Holly: Right.

Annie: Yeah, that's good.

[00:37:54] <music>

Sponsor: Hey, friends! Just taking a quick break from this conversation to tell you about one of our amazing partners, [Chime](#). Are you one of my friends who checks the bank website multiple times a day and are thinking about your credit score on the regular? Well, that is very impressive. I want to be more like you this year.

But at Chime, they'll free up some of that mental space for you because they're always keeping your credit score at the top of their mind. With their Secure Chime Credit Builder Visa Credit Card, you can start to build credit with your own money. Chime reports your payments to credit bureaus to help you build credit over time. Their members see an increase of 30 points on average, all of this with no annual fees, large security deposits, or credit checks to apply.

So start your credit journey with Chime. Sign-up takes only two minutes and doesn't affect your credit score. So get started at chime.com/thatsoundsfun. That's chime.com/thatsoundsfun.

And the Chime Credit Builder Visa Credit Card is issued by Stride Bank N.A., pursuant to a license from Visa USA Chime checking account. And \$200 qualified direct deposit required to apply for the Secure Chime Credit Builder Visa Credit Card.

Regular on-time payment history can have a positive impact on your credit score. Impact on score may vary and some user scores may not improve. Out-of-network

ATM withdrawal fees may apply except at Moneypass ATMs in a Seven-Eleven or any Allpoint or Visa Plus Alliance ATM.

Sponsor: And one last incredible partner that you know I love to talk about, Liquid I.V.. We talked earlier about focusing on our mental and emotional best selves. So let's now talk about making sure we're taking care of our physical selves too.

Liquid I.V. is the category-winning hydration brand fueling your well-being and their hydration multiplier is the one thing you're missing in your daily routine. Trust me, trust me, in just one stick you get five essential vitamins and two times faster hydration than water alone. Use it first thing in the morning before a workout, when you feel rundown, after a long night out, or on long flights on flights. You guys, on flights.

It's about as tough to nail down my favorite thing about Liquid I.V. as it is to narrow down my favorite flavor. The little single-serving packets are really convenient. So I always have a couple in my purse or my backpack and I just love the way I feel when I know I'm well-hydrated.

As far as flavors go, tropical punch is awesome and I'm pretty loyal to Acai berry too. So I guess I'd say to you, Acai berry on an airplane. That's my favorite. There it is.

Liquid I.V. is on a mission to change the world. Today, they have donated over 25 million servings in 50-plus countries, which I love. So grab your Liquid I.V. in bulk nationwide at Costco or you can get 20% off when you go to liquidiv.com and use the code THATSOUNDSFUN at checkout. That's 20% off anything and everything you order when you shop better hydration today using the promo code THATSOUNDSFUN at liquidiv.com.

And now let's go back and finish up our conversation with the Packiams.

[00:40:43] <music>

Annie: Glenn, as you and I run at a different speed than your wife, I have had partners in my life both at work and in personal relationships that do not run at my speed. Teach me. Pastor me here. Because what I often feel is true is that when one person has a speed and capacity that is high, the other person has a speed and capacity that is less than high. What I am experiencing is the fast person has to slow down. But a lot of times a slow person doesn't speed up. There is not a compromise. Am I wrong?

Glenn: You're not long.

- Annie:** Okay! Thank you! That's all I needed. I just needed you to release me from expectations.
- Glenn:** You're not wrong.
- Annie:** Thank you!
- Glenn:** This will break the sort of car and speed analogy. But I think what I've learned to do is invest my energy in multiple buckets so that I don't flood any one of them. So even though like, Why the book thing? Why isn't church...? I love the local church. My whole life is given to the local church. But if I were to put all of those gears... Do you know what I mean?
- Annie:** Yeah.
- Glenn:** So I think I kind of have a little bit here and a little bit there. And some of that's just a way of saying I can come down to a seven or whatever. And that's a healthier speed for me anyway. But I have a few different environments-
- Annie:** Because see, if I marry an Enneagram nine, I'm living my life-
- Glenn:** That would be perfect.
- Annie:** No! Let me tell you.
- Glenn:** Let me tell you, it's heaven.
- Annie:** I know. I love being around them. They're one of my favorites. That would be a great pairing. I know. But I think I would spend my life, which is probably a good use of my time, spend my life feeling the pull to slow down without ever feeling the "let me try to pick up the pace."
- Glenn:** Yes, yeah.
- Annie:** But does that happen? I mean, do you feel like there are times where you go, "Hey, I'll think about this faster because we have to make a decision."
- Holly:** Absolutely. I love that Glenn is a three and I feel like he pull... because I can go that direction in health. And I think he helps me to be more productive and to do more. Most of the time I love that.
- Glenn:** Most of the time.

- Annie:** Yeah. I know. And a three and a seven, nobody needs us. Well, I'm sure those partnerships are great. The times I've been close dating or work relationships with someone with a similar speed, we tend to bulldoze. And it just isn't healthy for the people around us. Because we're like, "We're riding so fast, are y'all still...? You're not back there? Where is everybody?"
- Holly:** Do you like when someone slows you down?
- Annie:** No.
- Holly:** No, you do not like it.
- Annie:** No.
- Holly:** Okay.
- Annie:** But it is such a good practice for my speed.
- Glenn:** It's good. It's good.
- Annie:** I know.
- Glenn:** I probably would never have done retreats like these if not for Holly.
- Annie:** I know.
- Glenn:** That's a mix.
- Annie:** Once you told me three and nine, I was like, "Now I get it." She has matured you into-
- Glenn:** Oh, yes.
- Annie:** Yes.
- Glenn:** The word people use for Holly all the times, "Holly, you're so intentional." People don't say that about me.
- Annie:** Nope.
- Glenn:** They talk... anyway. Yeah. So, it's great.

Annie: Wow, okay. Man, that's why this is so helpful is for people who... Let me ask you this. Your older kids... or all your kids. When do you involve kids in planning an intentional year?

Holly: We really started when our kids were in high school talking with them, but not really handing them the retreat, but talking about these different concepts. I mean, they love the enneagram.

Annie: Do they do word of the year?

Holly: We've talked to them about it. We haven't been like, "You need to do this every year." But yes, we've introduced them to the idea and ask them to prayerfully ask the Lord about that.

Glenn: Light touch versions. And if someone has kids that are little, I mean, what we would do on the retreat to kind of involve them is one section of the time away would be to write in a journal for them and to say, "Here's some of the things we see in you this year." And then they get to read that as they get older.

Annie: That's kind. Oh, that's really kind. One thing we got to talk about that we haven't talked about is Durham University.

Glenn: Ooh, yeah.

Annie: Do you know how I feel about Durham, England?

Glenn: How do you feel about Durham, England?

Annie: I had the most insane experience with God at the Durham Cathedral of my whole life. It's why my book *Remember God* pattern-

Holly: Glenn's paper-

Annie: It's the best. The pattern on the cover of *Remember God* is the Archbishop's robe from the Durham Cathedral.

Glenn: No way!

Annie: That's the gold pattern.

Glenn: Annie! We've already been huge fans but now I feel the force.

Annie: And it's where Harry Potter was filmed.

Glenn: No doubt about it.

Annie: So that's where you got your-

Glenn: My doctorate.

Annie: Your doctorate.

Glenn: Yes.

Annie: Did y'all live there?

Glenn: No, no, no.

Holly: No.

Glenn: I did it part-time and distance. So I would go over a couple times a year. But it's all, you know-

Annie: I'm interested. Call me Durham Cathedral.

Glenn: Come on. It's the British system. It's all research-driven. So I would go a couple times and then basically I'm Skyping with my supervisors and research. But the coolest part, the whole family got to come for my graduation. And the graduation was in the Cathedral.

Holly: Can you imagine? It was amazing. Most amazing graduation I've ever seen.

Annie: It's beautiful. Yeah, I'm gonna send you out with a copy of *Remember God* not because you need to read it but just flip to the end. Just go to the spoiler that all happens on Epiphany Durham cathedral. It's truly one of my God's kindest moments in my whole life. It was awesome. I love that place.

Holly: That's amazing.

Glenn: It does have such a holiness to evening prayer and their morning prayer in there. And then during that trip for graduation, we went up to Lindisfarne. Have you ever been up there?

Annie: No.

Glenn: Holy Island. So in Durham Cathedral is Cuthbert's shrine. Well, Cuthbert's monastery is up on Lindisfarne. This island is called Holy Island. Yeah, it's where Christianity came into England from these Celtic communities... Iona communities rather. Anyway, really cool stuff.

Annie: You don't have to anyway with us because I care. I'm having a great time. I used to live in Edinburgh so I have a lot of...

Holly: Oh, wow.

Annie: I've got some deep UK love. And I love soccer. So I am just British in my heart is what's actually true. I'm British in my heart.

Okay, so my last question about *The Intentional Year* is, is there a right way to do this? So when someone buys this book, is there like, if you don't do it this way, you're gonna miss? Is there like rules?

Glenn: I just want to pick up on a theme you mentioned, babe, about legalism. You know, I think it's easy to approach practices, any kind of practices as sort of like "I have to do this in order to." You don't have to do any of this in order to anything. God loves you. You're His favorite. You're His child. This is awesome.

I think what this is, is this is an invitation to partner with the Holy Spirit. So the Holy Spirit wants to bring fruitfulness out of your life, and this is just making room-making space. And we've tried to make it even easier by saying, again, pathway, practices, plan, so that you can walk through this together.

And then related to that is our culture obsesses a lot about productivity. We live in Orange County now. Talking about this, there is kind of this hidden rat race thing. But fruitfulness in the Bible is different than productivity. Productivity is about getting stuff done. The intentional year is not about getting more done. It's a rebuke to me, to Enneagram three. It's about fruitfulness. And fruitfulness is not about doing more. It's about becoming. It's about becoming who Christ has made you to be.

Annie: The goal of fruitfulness versus productivity is really important to me. Literally two days ago, we did our yes, nos for 2023, where our whole team sat down, and we said, what's the next year look like? And it was all pruning. It was all pruning. As the boss, which is scary financially, and scary as far as like, how do we do less? But it's the words I didn't have, so you just said them, Glenn, is what God has been saying to me is, "I need you to be fruitful next year. I don't need you to make a lot of things. I need you to be fruitful." And that's different.

- Glenn:** Yeah, productivity is doing more, making more. It's the more more more. Fruitfulness is bearing fruit, right? It's what we call the virtues. It's who we are becoming. And sometimes that does involve doing less.
- Annie:** Yes. You guys, will you come back though?
- Glenn:** Yes.
- Holly:** Yes.
- Annie:** I mean, this is very fun and very good. If we had more time, we'd talk about the Holy Spirit because why not? I will ask you both, talk about how the Gospels matter to you. As we're reading through the Gospels every month of 2023, do they matter to you different than the rest of Scripture?
- Glenn:** I think the Gospels are amazing because they shape our imagination of Jesus. And it's not just to learn about Him, but it's to imagine what it looks like for His life to be played out in us and through us.
- Annie:** Wow.
- Glenn:** I think about that Dallas Willard quote that the goal of spiritual formation is, if Jesus was living your life, what would it look like?
- Annie:** Oh, wow.
- Glenn:** The Gospels kind of give us an imagination for that. They show us Jesus at work. They show us Jesus at play. You know, they show us Jesus angry. So we're not just trying to think about Jesus, we're trying to think like Jesus. And that's what the Gospels help us do.
- Holly:** I think one of the things that has stuck out to me in maybe just the past couple years is just seeing as I've kind of tried to be more aware of my own emotions, just like what Glenn saying about-
- Annie:** Healthy?
- Holly:** Well, just trying to get there and really seeing the human side of Him as well, as what does that divine-human intersection look like. But seeing when He's weeping, when He's angry, when He's saying, "Is anybody gonna come and pray with me? And let's please the Father." I think for me that's been really impactful and really believing that He wants me to really accept and be okay with all the emotions that I feel.

Glenn: Fully human.

Annie: Beautiful. Full human. How in the world was He both?

Glenn: It's amazing, isn't it? I think it was Lewis that said, Whenever we say the phrase "Oh, I'm sorry, I'm only human" it's not quite right, because we're actually all less than human.

Annie: Oh, wow.

Glenn: What a full human being looks like by design is what Jesus was, you know? And that's that full humanity that we're trying to live up to you by God's grace, by the power of the Holy Spirit.

Annie: Okay, see, that's what I would do. Okay, the last question we always ask. I'm very excited to hear your answers. Because the show is called That Sounds Fun, Glenn and Holly, tell me what sounds fun to you.

Holly: I love Broadway musicals.

Annie: Do you?

Holly: I do.

Annie: Same. Same.

Holly: And I know you've had guests on, Ginna Claire and others. When we lived near Denver, I would have a couple times a year when I would try to find a couple favorite shows.

Annie: They all come to LA too.

Glenn: I know. We're okay, yeah.

Holly: I'm not gonna be at a loss for those who-

Annie: You're gonna have great... because you know a lot of times they fly in like big deal-

Holly: Amazing cast. Yeah.

Annie: ...stars for the LA sit-downs.

- Holly:** Yeah. It's not something I frequently do but I love it.
- Annie:** Favorite show?
- Holly:** *Hamilton* and *Wicked*.
- Annie:** Same. Same. Love them both. I'm excited to see six. It's coming to Nashville. I haven't seen *MJ* but everybody's talking about *MJ*.
- Holly:** I've not seen either of those.
- Annie:** Okay.
- Glenn:** For me, it's the beach.
- Annie:** Well done!
- Glenn:** I go as often as I can. Sometimes I'll sneak out and just put the chair up on the stand and sit there for 30 minutes.
- Annie:** Newport? Where do you go?
- Glenn:** Yeah, Newport. That's the closest one too.
- Annie:** Man, those doughnuts though right there on the beach. What's it called? I think it's actually called like Newport beach doughnut. Sidecar.
- Holly:** Sidecar.
- Glenn:** Sidecar. Thank you, Annie.
- Annie:** I know. A person in my life sent me a text like, "If you didn't sidecar..." And I was like, "I'm back in Nashville. What was I supposed to do? I didn't know. You can't know what you don't know."
- Glenn:** Next time you come we'll Sidecar.
- Holly:** We'll take you there.
- Annie:** They have Huckleberry I was told.
- Glenn:** They do have that. They do have that.

Annie: That's not your favorite?

Glenn: It's not my favorite.

Annie: No, no, no. Okay. So just sitting on the beach.

Glenn: Oh, yeah. Just listening to the waves.

Holly: Glenn's been very intentional about going to the beach.

Annie: Can you walk there from your house?

Glenn: No, I can't walk there. But it's like a five-minute drive. So it's not far.

Annie: The wedding I got to go to was... Ooh, I'm gonna say this wrong. Sisters of Mount Carmel.

Glenn: Church?

Annie: The Catholic Church.

Glenn: Okay.

Annie: And it is two blocks from the beach.

Holly: Wow.

Annie: And I was like, "This priest is getting it right." He was very nice. You should go meet him. He was so nice.

Glenn: I mean, if you're giving up lots of other things, you might as well have a view.

Annie: That's right. That's right. At least have a view. That's exactly right. Oh, I love it. That's a beautiful place out there. I'm glad y'all are there.

Glenn: We're grateful.

Annie: What a new adventure you're on!

Holly: It is.

Annie: And putting out a book the same year is easy.

Glenn: That was not planned.

Annie: Just releasing your first co-book. But I can't wait for people to get their hands on this and get to know y'all. I hope our friends show up at your church and are as supportive as you hope they will be. So thank you y'all for joining us. Please come back.

Glenn: Thank you so much, Annie.

Holly: Thanks, Annie.

Annie: You just gotta come back. You gotta come back.

Glenn: Deal.

Annie: Okay.

[00:53:06] <music>

Outro: Oh, you guys, don't you love them? I know. I know. Hey, be sure to grab your copy of *The Intentional Year* and follow them on social media so that you can tell them thanks for being on the show today.

So okay, we heard what sounds fun to Holly and Glenn. This year we want to hear what sounds fun to you, to our listening friends from all over. So here's what sounds fun to one of our friends who is listening just like you.

Annie: Okay, Tanya [SP], because the show is called That Sounds Fun, tell me what sounds fun to you.

Tanya: Hey, I'm Tanya, and I'm from Brentwood, California in Northern California near San Francisco. And what sounds fun to me is taking the ferry to San Francisco from Vallejo on New Year's Eve with my two adult children.

Annie: Oh, what are y'all gonna go do?

Tanya: Well, we're gonna go early in the day. The Ferry Building there in San Francisco is having their farmers market that day. So we're not really a family that stays up late and celebrates at midnight. So we're gonna do something early in the day. I'm in a new season of life with adult children and finding things that I can do with them.

Annie: Tanya, that's a very good answer. I love a farmers market. Well done. I love it. So fun.

Okay, if you need anything else for me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. Literally all the places you may need me, except TikTok, 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. Today what sounds fun to me, well, my friends and I are getting Mexican food for dinner. So I'm already anticipating the joy of chips and salsa. So that's what sounds fun to me today is seeing my friends and having Mexican food.

So y'all have a great weekend. We'll see you back here on Monday observing Dr. Martin Luther King's birthday, celebrating his legacy, and catching up with my amazing friend Toni Collier. We'll see y'all then. Have a great weekend.