

[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. Happy MLK Day, celebrating the birthday of Martin Luther King Jr. We have got a great show in store for you.

Before we dive into today's conversation, I want to share with you about one of our amazing sponsors, [BetterHelp](#). When you are at your best, you're more likely to feel empowered to make a difference in the world, right? But sometimes life gets you bogged down. Me too. And you might feel overwhelmed. Me too. Or like you're not showing up in a way that you want to. I get it.

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Intro: Today on the show I get to talk with my friend Toni Collier. Toni Collier is a hope coach and the founder of Broken Crayons Still Color, an international women's ministry that helps women process their brokenness and reclaim hope.

She's a popular speaker, consultant, also teaches regularly at Story Church, Atlanta, the Church founded by her husband, Sam Collier. Y'all remember Sam. He's a friend of the pod, who joined us back in Episode 301. And we talk a lot about their story of leading Story Church in Atlanta.

Her new book *Brave Enough to Be Broken: How to Embrace Your Pain and Discover Hope and Healing*, Toni draws from her remarkable story. Y'all are gonna be blown away by some of her story. She shares practical steps and personal experiences and biblical wisdom that really helped me and helps all of us process our brokenness. She is a real one. I'm so excited for you to get to know her today. I adore her so much. So here's my conversation with my friend Toni Collier.

[00:02:23] <music>

Annie: Toni Collier, welcome to That Sound Fun. Finally.

Toni: Finally. I've arrived.

Annie: No.

Toni: I'm needed.

Annie: Listen, I've laid out the red carpet because we need you. I'm sorry it's taken us this many years. It's been-

Toni: I'm so sorry.

Annie: You're the missing puzzle piece that makes us complete. Here we are.

Toni: Thank you. I receive that. I'm a puzzle piece.

Annie: Can we talk back about when we met? Do you remember our meal?

Toni: I do remember in Nashville.

Annie: Yes. You were in Nashville. And you and Sam were just dating, right?

Toni: Oh, that's right.

Annie: I don't even think y'all were engaged yet.

Toni: No.

Annie: No. I've known Sam for probably three years before that. And I thought, "He has found the female version of himself."

Toni: Well, you're welcome. I got a little nervous. I got a little nervous at first because you know he's adopted. So I was like, "Now, do we need to check to make sure we're not missing? I'm still gonna marry you but we should check."

Annie: "But we gotta know."

Toni: We gotta know at least.

Annie: I mean, tell me about when y'all met.

Toni: It was wild.

Annie: Did you think the same thing?

Toni: Oh, 100%. We even laughed the same. And it was just like, "What are you... Stop. What are you doing? Why are you me? Why are you me?" And then reality hit and we're a lot alike on the outside but not alike on the inside.

Annie: Oh, interesting.

Toni: The way we process information... I mean, it was wild. We were like, "But wait, you're me. Why are you acting this way?" But it was like, "Oh, you're not?"

Annie: So y'all just kind of have the same expression of life but different processing of life.

Toni: Oh my gosh, so vastly different.

Annie: What percent of that did you figure out in dating?

Toni: Not a lot.

Annie: Yeah, that's what I thought.

Toni: Negative three percent. Okay? We were like honeymoon phase, I love you forever with the same soulmates. And then we got married, and it's almost like it manifested as soon as we left the wedding.

Annie: Wow.

Toni: We were like, "Oh, dang it." It was weird.

Annie: When you and Sam met, you already have a daughter who is one of my closest friends. I adore her. We love each other so much. I've worked so hard to make her be my friend.

Toni: I know.

Annie: I really earned it, I think.

Toni: Just sent her things.

Annie: I mailed her things.

Toni: It was the best.

Annie: So what's it like? So many of our friends listening are single parents. What is it like bringing a daughter into a marriage?

Toni: All right, I'm gonna sum it up for you quick. Dylan told me one day, this was maybe about, I don't know, nine months into us being married and then moving her in because that was a whole process. I was living in two spaces, trying to... It was just a lot.

But Dylan looked me in the eye one day and she says, "Mom, I'm gonna marry Mr. Sam." Okay? Straight up. She's like, "I'm gonna marry Mr. Sam." And I said, "Okay, we have a lot of explaining to do right now." But she completely adored him.

On one hand, it's a gift because it's like, "Praise God, she loves my new boyfriend." That's now my new husband. But on the other side, it's the shadow side because it's the fact that Sam can't fill her dad's bucket, he has his own separate bucket. So it's just this bittersweet balance of making sure she has her bucket filled by her dad, like her biological dad, and then also that we play a role in figuring out how Sam fills his.

But it's beautiful and it's quirky and it's weird. I don't think it's all the way how God intended it to be in perfection but He blesses it and He does a work through it. And it's beautiful.

Annie: In your book that came out last fall, *Brave Enough to Be Broken*, which I think everyone needs to read, you talk about this. So I'm excited for people to read it. But also, how do you decide what is public with an ex-

Toni: Come on.

Annie: ...that's the father of your daughter and what is private? Because even as people are listening we've had Prince Harry release a book that has really private things that maybe not everyone agreed to. We don't know. We don't know all the details. But how do you do that? How do you write like that? For our friends that are listening that may want to write you about their ex-husband or ex-wife?

Toni: We get asked this all the time, especially by women that go through our courses on healing. And it's this whole idea. I mean, I've even wrestled with it with my mom who I've got some, you know, real pain from and she's just like, "Don't say that about me, girl." And I'm like, "It is truth." I think there is a balance in having discernment and praying about it and also being in a healed place yourself.

Annie: Wow.

Toni: The way that I used to talk about my ex before I got healing and went to counseling, oh, my goodness. I mean, it was ratchet. It was borderline hatred, hate speech, defamation of character type thing when I'm myself, honestly-

Annie: Earned on itself. Sometimes it's earned.

Toni: It is, okay? But it came from a really bitter, broken place. When I pressed into the healing and said, "Man, this was really painful, but I'm gonna look it in the eye and say, 'you don't have any control over my life in your pain, I'm gonna find hope from this,'" then it started coming from a place of hope and a place of redemption and a place of real honesty. And people can tell the difference.

The people that follow us, hear our voices, the people that call us leaders, they can tell the difference between you just popped off on the live on your ex, and there's redemption here, there's real work here, there's real honor here and respect. And I think that's just a key thing.

Annie: I think it's so important. I found this in my writing too, that if you write to be healed that should be your journal.

Toni: Oh, freak.

Annie: But if you're writing from a healed place, that can be a book.

Toni: Dang it. Quote that from where? Dang it. That's so good.

Annie: I mean, is that true for you? That's true for me is I need to write to be healed. But that's not often what people need to read.

Toni: It's so good. Literally, I'm in the season right now writing my second book and I've had to go back to my publisher, back to my agent, and say, "Hey, remember that one time I said I was gonna write about this? Well, I can't because I'm not all the way healed from it."

Annie: Wow.

Toni: "It's not that I haven't arrived because we never arrive but there's a place. We know that there's a hole-filled place that doesn't say, like, "I'm so healed from this. I'm all perfect." It says, "I've been on a healing journey and enough to come from a

hopeful place." And I've had to like literally take back a whole book that I was writing. It sucks.

Annie: Wow. How many words had you done?

Toni: I don't wanna talk about it. I did a whole outline. I had a writing coach, honey, paying them dollars, did a whole outline, got the chapter titles. I mean, ready. And I was like, "I'm sorry."

Annie: "Well, here comes book three. We all right, we can wait for it. We can wait for it. An example someone gave me that has helped me a lot is you don't see people on Instagram telling us about Disneyland that haven't been there. Now, it doesn't mean they know everything to eat or have ridden every ride.

Toni: Come on. Come on.

Annie: But I don't need an influencer telling me where to go in Disneyland if they've never been there.

Toni: This is what I'm trying to say. You don't know?

Annie: But you don't have to be perfect.

Toni: But you don't have to be perfect.

Annie: You don't have to be perfect.

Toni: That's good.

Annie: You don't have to know everything but you got to have at least shown up at Disneyland.

Toni: That's right.

Annie: For us, Disneyland is just counseling.

Toni: That's what I'm trying to say. You have had to be redeemed by the magic.

Annie: That's where my Disneyland budget has gone is to counseling. I hope my counselor is enjoying her boat because I'm sure she's bought one at this point.

Toni: Freakin', yeah. No, mine got a yacht. They did little mingling in the boat. We're P. Diddy with them on the yacht.

Annie: Listen, first Wednesday of 2023 I got two text messages that came in about 10 minutes apart. One person looking for personal counseling; one person looking for marriage counseling, and one doubled up with "and our kids need something too." I'm like, "Man, everybody's seeing it. We're seeing."

Toni: It's time. It's just time.

Annie: Yeah. There's someone listening who needs to hear "it's just time".

Toni: And it's okay. It's all good. We don't all subscribe to the Beachbody thing. We all did insanity of P90X and almost lost our entire lives and broke our body.

Annie: Thank you. 75 hard. What are y'all doing? What are you doing?

Toni: What are you doing? I just want to be the person that says, "Three months from now I tried to work on my healing. I tried to work on my body, and I tried to work on everything else." I just want to be that person. Like, at least I tried. Okay?

Annie: Yes. I've literally said to someone this morning on a call, I said, "My goal isn't to be different. My goal is to say I tried to be different."

Toni: Oh my God.

Annie: My confidence will come from trying versus succeeding. Yeah.

Toni: Oh, 100%.

Annie: Yeah, that's it.

Toni: 100%. And as a fellow achiever, that's one of the things that I've had to give grace to myself for is trying matters, looking into pain matters. Like you write about it in the book this idea of getting on your knees and being ratchet by crying and snot all over the place. Those types of things pressing into the pain, like it really matters that we try. It really does.

Annie: Yeah, that's right. You mentioned the courses y'all have on healing. Will you tell me more about that?

Toni: There's all kinds of things going on, Annie. I don't know. All right. We wrote a course. It's called The Hopeful Woman course. And someone was like, "Why don't you write the healed woman course?" Because again, we never arrived. But also, I

think that the real catalyst to healing is getting to a more hopeful place. I think hope is the antidote.

Annie: I do too.

Toni: Because hope says that at least it can get better. When you don't have hope, when I've been in moments of suicidal ideation and thoughts, it is when I thought it couldn't get better. But as long as I've got hope tethered to me, I'm here, and I'm trying, and I'm doing the best I can, I believe in my heart that it can and will get better. So we created this course and we walk with women for six months.

Annie: Wow.

Toni: Month by month, call by call. And we walk with them alongside their healing journey. We never claim to be experts. But we do say, Hey, maybe you should look at your friends and how toxic they are. Maybe you should transition them to other spaces that are more safe for you. Maybe it's time for you to go to counseling, but actually do counseling well. Like do your homework when your counselor says it. And if you don't love that counselor, it's okay to date before you marry a counselor. Hypothetical here.

But it's all about how you go through the healing journey. And so yeah, we have a course on it. We walk women through it. About 100 women a year. And it's hard, but it's beautiful work.

Annie: So which came first? The course or the book?

Toni: The course.

Annie: Really?

Toni: I felt like I could not write words that would last until eternity if I didn't actually do the work first. Do the work for myself, walk other women through the work, prove that it actually can be done. We have a 97% more hopeful rate of women that go through this course and they feel more hopeful about their lives. So then we wrote the book. And a lot of the content in *Brave Enough to Be Broken* the book comes from the course.

Annie: Brilliant. So there's a lot of wisdom to if I feel like I want 2023 to be different and I have just got to get hope to either recover from what has happened in a macro or micro way, either a lot of little stabs or one big something, let's go for hope. Let's read the book. Let's do the course.

Toni: Let's do it.

Annie: Wow.

Toni: Let's go.

Annie: When did you shift from being the person who needed hope to the person who could teach people how to find it?

Toni: Oh, freak. I gonna cry. I have chills. And I'm sweating too at the same time. I don't know how that works. My pants are wet. Whoa, that's so good. I've never been asked that before. I think it was a moment after I actually got remarried, I got with Sam. And a lot of people think that you get out of divorce—I was in a marriage very toxic, a lot of abuse in it—you get out and you go down this journey of like dating someone and you're like, "Yay, my life has changed." Actually, that was like the honeymoon phase.

When we got married and when we really started to do life together and I started having anxiety attacks and all the trauma started to leak, that was around 27... And I went to counseling, and I realized that I had just replaced all of the materialistic things and I hadn't actually healed from the inside out.

Annie: Oh, wow.

Toni: And I was leaking on everything. After I started going that journey, counseling was great, I was like, "Yes, I'm doing the thing." But I had to go even deeper and do EMDR. I had to do some trauma treatment-

Annie: I've heard about EMDR. I haven't done it but I've heard it's legit because it connects your body, right, with your emotions?

Toni: Here it is at the end of the day. It is almost like our life is a bookshelf. And if we're looking at our story from left to right, we've got all these books chapter one, two, three of our lives. Trauma is like if you take a book and you don't pull it all the way off the bookshelf, but you just pull it out a little bit. There's a riff that now happens in our story. So now when we tell our story, when we live our story, there's a riff. Trauma treatment goes back and pushes the book in.

Annie: Wow, that's good.

Toni: That's that. After trauma treatment is when I felt like I had actual hope. Because some things were reconciled. My neuropathway started to heal for real for real. And I was able to tell my story more clearly without all these riffs.

And it was in that moment where I was like, "Freak, everybody needs this." Everyone needs to access hope, everyone needs to access counseling. Everyone needs to know what it feels like to transition toxic community and then pray for God to give you some new friends even though it's super awkward as an adult to be like, "You want to go play?" Everyone needs it. And it was from that place that I started Broken Crayons Still Color and the courses and all the things.

Annie: Why did you name it Broken Crayons?

Toni: Shoot. Well, Dylan, your BFF, forever my daughter, one day sis was just coloring. 64 box of crayons, I gave her the whole thing. She broke them all. She did a little mirage of sorts on the wall. And it was also that night that I was pleading with God because I was a single mom and I didn't know what my future held. I knew it wasn't church anymore because I was like, "Them suckers, they ain't gonna take me back. I'm divorced. It's crazy."

And it was that night I was praying to God and I literally was scrolling on Insta, and I saw a little graphic that says Broken Crayons Still Color. And I'm like, "Oh my gosh, what a God way! Like my kid broke all these crayons, she's still coloring, God's looking at me saying, "Girl, are you crazy? I do my best work in the broken places." And so that's why I named it that.

Annie: In that, Sam comes along, never married, right?

Toni: No, never married.

Annie: I was like, "Unless there's something I don't know."

Toni: Surprise. Surprise.

Annie: So what does it feel like to marry someone who's never been married, to bring this trauma and these bookshelves that are different than the books that are pulled out on his bookshelf? Did you have to reconcile that a little bit with yourself?

Toni: My first counseling session, okay, my first counseling run, I call them, because we have different runs in counseling when you have a lot of trauma like me and my past. So my first run was all-around insecurity.

Annie: Wow.

Toni: And I read this book, Beth Moore's. It's called *So Long, Insecurity: You've Been a Bad Friend to Us*.

Annie: Ooh, it's no joke. That book.

Toni: Oh, it's spicy. It's spicy. And we realized, in my counseling session, that one of my most insecure hotspots was my marriage, my new marriage. Because you've got this guy who's in ministry. He knows Annie F. Downs. He's living his best life. You know, he has no kids. He's like, I mean, unblemished in my mind.

Annie: Wow.

Toni: What had happened was not only have I become super insecure, I also placed him in the Savior space. And a lot of divorce women do that. We find a new person and they become our saviors. And it really crushed Sam because no one should be our idol, except for God.

So that had happened and we had to process through that. The rest is a little soul poor thing, I don't even know how he's still here, Sam poor thing. I mean, it was just hard. He was just like, "Why can't I go on a trip for two days?" And I was like, "Because you're abandoning me." He's like, "Okay, all right."

Annie: Wow. Wow.

Toni: But there was a process there. There was healing there. There was honestly forgiveness that had to be there even for him. And yeah, it sucked, but we're better now.

Annie: It's so healing to hear people talk about this, because on the other side, listening to us, our men and women have never been married, our men and women who are married and are living amongst singles and divorce friends, and there are men and women who are divorced who are wondering... I mean, a couple of things that divorce people have to think about and I am thinking about as a person in our age bracket that's not married is what Jesus says about divorce. What did you do with that?

Toni: Listen to me, that was such a hard one. I grew up Catholic. So divorce in itself was like, "It's gonna be a no." Like, you ride this freakin thing out. But I also grew up with a mom who had been in an abusive marriage and had taken her son out, escaped and went to a safe place, and remarried my dad.

Annie: Got it.

Toni: So not only did I believe that God had grace and even mercy for me, but I saw it already. I saw the fruit of what it looks like for my mom to literally flee a state and

go to a different state and God to bring my dad into his life and me be the product of the very thing that I'm going through. So you can't tell me, honey, okay, otherwise, because I've lived it and I've seen it, and I'm a product of it. And the truth is, I have saved at least one person. Let me just say that. Somebody is going to heaven because of what I've done.

I would not be on this earth if my mom didn't marry my dad, didn't get remarried for the second time. Come on. God brings light to everything. He brings light to everything even when we make the wrong mistake.

So I think the question that we should be asking is not like, what's wrong? What's right?" It's what can God redeem when it's wrong? What can God redeem? What can He actually redeem in our lives? Because trust me, I've been thinking about twerking all the time and getting drunk, and sliding down the pole. Okay? Now, I don't think I should do that. But if I ever did, and I have in the past, I know that God can redeem it because I've lived it. What can God redeem in our lives? That's what we should be asking, you know?

Annie: Yes. And how can we be part of redemption stories?

Toni: Yes.

Annie: Yes. Yes.

Toni: Not condemnation stories.

Annie: Oh, say that.

Toni: Redemption story. That's what I want to be a part of.

Annie: That's it.

Toni: Yeah, absolutely.

[00:19:50] <music>

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And now back to our conversation with Toni Collier.

[00:23:07] <music>

Annie: The book's been out for about six months. What has the response been like?

Toni: Okay, it's been kind of cray cray. It's the craziest thing is when someone messages you, emails you, texts you and says, "I just finished your book." And I'm like, "Dang, you read the whole thing?"

Annie: "You read the whole thing?"

Toni: "What?"

Annie: I know. I know.

Toni: But it's not even that. That's like the, I don't know, the materialistic thing. That's like the... whatever. What actually is amazing, what makes me cry is when people say, "I just read your book and I'm ready to heal now." What in the world? You mean to tell me that women out there in the world and there's been men that have read the book, are now going to be a more whole version, a more healed version of themselves because of what I was willing to disclose because it's a lot of my business, all my business.

Annie: Oh, literally.

Toni: But also it the transfers to look at what God did. Look at what God did when somebody was sitting on their couch during Christmas and they saw an ad from HarperCollins publishing and it was my book and they got it and they read it and now the generations will be changed because of it.

Annie: Yeah, all right.

Toni: Oh, man.

Annie: That's it. And what people are looking for is I want to read a book written by someone like me. And you tick off so many boxes.

Toni: So many.

Annie: You've been single. You've been married. You've been divorced. You're a mom. You're a woman. You're a black woman.

Toni: I've been twerking.

Annie: Yeah. I mean, we all have a past. You have a past. You're married to a pastor. I mean, you check off so many boxes.

Toni: I know.

Annie: That's what I think is amazing is that you had this option to say, "I am all these things that I don't want anyone to know," or "I am all these things that I wonder if you would say 'me too!'" In our friendship you've done that for me. But you've just been really generous publicly with this is all of who I am that is appropriate to share. I love that.

Toni: Thank you, Annie.

Annie: There's not a question there. It's just how I feel about you. You're writing books. You've got the courses. You're raising a daughter and... a son. I mean-

Toni: I almost could cry right now. He's so cute.

Annie: He's so cute.

Toni: It blows me away. It blows me away. I don't want to do anything. I don't want to leave the house ever. I just want to hit him in the face all day. I want to watch him sleep, Annie.

Annie: How old is he now? How many months?

Toni: He's six months.

Annie: Oh my gosh. So the book and the baby were born like minutes apart.

Toni: Listen to what I'm saying to you. There's a few mistakes that I've made in this world. Smoking weed was one of them. I mean, so many things.

Annie: Sure.

Toni: But birthing a baby and a book baby at the same time, top of the list right now.

Annie: Top of the list.

Toni: Top of the list. I learned-

Annie: Things we don't recommend. There's only one you can really control. Move that book. As they say, move that book.

Toni: Why not move the book? Why not move the book? I asked myself that question all the time. Praise God for His grace. His grace. It was tough. It was super tough.

Annie: Yeah. What's Sam like as a dad? I mean, he was dad-ing Dylan, but now he's got Sam Jr.

Toni: Here's the thing. First, Sam is very timid. Let me just say that. He did not hold him for the first 24 hours.

Annie: Stop.

Toni: He was like, "He's fragile." He was like, "Let me just get my bearings." Literally Sam can't stare at Sammy for more than I would say about 45 seconds before he starts to tear up.

Annie: I believe it.

Toni: It's beautiful. Sam's adopted, my husband's adopted, the redemption story through that is crazy and wild. And I think now the redemption story through looking at your flesh and blood, a relative of yours, oh, it's really magical.

Annie: Wow.

Toni: It's really, really beautiful. It's so cool.

Annie: He's so perfectly... I mean, y'all both are but he's so perfectly placed. And as an adopted son, he knows how to be a stepdad. And as an adopted son, he has the gift of having a blood relative and his son Sammy.

Toni: I know.

Annie: Get out of here.

Toni: I know.

Annie: That's so fun.

Toni: He's the best.

Annie: Because the other part people should know is meanwhile, you're having a baby, you're birthing a book and you are pastoring a Hillsong Church that you very suddenly have to remove from Hillsong and replant.

Toni: Listen, dude, that was a roller coaster. It was a quick ride. Let me tell you that. But a roller coaster nonetheless that we had to get off.

Annie: Oh my gosh.

Toni: It was crazy. As you know, we were in North Point for seven years under Andy Stanley. We felt the call to plant a church. And Andy Stanley was just like, "I think you guys want to plant a different type of church than a North Point church." I think it's just different.

So Andy hopped on our board, helped out all the things. They've been so supportive in everything, even the transitions. And so we started praying, "God, we don't want to just plant a church out of the blue. We want to do it underneath a cover, you want to cover it." It was crazy.

Well, we go to all these different people and Brad Lomenick says, "You should try Hillsong." He set up a meeting. We're like, "Okay, great." We set up a meeting, we meet some people, we're like, "Yes, this is amazing." They announce us in October of 2020, which is a crazy year already. And six days later, scandal comes out. We say, "Okay, what just happened?"

And it was devastating for so many reasons because we had only experienced a beautiful relationship, a beautiful ministry in Hillsong. So we're just like newcomers. And the truth is you can't build something new with baggage, especially baggage that's not yours.

Annie: Wow.

Toni: So we had to transition out. And it just sucked. I mean, it tore us up. We were like, "We found a family. We have people. Yay." That's just kind of how God wrote that story. He wrote it to launch Hillsong. And what's crazy is our first initial idea was Story Church. And we brought Story Church to Hillsong and we're like, "Hey, we just kind of want to be like affiliate church. We want to call it Story Church." We ended up calling it Hillsong Atlanta. And now we're back to Story Church.

Annie: The Story Church.

Toni: I know.

Annie: And Sam has been running A Greater Story Ministry and podcasting-

Toni: For years and years and years.

Annie: And that is the thing is you're like, Man, the Lord has been telling one story this whole time.

Toni: Yeah.

Annie: And now y'all are running Story Church in Atlanta. And I mean, Christmas Eve was massive. Y'all had so many people there.

Toni: So many people there. So many children. It's just crazy. It's crazy because some people will look at our story and be like, "No wait, did you guys miss God? And trust me, there's been many times where we have prayed like, "Lord, what happened? Was it not Hillsong? Was it our own fault?"

And the truth is we just would not have written this story any other way. Sam's leadership, what he's done, what it means to build a church, number one, during COVID, to build a church that you didn't have to detach from a massive brand, and then rename and relaunch. And for it to be healthy and thriving, that says something about Sam's leadership. It says something about his willingness and vulnerability to be healthy, to have leader, I mean, leaders in place that are doing such a great job and for it to be growing.

Annie: Where are y'all meeting now?

Toni: The Woodruff Arts Center?

Annie: Oh, wow.

Toni: It's beautiful. It's stunning. It's crazy. Everything's crazy.

Annie: Sam was on when the church launched, on the show, and originally when it launched with Hillsong, and y'all were meeting at the Opera Club. Right?

Toni: We were meeting at the club.

Annie: Listen, I used to love that place when I lived in Atlanta.

Toni: I smoked weed in Club Opera and then I preached like five years later from the same stage. I was like, "This is redemption."

Annie: What did it feel like?

Toni: Freaking amazing.

Annie: That has to be wild.

Toni: I remember getting up, I got up and I got up and for the whole congregation, I said, "I just want you to know in that cabana over there, your girl was rolling up, licking a blunt and smoking weed. And look at what God has done." Like, what? Come on. That's the best story.

Annie: Are you preaching at Story Church as well?

Toni: I actually am preaching this Sunday, which when this comes out will be yesterday. So yeah, I get to preach. It's awesome.

Annie: Talk to me a little bit about preparing for sermons. Is it different when you're teaching at home than when you're traveling and teaching other places?

Toni: Oh, 100%. Here's the main thing. It's like, well, you can't do the same message, to tell you that much Not to the same community. But also, you know, I just got my seminary degree in biblical and theological studies from Denver. First of all, I'm so glad I did that. I did it retroactively. So I was already working in ministry. I mean, Andy, one of our mentors, Andy Stanley, was like, "Go deep, not wide."

What I loved about it is that when you write a message for a community that you steward, there's just a depth, there's an intimacy about it that is just like no other. I mean, you're coming in warm. People know you, they love you, they're friends with you, you know about their kids, you know about the miracles needed in the audience and you just preach differently. You know that with Cross Point. You just preach differently to the people who you know deeply. So I love it. It's awesome.

Annie: I love it too. One of my favorite things is a large amount of Cross Point does not know my job. And they just think, "Does she work here at Cross Point?" I'm like, "No, I'm just on the teaching..." I'll tell that story so quick. When I went to Israel with some Cross Point friends in October, one of the guys comes up to me, maybe on day three, and he's like, "How do you know my Aunt Pam?" And I was like, "I have no idea how I know her." And he said, "She just texted me and said you're on a trip with me. How do you know her?" And I was like-

Toni: How do you know Aunt Pam?

Annie: I said, "Scott, do you know my job?"

Toni: And Scott said no?

Annie: He said no. "I just thought you must know my aunt Pam. She lives a couple hours away, so I couldn't figure it out." And his wife was like, "I need you to tell Scott what you do."

Toni: I know. It's amazing.

Annie: I love it.

Toni: I love that feeling. I know. I love to be unknown. I mean, I just love it. It's a little different because I'm a pastor's wife. But I preach from the stage like, "Guys, we have to take these pedestals down. We have to." We talk about that very publicly at Story. We don't play that whole like, "Oh, we got the green rooms and the..." No, no. We don't do that. We come worship. We'd be all slammed in the spirit right there at that altar. So great.

Annie: It's a totally different honor to get to serve the people you sit with every other Sunday.

Toni: I just love it.

Annie: I just love it. I love it so much.

Toni: Go Jesus!

Annie: Go Jesus!

Toni: Go Jesus!

Annie: The other real real we got to talk about is Still Coloring Podcast. Welcome to podcasting. I'm so glad you're doing it. Through Ivey Media, which is an amazing network full of shows that we love.

Toni: Yeah.

Annie: Okay, tell me why a podcast? Why'd you even want to? It's so crazy that you asked this. Same reminds me all the time, unfortunately, that I said very vehemently I'm not writing a book ever and I'm never gonna do a podcast. He's like, "Remember that day?" I said, "Thank you. Thank you." I mean, there's so many layers to it. I just didn't understand how God would use my voice in that way. I'm like, I preach from stages. Like that's it. It's all good.

What I've learned through podcasting has been just amazing. I remember Jamie sitting down with me and saying, "Listen, Toni, I really think you'd be good at this. I really think it's awesome. And it is way less about you and what you can pull out of your guests and what your audience needs in different ways and different packages. So I said, "Well, let's try season one. Let's just see. And if nobody listen, then I'm not doing no more."

Annie: That's it. That's great.

Toni: And we did it. 30,000 downloads later. I mean, it just was beautiful. And it's the same thing. It's "Oh, my gosh, I found you through this podcast." I'm like, "Sis, I've been on the YouVersion app. I've been on Instagram. What do you mean?" "I love podcasting. It's a whole different audience. And I'm so glad that you did this podcast."

I mean, I have messages and screenshots: "Now I know what healing looks like. Now I feel brave enough to heal. Oh my gosh, I've never heard of you." I'm like, "Well, dang it. Okay." And so it's been life-changing. It really, really has. And I'm gonna keep doing it. I'm in Season 2 right now. And I don't know how y'all do it, Annie. I truly do not. You got more than one. I don't even know. You're just talking all day.

Annie: Oh listen, I've throat loss images beside me.

Toni: Loss images.

Annie: I had a moment this morning where I was like, "I don't know how we're gonna do this, you guys."

Toni: Jeez, I mean, it's hard. Kudos to you.

Annie: You and I both, for a lot of our work, just like an athlete, we actually have to treat our voices like the muscle that we have to keep training.

Toni: 100%. All the time. I mean, sometimes I have to be quiet. And I don't like that.

Annie: Well, sometimes on tour, it's really funny because on tour people that are out with me will be like, "You have to get in your bunk and stop talking." I mean, there was one time where everyone stopped talking and they were like, "We aren't saying anything else until you leave."

Toni: I know.

Annie: I was like, "My FOMO is raging." And the tour manager said, "We told you you could stay if you would stop talking and you wouldn't. So now you have to leave."

Toni: "You have to go. Bye girl. Get at the little bus. You got to go." I know. Same.

Annie: I mean, sleeping is really the best way for me to protect my voice. It is my only New Year's resolution to share is I have to sleep more.

Toni: Got to sleep more.

Annie: Yeah.

Toni: You can take naps too.

Annie: I know. I know. Because I don't have a little Sammy yet, except my nephew Sammy, but I don't have a little Sammy that keeps me up or wakes me up, I can pursue sleep at my leisure.

Toni: I'm excited for you.

Annie: Thank you. What's it like to not have sleep? Because you gotta Dylan and Sammy and a Sam.

Toni: No, listen, can I be honest? We don't play about the sleep training over here.

Annie: Really? You do it?

Toni: Little Sammy has been sleeping from 7 p.m. to 7 a.m. since he was two months. Call me. Send me an email if you need some help.

Annie: Make a course. Make a course for people. How to make Christian baby sleep.

Toni: That's right. That's right. Holy, holy. Ha ha ha. Jesus loves me.

Annie: I forgot to ask you what Dylan thinks of little Sammy.

Toni: First of all, first two weeks she goes, "I'm jealous." I say, "Thank you for naming that. Thank you for naming that."

Annie: She's so good at that.

Toni: We incorporated some extra hugs. Oh, yeah, just to name feelings. You ain't got to worry about that. You ain't got to worry. And then it's like once we met her need, her emotional need, which was she wanted more hugs in the day, she was like, "Mom, I'm not getting enough hugs. This is unhealthy." I said, "Thank you."

Annie: And just tell everybody she's nine.

Toni: You're correct.

Annie: So we're not talking about a 14-year-old. We're talking about a 9-year-old.

Toni: No, no. She said, "I'm jealous." I said, "What are some things that could help with that? What are you feeling?" She was like, "Well, you guys are just touching him all the time and no one touches me all the time."

Annie: No.

Toni: I was like, "Okay, that's weird." I was like, "Do you mean like hugs?" She was like, "Yeah, I'm not getting enough hugs. This is unhealthy." So we met that need. I mean, it really just goes back to the simplicity of us naming our feelings, pressing into pain, finding healing on the other side.

Once we met that emotional need, it's like she transformed. She became like mom number two. And we don't put that pressure on her. Instead, we say, "Hey, you're a part of the team. You're the leader of the baby. You're the leader of the baby. And we need you and this team would not be complete without you, Dylan." She's like,

"I got my bucket list. Mom, I'm changing a diaper today, girl." I said, "Okay."
Came downstairs girl with a list with her little checkboxes. I'm like, "Just like your mama baby."

Annie: Sweet.

Toni: And she's just great. "What can I do? Mom, I fixed the bath for him. Let me know what else I can do." She feels empowered because her emotions are met. And it's just beautiful.

Annie: And it's really interesting that she expressed an emotional need that had a physical meeting of it.

Toni: Yeah, attachment to it.

Annie: That is-

Toni: I know.

Annie: My doctor this summer when I went through all these like, "I'm going through this and my body's doing this," and she says, "It sounds like you need to be held."

Toni: Ooh, uh-uh.

Annie: That's it. "Is that a medicine I don't know? Is it a pill?"

Toni: "Is it called heldofamine? What are you saying?" You need to be held.

Annie: Yes. So I've been thinking a lot about especially our friends who aren't married currently or who are in marriages that are not physically connecting, there is a loss when someone is not hugging you and touching you.

Toni: 100%.

Annie: It's an interesting thing. So for her to say hugs is the same thing my doctor is telling me at 42 that Dylan's identifying in herself at 9.

Toni: God help us. Thank you, Lord.

Annie: It's wild.

Toni: Thank you Daddy God for revelation.

Annie: Right. For teaching us what we don't know. Anytime. If you can't teach me now, teach me 42. That's what I say. That's what I say.

[00:39:16] <music>

Sponsor: Hey friends! Just taking a quick break from this conversation to tell you about another one of our amazing partners, [ButcherBox](#). Are you like me and kind of have certain foods and dishes that signal different seasons?

I mean, I know we have our traditional holiday foods. But are there like soups or stews that help you feel cozy in the winter and salads or grilling adventures that tell you summer has arrived? Either way ButcherBox is always in season. They'll bring delicious high quality meat and seafood right to your door.

ButcherBox takes the guesswork out of finding high quality meat and seafood that you can trust by delivering 100% grass-fed beef, free-range organic chicken, and pork that's raised crate-free and wild-caught seafood right to you. It's all humanely raised, no antibiotics or added hormones.

They offer free shipping for the continental US and no surprise fees and you can choose from a variety of bucks plan options. Let them curate it for you or have it customized and change your plan whenever you want.

With ButcherBox you can enjoy a range of high quality cuts that are hard to come by at the grocery store at an amazing value. You get exclusive member deals so you can save big on your favorite cuts. And the website is an actual treasure trove of recipe inspiration. There are guides and tips and hacks that you can cook up mouthwatering meals.

Is there anything better in the winter than a big pot of beef stew with like potatoes and carrots and green beans. ButcherBox's steak tips cut into cubes is your perfect starting point. And I'll tell you, I just grilled like 10 chicken thighs from ButcherBox and separated them into baggies that are all a serving size so that when I need chicken for my salad, it is already there. It's already been awesome.

So get the New Year bundle for free, plus \$10 off when you sign up today. That's a 14-ounce pork tenderloin, two pounds of ground turkey, and four top sirloin steaks free in your first box. Sign up at butcherbox.com/tsf, and use the code TSF to claim this offer.

And now back to finish up our conversation with Toni.

[00:41:13] <music>

Annie: So today the show is coming out on MLK Day and you are my first call because you personally know a King.

Toni: Yeah, Dr. Bernice King. I know. I know.

Annie: Is she awesome?

Toni: First of all let me just say this. Sam has been, gosh, with the King family since way before we even met. It will go down as one of the best contributions that being married to Sam has given me. I'm not kidding.

Annie: You're like, "My baby and get to know the King family." Sure.

Toni: The King family. For so many reasons. One of the things is I grew up in Houston Texas, very diverse. So I grew up in diversity, progressive... I'm all the things. So when I got to Atlanta, to Georgia in the south, in the real south, because Texas we're our own country. Anyways. When we got to the real south and I saw this segregation still happening and all this racism still happening, I was like, "Oh, freak. Dang. Is it real? This is actually a real thing."

And I came to Georgia like, "The black people, you guys need to calm down. It's really not that serious." So ignorant. When I met Sam, he was like, "Sweet girl, let me tell you some things." Meeting the King family helped me realize that there were certain things that were still going on. But that didn't mean that there wasn't light available, reconciliation available, forgiveness available, non-violence available. It has been the most beautiful journey.

I personally adore Dr. Bernice King because of who she is and what she stands for. But I actually personally love her very much. I just got her on this show that I'm doing with our daily bread. I reached out as a personal favorite. It's like my first one that I cashed in. I was like, "Hi Bernice, can you please do this show?"

And I really what it was is two days of sitting down with her in the Coretta Scott King, her mom's suite at CNN Center. And sitting down and just hearing about her whole life story, things that I knew, things that I didn't know. And it just was beautiful.

She is brilliant. I mean, she's brilliant. She is her dad and her mom and herself all in one. She sees the good in everyone. It's crazy. And it's beautiful because, I mean, when you really think about who Dr. Bernice is, I mean, you're talking about a little girl that watched her father get assassinated

Annie: Oh, man, I can see her in her coat.

Toni: I mean, in her little bitty pea coat. I got to sit in the row that she sat in on her mom's lap with her head down looking at her dad in a casket. We're talking about a little girl who saw her dad be assassinated. I mean, her grandmother in the church playing the organ, her sister... I mean, all of these people.

Annie: That's how her grandmother was killed—in that church playing the organ?

Toni: In the church that they had the funeral services for her dad.

Annie: No.

Toni: Right. Yes.

Annie: Oh, my gosh.

Toni: Yes. And still we have this incredible leader who says there is good. I cry. There's still good. There's still good. The moral arc of ju... It leans towards justice. There's still light. There's still reconciliation to come. That's what you need to know about Dr. Bernice King, literally. She's beautiful.

Annie: I just think she is probably one of my favorite Twitter followers because she don't play around but she's also very kind.

Toni: Kind, yes.

Annie: I just think she's amazing. So what does it look like today for us to observe Martin Luther King Jr. Day well?

Annie: I mean, it's a day off from work. So I'm not at work. But other than that, what does it look like to observe this holiday well?

Toni: Well, I think it's to observe what it is. Observation is not about us just like sitting back and being okay with like a day off. Observation is us doing our work to be educated, to be aware, to lean into hard conversations. I think what it looks like simply, I mean, just let's just do a little baby step, is to get curious, is to ask questions.

And I don't say that as an African American woman that's like, "Do your work." I say that as an African American woman who was once ignorant and had to do the work herself. Sam gave me this huge book—It's called *Freedom*—when we first

started dating. He was like, "I need you to read this whole thing." And it's timelines and it's beautiful.

I've taken my own personal tours of the Martin Luther King Jr. Center and the historical museum that they have that's now a national park. It's just about getting curious. I think it's our awareness that breeds compassion. It's just knowing. Just being aware that "Oh, this is really hard for people. This is really hard for institutions. This is really hard for an entire race. This is really hard for an entire gender." Like just being aware. I think the best way that we can observe is just to be curious. Read a book. Read a book. Listen to a podcast on it. Read a little blog or something.

Annie: That's right.

Toni: Just be aware.

Annie: That's right.

Toni: Go to a little blog or something.

Annie: Our mutual friend Tasha Morrison, like, be the bridge.

Toni: Be the bridge.

Annie: Listen to one episode of Be the Bridge Podcast today. Listen to one episode. What a great way to spend when you're out walking, or skiing, or whatever you're doing on your day off from work. Let's also listen to Tasha be curious a little bit.

Toni: That's good.

Annie: It is an interesting thing because I feel like there are seasons in the US when this is the center of the conversation. And as a white girl, when it's the center of the conversation. I think it's worse. I feel like things must be worse. Things must be worse in the experience of my non-white brothers and sisters. But what I have learned is that just because we're talking about it doesn't mean it is worse. It is actually a problem all the time. There are apexes when certain things happen in culture.

Toni: 100%.

Annie: Mike Kelsey and I had to have this conversation because I was like, "Will you come on the podcast when nothing's going on?" And he was like, "Annie, hold on, ma'am, can we just have a conversation?" I mean, but I'm learning. I'm learning.

Toni: It's exactly what you're saying. When we look at health, when we look at our emotions, it's all about living a life on the offense not the defense in every aspect. In every aspect.

Annie: Oh, that's good.

Toni: Like my physical body is never not an issue. But January pulls around, and we're like, "Oh, snap. Order a peloton," which I ordered last Thursday anyways.

Annie: Which ones did you get? The bike or the tread?

Toni: I got the bike. I got the bike. I got the bike.

Annie: Okay.

Toni: It's just time. I've had it before and I'm like, "It's time." I'm gonna get myself together. I've eaten cookies every night.

Annie: You can do both.

Toni: I can do both. But it's not that January my health is such an issue. It's that it always is.

Annie: That's a great comparison.

Toni: We always want to live on the offense. We always want to make people feel compassion. We always want our bodies to be in healthy states. We're living on this continuum I think. We just have to, as Jeff Anderson says, our good friend, ride the pendulum. Ride the pendulum. We don't need to swing too far left and we don't need to swing too far right. I'm not talking about politics. Pendulum, hello, somebody.

Annie: Right. Right.

Toni: But just ride in the middle. And the middle requires us to be compassionate and curious all the time. Just like with our marriages. We want to have enough in the reserve in the bank. That's it. That's it, y'all.

Annie: When you think about a river, the banks are easier to stand on. But the middle is where it goes deep. And that's where we want to be. And that's where the movement is, right? The movement, the things change in the middle.

Toni: You can be on no floaty in the shallows.

Annie: But it sure feels easier to stand all the way to the left or the right. And I'm not talking about a pendulum. I am actually talking about politics. It feels so much easier. And it feels so much easier to think you have all the answers and to be on the edges. And then you go, "If I swim in just a little bit, this is gonna get a little bit scary because it's deep. There's things I don't know. But also, this is where movement happens.

Toni: Come on, somebody.

Annie: And that's why I want to be a part of that.

Toni: Here's the last thing I will say. That just made my little... my little wheels spinning. The other thing that's really important, I think, when things aren't so heated in the climate of racial reconciliation and racial tensions aren't so high is to have people in your life already.

I mean, we have a very diverse friend group and that is intentional. We pray for that, we pray for diversity in all the different ways from relationship status to skin color. All the things. But when really, really hard times come, when political season rolls around, when something happens with racial reconciliation and tension in the world, it really pays off to have a community of people that you can go to that you trust, who trust you, that you have compassion, that do not look like you, that can be honest with you, who you can tend to, who you can hold. It just pays off.

I wouldn't even say in these lower quote-unquote climates of the tension to start pursuing friendship. Start being near. Start already having your circle on the offense, not the defense.

Annie: That's right. I mean, that is a prayer that is so easy, quote-quote, to pray. Just go, "God, diversify my life. Diversify my life." And then be ready when it gets awkward and it gets diverse.

Toni: Let me tell you, it will get awkward.

Annie: It just isn't as easy.

Toni: 100%.

Annie: It is so much easier to only talk to people who look like you, sound like you, believe like you.

Toni: 100%.

Annie: Man, that is the thanks. I'm not interested.

Toni: And it's not only prayers but there's intentionality too.

Annie: That's right.

Toni: I went on a trip with Women of Welcome last year to the Mexico border. I mean, I was shook. As an African American woman, I really could be like, "Let me just stay in my silos and say, no, we've got our own issues over here in the black community. But I'm like, Nope, there are issues with our Hispanic brothers and sisters as well. Let me go lean into that are, our Asian brothers and sisters.

Annie: That's right.

Toni: I mean, we just all have our place to keep leaning in and as you said, to keep going towards the middle

Annie: Yes, yes. That's my goal. That's what we pray for when we're adding staff. That's what we pray for when we're adding shows to the network. That's what I'm praying for at Cross Point and in my friendships. Like, come on, Lord. We need people who do not think and look and act and understand the world like me. That's my life goal.

As long as you want to keep your people diverse, you want to keep some single women in it, I'm still here. So hurry up before I get married. Hurry up.

Toni: You may want to count me in.

Annie: You better ask me questions because I'm abandoning this ship as soon as possible.

Toni: Listen, listen as soon as possible. ASAP.

Annie: I'm out.

Toni: From my mouth, in the name of Jesus, 2023, let's sprinkle some of that blessing on that.

Annie: Thank you. I'd like some diversity in my house. Okay? So-

Toni: Another gender.

Annie: Another gender. I'd like to have some gender diversity in my home. That's would be my hope.

Toni: That's good. I'm red. I'm red. I am actually pink and I'm sweating.

Annie: We're not ready. We're not ready. So the last question we always ask. Because the show is called That Sounds Fun, Toni Collier, what sounds fun to you?

Toni: I like to eat.

Annie: Oh, girl. I know. That's our friendship.

Toni: I believe that I am worshiping the Lord on to food. Listen to me. When I have a good meal, I thank the Lord more than I probably thank Him for my kids. We're just gonna be 100%. We're just gonna be...

Annie: That burger doesn't talk back and Dylan has...

Toni: Listen. I don't even want to go. That's the whole... We need to do a parenting podcast because this has really pushed some buttons. Anyway. I love trying new foods. I have good eats list. I said if ministry doesn't work out because I know I'm about too old fashions and skinny dip away from losing it all, if I get canceled or anything like that, I'm going to be a food blogger. And I just want you to know that. The podcast is changing. It's gonna go from Still Coloring to Still Eating. This is going. I love new foods.

Annie: Anything? Will you try anything?

Toni: I will try anything. But also... okay, this is like another layer of the fun. I love when people reach out to me and say, "Hey, girl, I'm going to Colorado. Hey, girl, I'm going to Chicago. Do you have a list?" And I give them a list and they go to it and they're like, "Oh, this is..." Oh, I have the chills.

Annie: That makes me so happy.

Toni: It makes me so happy. It makes me so happy.

Annie: That's it. When people come to Nashville and they eat at Lady Bird Taco, and they send me pictures, I'm always like, bless. This is the best evangelist I am is for Lady Bird taco.

Toni: 100%. And guess what? I'm coming to Nashville a couple weeks and I will try it and I will text you.

Annie: Yes. Wait, I'll go with you.

Toni: I'll text you a little-

Annie: Why are you coming?

Toni: Why am I coming?

Annie: Oh, Better Together?

Toni: Oh, podcast.

Annie: Oh, good.

Toni: You know we will not see you for Better Together because we'd be there all day.

Annie: That's right.

Toni: Anyways.

Annie: But you're coming to do podcasting?

Toni: I'm coming to do podcasting. If I have a window, I'm Ladybird Taco-ing. I promise.

Annie: Where are y'all recording?

Toni: I don't know.

Annie: Okay.

Annie: Oh, you're the guest, you're not doing your show.

Toni: Not me. I'm the guest.

Annie: Well, good thing we did this over the computer when you're coming here in a couple of weeks.

Toni: It's fine.

Annie: That's okay. We'll get tacos. We'll get tacos and not record it.

Toni: And that matters.

Annie: That's what people wish they would work on.

Toni: It's gonna be in my first blog. It's gonna be my first food blog.

Annie: There you go. We're gonna start it. We're gonna get ourselves canceled and go ahead and do our first episode.

Toni: Yes. Listen, people don't want to cancel me from Christianity because I'll be waiting to go do some crazy stuff.

Annie: Right. Right, Oh, girl. I love you. Thank you for being on here today. I'm so grateful. You're the best.

Toni: Yay. I love it. Thank you.

[00:54:21] <music>

Outro: Oh friends, don't you love her? Isn't she the best? She is so the right guest for us today. Any day. Truly she is a blast. I mean, can you tell? Can you just tell that we cannot be controlled? The volume level goes up when Toni and I are in the same place. I just love her. Hey, be sure to grab your copy of *Brave Enough To Be Broken* and follow her on social media so you could tell her thanks so much for being on the show.

So okay, we heard what sounds fun to Toni. This year we are getting to hear what sounds fun to you, our listening friends. So here's what sounds fun to one of our friends who listens just like you.

Okay, Kendra, because the show is called That Sounds Fun, tell me what sounds fun to you.

Kendra: Hi, Annie. I am Kendra from San Diego, and what sounds fun to me is a reunion weekend with girlfriends. My husband is active duty military. So at this point, all the many friends that I have made are stationed all over the country and the world. And it would just be so fun to get together and see them and be face to face, in person and catch up on all of our life events that we haven't experienced with each other because we have only been able to do it over virtual ways.

Annie: Well, thank you for your service. And thank your husband for his service as well. We are so thankful. And where would y'all go?

Kendra: Oh gosh.

Annie: Like if you could get everybody together, would you do beach? Would you do mountains? Would you do a big city?

Kendra: I think we are all Navy. Most of us are Navy spouses, our husbands are in the Navy so I think we're often near the waters. So I think it wouldn't be fun to go somewhere to the mountains and just somewhere that's quiet and cozy and that we can just be together without a lot of the outside noise that we usually are around with our families and our husbands' careers and things like that.

Annie: Yes, that is a very good answer. And mountains with girlfriends, it's the best.

Kendra: Right?

Annie: It's the best. So much chips and queso. So much chips and queso.

Kendra: Maybe a little guac too.

Annie: Yeah, girl. That's exactly right.

Oh, 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. All the places you may need me, that is 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, my agent gets to town, my literary agent, Lisa, and we are going to a fancy dinner tonight. And I love a good experience. So that is what sounds fun to me.

Y'all have a great week. We'll see you back here on Thursday with another one of our favorites. I mean, we are stalking the beginning of this year with some of the best of the best. Y'all, Mike Donehey is gonna be back with us. Y'all are gonna love this one. So we'll see you then. Y'all have a great week.