

[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 have got a great show in store for you.

Before we dive into today's conversation, I want to share about one of our amazing sponsors, [BetterHelp](#). One of the things we're about as a friend group here at That Sounds Fun is pursuing growth and learning together so we can be good friends to ourselves and each other. It's a lifelong process, right, to truly get to know ourselves. And it's normal to need help along the way.

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Intro: Today on the show I get to talk with my friend Jasmine Holmes. Jasmine L. Holmes is an author and podcaster based in Jackson, Mississippi. Her first two books are called *Carved in Ebony* and *Mother to Son*. I am so so excited to get to know her, for us all to get to know her, and share this conversation with you about her new book *Never Cast Out: How the Gospel Puts an End to the Story of Shame*.

Holmes shares her personal experience of slowly lifting the cloak of shame that had become her near-constant companion and resting in the one who has taken all our shame away. She invites readers into their own journey of identifying, battling, and conquering shame with this Christ-centered and gospel-driven book. Y'all, we go there today. Get ready. You're about to lose some shame for good. I'm really happy about it.

So here's my conversation with Jasmine Holmes.

[00:02:15] <music>

Annie: Jasmine Holmes, welcome to That Sounds Fun.

Jasmine: Thank you so much for having me.

Annie: Are you so happy to be here?

Jasmine: I am so glad to be here.

Annie: I'm so happy you're here. I just feel like there are times, this does not happen very much, where the person who sits across from me that I'm not real-life friends with I go like, "Oh, I've been wanting this." That makes you feel weird, but I've been wanting this.

Jasmine: No, no, not at all. When I walked in and you walked up, I was like, "Oh, hi."

Annie: I know. Thank you for even having the presence in your stories and on Instagram and in your writing that when people meet you they desire to be your friend.

Jasmine: Oh, that's so kind. Thank you.

Annie: It's really true. It's really true. I feel really excited about it. One of the rules here is that you either have to already be my friend or someone I want to be friends with because I don't know how to interview strangers. I just don't know how.

Jasmine: Absolutely.

Annie: Who wants to interview strangers? That feels very hard. We'll let Anderson Cooper and Savannah Guthrie handle that. I'm like, "No, this is just my friend, Jasmine." Okay, so here's what I don't know because this is our first real-life friends. You and your husband live in Jackson, Mississippi.

Jasmine: Yes.

Annie: Three kids.

Jasmine: Yes.

Annie: Why Jackson, Mississippi?

Jasmine: My husband is from Mississippi. Mississippi is a whirling vortex that keeps all of its residents in. That's how the population stays stable. Yes, yes.

Annie: Okay. How did you feel about Deion Sanders coaching?

Jasmine: My husband was very invested. Philip was just like... he was having debates with friends and just like going in about how good it would be for JSU, how it would be good for the city. He's very, very invested. And I was like, "I don't have anything to say about this." But in fourth grade, I was in the same class as Deion Sanders' daughter Deiondra.

Annie: Really? In Atlanta?

Jasmine: I'm from Houston.

Annie: Houston. Sorry, that's right.

Jasmine: So she lived in Houston for a little bit. I was like, yeah, that's all I have to say about this.

Annie: Wow.

Jasmine: Deion came to my 10th birthday party. That's all I have.

Annie: It matters. Did it change the city?

Jasmine: I don't think it did. I mean, he might have a different answer. He pays a lot more attention to this than I do.

Annie: It felt like the city had more of a national eye on it.

Jasmine: Yes. And it definitely was good for JSU. And as somebody who hopefully will be a student at JSU soon-

Annie: Oh, breaking news, everybody.

Jasmine: ...I was excited for that. I was like, Maybe it'll bring grant money to the history program because that's what I need.

Annie: What are you gonna study?

Jasmine: History.

Annie: Are you getting your masters or doctorate?

Jasmine: Mm-hmm.

Annie: Your masters in history?

Jasmine: Yeah. My husband, Philip, is like, "You're gonna get your PhD." And I'm like, "I don't want a PhD. I don't want to teach." So he's waiting to say, "I told you." We'll see what happens.

Annie: What makes you want to go back to school? I mean, you've got a very busy, professional and personal life.

Jasmine: I do. So partially, it's me giving in to impostor syndrome, which, you know, let's just talk about that.

Annie: I was gonna say, welcome to *Never Cast Out*, the book you just wrote that came out about shame.

Jasmine: I'm doing a lot of work in history and I don't have a degree in history. I have an English degree. I don't love school but I do love teaching. So the idea of a degree in public history that kind of allows me to do that more freely without the imposter syndrome talking to me on my left shoulder is really attractive to me.

Annie: You are such a generous, good teacher.

Jasmine: Oh, thank you so much.

Annie: I learned a lot from reading your Instagram about the history of racial tension that is... I mean, you even said, Have you been taught that Christians stopped slavery in the US? Yeah, like slide, slide, slide, slide, slide. And you just teach that really generously and understanding who your audience is, of like I have accidentally signed up to help white women learn what they don't know. Does that feel true to you?

Jasmine: It does. It absolutely does.

Annie: Are you okay with that?

Jasmine: Yeah. I mean, I feel like my life has kind of prepared me for it. I grew up in very white evangelical contexts. That is my context. Code-switching is just a natural part of who I am, and always has been. So that ability to kind of move in both spaces is something that is sometimes burdensome, but also something that I realized is a gift to other people, even when it doesn't feel like a gift to me sometimes. So it's kind of

something that I'm always navigating, like a tightrope that I'm always trying to walk.

Annie: Is there a way your white friends...? As I'm sitting across from you, I'm thinking, Is there a way I can learn enough, read enough, listen to enough that you don't feel like you have to code switch with people? Or is it just this is the nature of us having different cultures we grew up in?

Jasmine: I think it's just the nature. I do think with my friends who I am close enough to, who know me as a person, I do it less and less.

Annie: Got it.

Jasmine: But-

Annie: So the closer the relationship, the more you get to be an integrated person?

Jasmine: Mm-hmm.

Annie: Got it. Well, that's true for me too. I mean-

Jasmine: That is true for so many of us in so many different contexts in ways. It's not even something that I even think about doing. But I was looking at this Instagram or this TikTok video the other day... I know TikTok is super controversial right now.

Annie: You're really in trouble with TikTok.

Jasmine: I know. I know. And I am too old for TikTok. Like, all the people that I follow are in their early 20s. I love Gen Z. I love following them and watching them and just like, Wow, y'all are just so young and skinny and living your life.

Annie: And you're so not scared of the internet. You're so much healthier on this than I have ever been.

Jasmine: And you're not coming to the camera with a full face of makeup and trying to be perfect and trying to be-

Annie: It is fascinating. So you're watching TikTok.

Jasmine: It's crazy. So I was watching one about growing up in a Black household. And it's so fascinating to me how because I grew up in the suburbs in Houston, my husband grew up in rural Mississippi and we had really similar things happen in our

childhood things. Our moms would say things that we would eat, things that we would...

So I find it so fascinating just like culture and how culture works and how... You know, when he talks, he sounds completely different than I talk. My Instagram Stories drive me crazy because I'm like, like, like, like, like, like. I'm from Houston. I'm from the white suburbs of Houston and that is how I talk. But even with that, we have so much commonality and so much... Like it is refreshing when I do find Black folks who find my Instagram who are also really interested in what I have. But I am also aware that the majority of my audience is white women.

Annie: I wonder if the code switch feels like a light switch or if it's progressive. Only because I have taught myself how to not sound as Southern as I am until someone is on here that is from where we're from and then I drip into and suddenly, I'm saying, "Well, I don't know why." And I've taught myself to sound like a broadcaster, to sound neutral in tone. But I don't feel it switching. Does yours feel like when I'm with this crowd, I'm like this or is it sliding scale?

Jasmine: I don't even feel it. My friend Portia and I had a podcast a couple years ago. And Portia is another Black woman from Green... Not from Greenwood, but she lives in Greenwood, Mississippi. And she is Southern in a way that my Texas self is not Southern. But she's also because she's a Black woman. So on our podcast, we'll talk... So people who had heard me on other podcasts and also who heard me on our podcast were like, "That is a different person."

Annie: Oh, right.

Jasmine: That's so interesting. Whereas I have another podcast called Let's Talk that I did for a couple years and Black women will walk up to me be like, "I didn't know that you were Black on the podcast. I heard your voice and I was I didn't know, I didn't know that you're a Black person." But then when portion of my White friends were like, "Who are you?"

Annie: Do you know what's interesting? When I was reading *Never Cast Out*, you wrote about the cool Christian girl. I mean, I wrote down. One of my questions for you was gonna be like, does that exist in the Black church like it exists in the white church? But your actual cool Christian girl was in a White church?

Jasmine: Yes.

Annie: So we had the same cool Christian girl that was telling us who we were supposed to be?

Jasmine: Absolutely.

Annie: Okay.

Jasmine: I remember I had a book club with... I was trying to do a racially diverse book club with some of my friends. The first book we read was about singleness.

Annie: How old were you?

Jasmine: I was 20... Let's see. I had already had a baby. So 25, 26.

Annie: Okay.

Jasmine: And my friends were divided. So they were half Black women, half White women. So the White women, the book about singleness, which was written by a White person, two people in White evangelical context were like, "Oh my gosh, this book hit on so many areas. I loved it. It ministered to me." And my Black friends were like, "I don't get this book." And I had read it and then like, "This is meeting me where I am." But my black friends who grew up in Black church were like, "That's not our issue. This is not our conversation."

Annie: What a really cool way to do a book club of going, We're going to intentionally be diverse in race, but we're not going to read race books today. We're gonna be singleness books. And then ended up having the where are we the same and where are we different conversations that can happen if the people are 40 and 20 or if their races are different or if they're married and single? Brilliant. You're brilliant. That's a great idea.

Jasmine: I don't know if I did on purpose, but-

Annie: Your friends are.

Jasmine: Yeah, it happened.

Annie: I mean, that is the win, is doing that. I read your book. I love it. I mean, the reason you are here besides my desire to be your friend is *Never Cast Out* is one of the finest books on shame I've ever read.

Jasmine: Oh, I'm so glad.

Annie: This and *Soul of Shame*. Have you read *Soul of Shame*?

Jasmine: *Soul of Shame* changed my life.

Annie: Listen, that guy-

Jasmine: Changed my life

Annie: ...he is unbelievable.

Jasmine: Yes.

Annie: When Curt Thompson was on the podcast, we were both crying and he wouldn't wipe his tears. And he said, "It just matters that they..." And I'm like, "Are you a person? Are you an angel?"

Jasmine: "Will you please be my therapist?"

Annie: All that. So really *Never Cast Out* and *Soul of Shame* are the two best books ever read on shame and I've read a lot of books on this job.

Jasmine: Oh, that's so kind.

Annie: So it's beautiful. What made you go, The next book I need to write...? Did you have one out before this or two already?

Jasmine: I had one and I was actually working on my next one. I was not gonna write this book. This was not my idea. *Mother to Son* came out in 2020. I was submitting my book proposals for *Carved in Ebony*-

Annie: Yes, I was gonna say *Carved in Ebony*.

Jasmine: So I went to B&H and they were like, "I mean, there's other publishers interested and so we're not really super jumping on this but we want to meet with you about something else."

Annie: Oh, wow.

Jasmine: And Ashley Gorman, who I love was like, "I have a book idea for you." I had been writing a column for Fathom Magazine about womanhood and biblical womanhood and kind of untying... You know, it was called Woman Enough. And I thought she was gonna ask me to write a woman enough book, and I was gonna be like, "I love you so much, but absolutely not. I have not done enough healing work to write about womanhood."

Annie: Wow.

Jasmine: "I need more therapy. It's not gonna happen." So I told my agent going into the meeting it's not going to happen but I do want to meet with Ashley because I'd love to work with her on something. So Ashley starts the meeting, "I've read some of your things and I've been thinking about this a lot and I've seen a throughline." And she said that through line is shame and your struggles with shame. And I was like, "Ah-

Annie: "None of your business."

Jasmine: "What? No. Have you been talking to my therapist?" And it was just a Holy Spirit moment because I would never write a book proposal and be like, "I want to talk about shame." Never. But Ashley kind of gave me the courage.

Annie: Wow. Are you glad you've done it?

Jasmine: I am. I've kind of compartmentalized the fact that I have done it. It feels strange. And when people ask me, like, "What kind of books do you write?" I say, "Oh, I write Christian history and Christian..." I don't talk about this one because it feels so personal. It feels-

Annie: You said in the back. You said, "I never thought I'd ever write about this. I do not even enjoy that I've written on shame because of what it has done to me."

Jasmine: Exactly. It's such a weird experience. Ashley... Bless Ashley. I think I've mentioned her in every single interview because she pulled it out. Because I was just like, "I don't..." The first edit she gave me was like, you're writing up here and I need you to bring it down and I need you to... you gotta be yourself." She's like, "This is not an academic book with a ton of footnotes."

Annie: That's it. You're writing an academic book about shame.

Jasmine: And she was like, "We're not doing that. We're about to be relational. We're about to really get into it." So we did.

Annie: Oh, wow. So many of our friends listening, not everyone... When we do surveys we learn so much. So we know that about half our people are married. We know that most people are believers, but not everybody, which I love because I have a lot of friends who don't believe everything I believe.

Jasmine: Awesome.

Annie: But we also know that a lot of people grew up in church or are growing up in church. So talk a little bit about when you went back and actually identified some of this because... Even I told you before we started the your stories have brought up stories of mine that I have never one time said to the Lord, "Hey, that was one of the most embarrassing things I've ever felt. I felt shame. I thought I was embarrassed, I felt shame, and I have never dealt with it." How do you decide which story? Did you sit with the Holy Spirit and go, "Bring it up"?

Jasmine: When I think about certain memories... Okay, you know how when you try to go to bed at night and-

Annie: Okay, that's what you did. When you couldn't fall asleep, you wrote a book about those stories?

Jasmine: I was like, Oh, that's what that is.

Annie: We're gonna hang up a plaque in here: bravest author to come through is the one who wrote the story she can't not think about when she can't fall asleep.

Jasmine: Yes, the ones that I was just like, "Oh gosh, I gotta..." The ones that I kept talking to my therapist about. And it was also like a kind of accountability because shout out to Barb, my therapist.

Annie: Shout out to Jennifer, my therapist. Where would we be?

Jasmine: Oh my gosh. I remember walking into Barb's office and kind of being like, "I'm going to walk in and I'm going to tell." I'd been in therapy before but I've been kind of that, like, "I'm going to tell her what she needs to know to help me with this specific thing that I want her to help me with."

Annie: Are we the same person? I said, "It's not this problem, it's not this problem. It's this one problem."

Jasmine: I was like, I'm gonna talk about that one compartmentalized thing. But when I went into Barb, I was just like, I'm just gonna walk in there and I want to say at all. I'm just gonna be honest and I'm gonna say it and it's whatever. Barb and I have talked about shame so much that these stories were top of mind because we had just talked about them so much and just kind of delved into them so much.

And they were deeper things and more personal things that I didn't share. It was kind of like, "What plagues me enough to talk about it, but it's not going to be too deep to share with everybody?"

Annie: That's right. That's exactly right. This is so good for our friends listening who want to be writers, is you do have to find the line between I'm being personal, but I'm not being private. Everyone doesn't get each other's private stories. You've gotten very personal in this writing, but you did not file yourself in a way that it is impossible to so backup from.

Jasmine: Yes, yes.

Annie: But you got real personal.

Jasmine: Yes. Sometimes I would write everything and then be like, "Ashlely, I don't want this to be in the book. I'm just writing all of this because this is what I feel." And then, "Could you help me pull it back to where...?"

Annie: Wow.

Jasmine: So she really helps a lot. She knows a lot about me.

Annie: Tell me if you do this too. The first draft I write has real names, real restaurants, real cities and tells the whole thing. And then my editor, [Andrea?], will be like, "That's so sweet, Annie. We're gonna back that up three steps."

Jasmine: And then like, "Thank you so much."

Annie: "We don't need to know everything that was said in that conversation and you can remove that name. That person does not need to be in the book." I worry when people self-publish without an editor.

Jasmine: Oh my gosh, this would not have happened.

Annie: No. I can't imagine.

Jasmine: No.

[00:17:09] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Kiwico](#). Okay, if you read the chapter in my book That Sounds Fun about my friend Tim teach me to play chess and then how fun it was to play with my dad after I found out how much he loved to play as a kid, well, then you'll know why I love Kiwico.

Kiwico is defining the future of play by making it engaging, enriching, and seriously fun. They create super cool hands-on projects designed to create a lifelong love of learning among kids. Each month Kiwico delivers crates packed with fun and sparks creativity with kid-friendly topics and activities, from engineering robots to learning about the science of cooking. There's interesting topics for every kid and real hands-on skills to explore. I've done the domino machine crate with some of my MiniBFFs and y'all, it was the most fun.

Kiwico thinks of everything, all the supplies are included and the instructions are very easy to follow, which I'm grateful for. So the kids felt so proud of themselves when they were done building and it worked. The little robot actually set up the dominoes. They lost their mind, you guys. We had the best time together.

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Sponsor: And another incredible partner to tell you about, [Liquid I.V.](https://liquidiv.com) Y'all know we don't exactly move at a snail's pace around here at Downs Books and the That Sounds Fun Network. We move pretty fast which means we also make sure we're taking good care of ourselves with rest and play and good hydration.

Liquid I.V. is that category-winning hydration brand fueling your well-being and our well-being, and their hydration multiplier is the one product you're missing in your daily routine. 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 workout, when you feel rundown after a long day, on long flights.

They've got 12 delicious refreshing flavors to keep your hydration routine exciting. I'm partial to the Acai berry and the lemon line, but strawberry and pina colada are favorites around this office too.

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And now back to our conversation with Jasmine.

[00:20:15] <music>

Annie: Will you tell the story about the backwards dress?

Jasmine: Yes.

Annie: Do you hate that though?

Jasmine: No.

Annie: Okay.

Jasmine: I actually love it. The thing about me is that if I go through something terrible, if I know that it'll make a funny story later, it makes it worth it.

Annie: Okay. Well, I didn't laugh at the story if it makes you feel any better. I was with you.

Jasmine: I know. I still laugh because it's just like... yeah. So I was part of ensemble when I was like 14 years old. And for us, it was like 10 pianos on stage. So 20 of us would go up to the 10 pianos and play the same song on ten pianos in a duet. And it was really hard and really rigorous. I used to be a very serious pianist, concerts, competitions, all the stuff, got carpal tunnel and stopped playing.

Annie: Wow.

Jasmine: I told my husband, like, "It's my sports injury."

Annie: That's exactly right.

Jasmine: "It's my sob story. I used to be brilliant."

Annie: I had a future.

Jasmine: That's what I say. I tell him all the time because he met me right after I stopped. So I was like, "Oh, if we only knew. I am so talented, you have no idea."

Annie: "You're picking me not even realizing the dime in the rough that I am."

Jasmine: "You don't even know. Like not only am I going to be a Pulitzer Prize winning novelist, I was the pianist." So this competition was huge. I was homeschooled. So this was like my big social interaction of the year as well.

We had this dress and they were always really ugly dresses. We always wore the same one. Always the tallest girl. I'm only five eight but I've been five eight for a really long time. You know, only Black girl in the ensemble, all the things. We bought our dresses, and it was this hideous, like plum colored, just back in the Dillard's catalog type of concert dress.

Annie: I know it, yeah.

Jasmine: And this would have been like the early aughties but it was giving 90s.

Annie: Big '90 vibes.

Jasmine: Big 90s. Like shoulder pads, you know-

Annie: Oh, yeah. Wow.

Jasmine: Oh, yeah.

Annie: That's what choirs do to choruses and ensembles do to their people.

Jasmine: That's exactly. That's the vibe. You know, the little black kitten-heeled shoes. It had these hideous buttons down, huge like medallion buttons all the way down the front. Or so I thought. So I go and I'm sitting in the front row waiting for my turn and my mom comes and she says, "I need to talk to you." And I was like, "Mom, what are you doing? You're supposed to be back there." And then she said, "I need to talk to you right now. It's very important." Like deathly still, and I'm like, "Okay, that's fine. Sure. Let's go."

So this time everybody's filtered in. We're just waiting for our conductor and everything. We go to the bathroom and my mom goes, "I'm so sorry but your dress is on backwards." I just remember wanting to sink into the floor. I was like, "Is there a way...? Is there a way to just..."

Annie: "Can we just leave?"

Jasmine: Right. "Can we just stop being alive and just come back into life at a different point?"

Annie: Yeah, yeah, yeah. Can we just time travel?

Jasmine: Please. Because I had to turn it around and then I had to go back in with my now... The thought in my head was like, I've walked by hundreds of people with my dress on backwards and I had to turn around and walk by hundreds of people with it turned around the right way.

Annie: Why did that haunt you though?

Jasmine: It to me was just so the definition of a shameful feeling. I just felt so embarrassed. I felt like nobody was gonna be looking at me-

Annie: Because the sentence was "they all know I made a mistake"?

Jasmine: Yes. They all know. They all see. We all have on the same dress so it's not like I can hide it. It's not like I can... It just felt like the definition of 14 year olds in middle school angst, anxiety, please don't look at me. My biggest fear on my wedding day was that everybody would be looking at me.

Annie: Yeah, they do.

Jasmine: And I was like, "Mom, if everybody's looking... My biggest fear through life is that anybody will be looking at me. On my wedding day, it's actually going to be true. How am I going to do this?" At least my wedding dress was on the right way. So that's good.

Annie: Why do those memories... Talk about shame. You define this beautifully in the book. I have a similar chorus dress story of the way it fit and how I just was like... I remember where I was standing at school when I realized that they could see things I wish they couldn't see of my body. But it looks like everybody else's.

Jasmine: Right.

Annie: I mean, I cognitively knew this dress fits everyone like this, I just didn't wear dresses like that. What is it about shame? That is not a sin.

Jasmine: No.

Annie: Neither of us sin.

Jasmine: No.

Annie: So what is it about shame that sticks those to us?

Jasmine: It's that feeling of not belonging. It's that feeling of not being worthy, being found wanting, and everybody is seeing-

Annie: And everybody knows.

Jasmine: ...that you've been found wanting.

Annie: Interesting.

Jasmine: That feeling of... You know for me, and granted I am a person who has a lot of a big issue with vulnerability. That's really hard for me. But for me, part of the issue with vulnerability is, Oh no, I wanted to be accepted. I wanted to be loved. Everybody saw me wanting it and then everybody saw me not attain it.

Annie: Whoa, is there a world we can say that again?

Jasmine: Yes, yes. Yes. It's that feeling where you wanted to be loved, you wanted to be accepted, people have seen you wanting it and then they also saw you not get it.

Annie: You are cracking open some things over here. I wonder if that's why breakups, even when they're mutual, feel embarrassing.

Jasmine: Yes. Oh, my goodness.

Annie: Or when you do it.

Jasmine: Yeah. When I started dating my husband, I had been dumped twice. The second person that dumped me, if we talk today, if he was sitting in that chair, he'd be like, "You dumped me?" And I'm like, "No, you dumped me" because I said, "Are you sure you want to do this?" And he said, "I don't know." And then I said, "Fine."

Annie: Oh, boy! So neither of you actually... y'all are still dating technically. I think we need to tell Philip. If this was by law, y'all are still dating.

Jasmine: But I remember telling my husband, you know, people date like way more than three people in their life. But because I came from this super conservative

homeschool subculture, all my friends only dated one person and got married to that one person and had kids with that one person that you're after they got married.

Annie: And you dated the pastor's son.

Jasmine: I did. I did.

Annie: Oh, that part of the story! Is his mom still alive? How do you write that story in the book?

Jasmine: I just pretend like she's never going to read it and that she doesn't care who I am.

Annie: I can't find her. There's no world.

Jasmine: She doesn't know that I'm on the internet. I just pretend like she just has forgotten about me.

Annie: I think that's really great.

Jasmine: That's what I pretend.

Annie: She did not handle your vulnerability well, in the book.

Jasmine: No. No.

Annie: And I thought, "Man, I wonder if there's been any relationship since then that would make it feel what it would make you feel like for you to write it."

Jasmine: I thought about writing her so much. I had opened up the emails to write her so much. Talked about it with my therapist, talked about it with my husband. Because I remember that first breakup was just so terrible for the reasons that you mentioned. But also it's been 10 years, I'm married to somebody else, I have three children-

Annie: Three children with him.

Jasmine: So I was talking to my therapist and I was like, "Why do I still hurt from that?" She's like, "Oh, I think you think that you're hurting because he dumped you but you're not over his mom." And I was like, "Oh, no, that's true, I'm not over his mom."

Annie: So do you know what's wild is this happened to me. When I was reading your book, I had this pit in my stomach and I was like, "Is this the Holy Spirit?" Because I

have one story in my life where a church leader was in my memory of it. We had a very bad conversation that I ended up not staying at that church. This was over a decade. So for math-wise, it was over a decade.

Jasmine: Right.

Annie: And as I was reading your book, the part about the woman emailing you when you were not sleeping very much and you were late on deadlines and she was not thoughtful with her response, I had this thought. And I want you to coach me on this. Because I had this thought when I was reading this book, and I thought, "I wonder how he tells the story," just like you did for this woman, where you said, "I wonder what was going on with her and how we got there."

And it's made me think, not alone, because I won't meet with him alone again. That's part of what went really bad. But I wonder if him and a mediator and I could sit down and I could... I wonder if it would serve us both if I said, "Tell me what your side of that was?" Am I supposed to do that? Not supposed to. But is that what you would encourage people to do who have shame attached to a situation that might not need to be shameful?

Jasmine: You know, I would say it depends on if that's a safe person to sit down and do that with. Because I think a lot of times we confuse shame with the Holy Spirit. So we're like, Oh, the Holy Spirit is telling you that I need to revisit the situation.

Annie: Right. Say that. We confuse it with the Holy Spirit. Right.

Jasmine: But actually it's a shame. And that's why I never wrote this woman. Because I talked to my therapist, and she was like, "But you were 22 years old and she was a grown woman who's twice your age." I still have the email. So I took it to therapy and I was like, "I don't know if I'm reading this the right way." And she read it and she was like, "Do not contact this woman."

Annie: Interesting.

Jasmine: "Do you want to get hurt again? We learn things and then we make decisions that are best for us and then move forward." Now, if that person ever reached out to me and was like, "I would love to talk," and I had seen some kind of repentance and change, that'd be different. But being going back after the shame again, I wouldn't do that.

Annie: You're teaching us of the thing you write in the book too of "to fight shame and really to live well, we need community". So even as you're talking, I'm like, Oh, yeah, I can slow down. I don't need to email him today. I could wait until my next

counseling appointment in three weeks and I could take the conversation to her and say, "Dear community, is this shame or is this the Holy spirit?"

Jasmine: That's what I did with her, with my husband. But, you know, with the story I was telling, with my husband, I was so afraid of rejection again when I started dating him. I remember when we started dating, I was like, "Hey, I've already been dumped twice." It was like 2012, one boy; 2013, next boy; 2014, we got married. And I was like, "Hey, I have been dumped twice. So if you want to dump me, give me a signal so that I can dump you because I'm not gonna get dumped again. I'm not doing it." And he was like, "What is the signal?" I said, "I don't know."

Annie: Is it a car or at a table?

Jasmine: On phone.

Annie: On the phone.

Jasmine: It was literally in our define the relationship. He was like, "I want to date you." And I was like, "If you want to date me, if you want to dump me, I get to dump you." He was like, "Okay, cool." And he's like, "I don't think that you're gonna want to dump me. I think we're getting married." And I was like, "I don't know about all of that." So several times in our relationship, which only lasted two months before we got engaged and then only four months before we got married.

Annie: From your mouth to God's ears. Give me that blessing. I will take it.

Jasmine: It was a whirlwind.

Annie: That's a husband at Christmas. I'm interested.

Jasmine: He would be like, "Jasmine, I really want to talk to you about it." And I'd be like, "I've it's over, and I've been thinking the same thing too." And he'd be like, "I wasn't..."

Annie: "I was wondering if you want fries."

Jasmine: But it was the shame. I was like I have been rejected, I don't want to get rejected again. And I don't want you to see how much I care about you, so every time it would be any kind of conflict or anything like that, I'd be like, "Well, I just don't think we should do this anymore." And he'd be like, "I think we should." Poor guy. I look back and I'm like, He was so steady and I was so filled with shame through our entire relationship.

Annie: My best friends in Atlanta, there's three of them, and one of the things we talk about pretty frequently is one of the gifts we get to do for each other is mop up messes we didn't make. So I would imagine he does not feel... poor guy. I mean, what we get to do for each other as mop up messes we don't make.

Jasmine: It's true.

Annie: I just think that is so helpful the whole... I mean, truly, the whole shame book just had me like, whoa, whoa, am I supposed to call this guy? That high school memory, I need to tell my counselor that too. It's terrible I had my appointment yesterday, so I don't see her again for three weeks.

Jasmine: So much stuff comes up. I was with my therapist a lot during the whole writing of this. I was like, "I feel so many feelings." And I was pregnant and nursing which is its own shame spiral. The entire time I was writing, I was just like, "I have... Help."

Annie: "Help me." You do a beautiful job in about the middle of the book talking about the word "should" and how it is a shame word. It's one of the things we say around here a lot is we don't should each other. But will you talk a little bit about what does it look like to remove "should" from your vocabulary?

Jasmine: So my husband and I were on our way here and I was... I was homeschooled. Didn't go off to college, did college at home, lived at home till I got married. There were so many things that I don't know how to do. The last time that I drove a car that I rented was in 20 - what? 2012.

Annie: Oh, wow.

Jasmine: My husband drives some rental cars. I don't travel. I don't like to travel. I don't like to. I'm just very introverted and very... And I should be more independent. I should be willing to travel by myself. I should have had more life experiences before I got married. I should have all of those things are always going through my head. When I'm doing normal day-to-day things. I should be further along than I am. I should be more able to speak up for myself. I should be...

So part of removing should is just saying I am. I am who I am. I have had the experiences that I have had. This is where I have ended up in life. Can I move forward to mature in beautiful ways? Absolutely. Can I make more strides and gain maturity and gain independence? Absolutely. But looking back into the past and saying, "I should be" is not helpful.

Annie: It does not serve us.

Jasmine: It doesn't.

Annie: It's not worth it. Tell me if this registers true to you, too. I find that I noticed more that I'm shoulding myself when I hear myself should other people. And I go, "Man, you are really drawing lines for everyone else. What are you actually doing for you?"

Jasmine: Yes.

Annie: And it usually means that my insecurities are ramped to level 100.

Jasmine: That's one of the things that I really noticed when writing this book was that the way that we disciple ourselves is so often how we disciple others.

Annie: Oh, say it.

Jasmine: The way that we love ourselves is so often how we love others.

Annie: I mean, Jesus said it: love others as you love yourself.

Jasmine: So if we're like cracking the whip of shame in our own lives and that's how we're treating other people. That's a terrible way to be in relationship with other people. We can do better.

Annie: We had a great conversation with Jonathan Pokluda last month about confession. And you say in the book that when it is sin, when there is a sin that you feel shame over that repentance really and confession really is the anecdote for that sin or for that shame. So what's the anecdote when the shame... I think our friends listening realize I feel shame because I stole something, I need to make it right. I'm a shame because I gossiped, I need to make it right with the Lord and the people, whatever.

When the shame is the dress was on backwards, when the shame is "I should be more independent," when the shame is "every other mom (fill in the blank)," what's the gospel anecdote for that?

Jasmine: It's always Jesus. That's a big. It's always a Sunday School answer: I'm running to Jesus.

Annie: I love it.

Jasmine: I remember when I was 14, 15 years old I had a conversation... I couldn't sleep. I woke up the middle of the night and I was like, "Dad, I don't think that I am saved." And my dad, in his very wry way, was just like, "Oh, why not?" And I was like,

"Well, I want to do good but I don't; and I want to be good, but I'm not." And dad was like, "Would you say that the good that you want to do is right in front of you but then evil lies close at hand?" And I was like, "Oh, my gosh, yes."

Annie: "So you know I'm not saved."

Jasmine: "That is exactly what I would say." So he's like opening up Romans 7, and he is like, "That's so interesting Paul says the same thing." So I said, "Well, what do I do when I feel like I'm not saved?" And he goes, "Repentant and believe?"

And I was like, "But how will I know... Like, how do I become saved?" And he goes, "Repent and believe." And he was like, "This is the Christian walk, is this constant repentance and belief or this constant throwing ourselves on God's mercy and asking for His help? It's how we get into the faith, quote-unquote, you know, using interesting wording for that. But it's how we get into the faith, but it's also the process of living in the faith. And the process of being in the faith looks really similar.

Annie: Is there hope to have no shame?

Jasmine: Maybe for some people. I don't know. One of my favorite shows in the world is *Criminal Minds*. I love it so much. If I had-

Annie: It's at CBS?

Jasmine: I think so. Is it still on? I think it came back on. I think it will be like started up again. But Spencer Reid has my heart. He talks to a lot of people who don't have shame and normally they're the people who are taking people's heads off.

Annie: Wow.

Jasmine: They're the criminals. So shame is kind of this thing that keeps our society in check, keeps us in check, keeps people from acting on base impulses that they have. It's kind of part of common grace, in my opinion. It's something that we all have. Even if we don't have the Holy Spirit, we have shame-

Annie: You're right.

Jasmine: ...to guide our base impulses. We also have love, we have other things. But shame is one of those things. I think that the hope of living in a society without shame is the hope of living in a society where everybody's glorified and walking with Jesus in perfection, which we know comes after Jesus comes back. So I'm not sure that not having him at all is that realistic goal or a place I really want to live.

Annie: So it makes me wonder if the actual work of it—you talk a lot about this in the book—the actual work of it is allowing shame to exist but not lead. Because when I walk into a restaurant, I do want to feel... it would be embarrassing if you ate food off their plate, that stranger. That would be shameful and weird. So I do want it to keep me inside the cultural doors.

Jasmine: It does. It does. Also, you know, one thing that I talked about over and over again in this book was writing about shame from the Western perspective.

Annie: It's awesome.

Jasmine: There's an entirely different way to talk about and relate to shame on the other side of the world-

Annie: Really?

Jasmine: ...that I was like, I don't want to make these bold proclamations about shame and doing away with shame and ending shame forever here on earth in a way that's just really self-centered and American, I think.

Annie: It is hard because I don't know how to write a book that isn't American. And there isn't a single White female in Nashville, Tennessee. And yet we want our books to be globally impactful for the gospel because Jesus was globally impactful.

Annie: So I appreciate that tension you hold. It matters to me.

[00:39:15] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Prose](#). It's one of my favorite things to get to share products and resources, and friends with y'all that make an actual difference in my actual life. Like Jasmine. And Prose.

Prose is one of those as well. It's the world's most personalized haircare. Switching to a custom routine from Prose was one of the best things I've done for my hair. And the results I'm seeing just keep getting better. My hair is shinier, thicker, and more manageable than it's ever been. And I credit my Prose shampoo and conditioner.

They took my answers to their in-depth hair quiz—we love a quiz—and created a unique formula from my answers just for me. That's how I got started. And that's how you can too. Join the over 1 million people who've gotten consultations on

everything, from the climate where you live, the issues you have with your hair, your hair type and texture, your eating habits.

They analyze 85 personal factors and then handpick clean ingredients that get you closer to your hair goals with every wash. Their review and refine tool is awesome. It lets me tweak my formulas for any reason in case I've changed my address or my hair color or even my diet. Prose wants us to have that formula dialed in. And I appreciate that a ton.

As a carbon-neutral certified B Corp, Prose is an industry leader in clean and responsible beauty. All their ingredients are sustainably sourced, ethically gathered, and cruelty-free. They're also the first custom beauty brand to go carbon-neutral. If you're not 100% positive Prose is the best haircare you've had, they will take the products back no questions asked.

Prose is the healthy hair regimen with your name all over it. Take your free in-depth hair consultation and get 15% off your first order today. So go to prose.com/thatsoundsfun. That's prose.com/thatsoundsfun, for your free in-depth hair consultation and 15% off.

Sponsor: And I got one more incredible partner to tell you about, [Hiya Health](#). I know that all of you who are parents or have kids in your lives care about them staying healthy. But here's the thing. Typical children's vitamins are essentially candy in disguise—this is heartbreaking to hear—made up of two teaspoons of sugar, unhealthy chemicals, and other gooey junk growing kids don't really need. That's why Hiya was created.

These are pediatrician-approved, super-powered chewable vitamins. While most children's vitamins are full of sugar, like five grams of sugar, and can contribute to a variety of health issues, Hiya is made with zero sugar and zero gummy junk but it tastes great and is perfect for picky eaters.

Hiya fills in the most common gaps in modern children's diets, provide the full body nourishment our kids need, all with a yummy taste they love. Formulated with the help of nutritional experts, Hiya is pressed with a blend of 12 organic fruits and veggies, then supercharged with 15 essential vitamins and minerals including vitamin D, B 12, C, zinc, folate, and many others to help support immunity, energy, brain function, mood, concentration, teeth, bones and more.

It's non-GMO, vegan, dairy-free, allergy-free, gelatin-free, nut-free, and everything else you can imagine. Hiya is designed for kids of all ages and sent straight to your door so parents have one less thing they got to worry about at the grocery store or any other store.

Your first order comes in this really cute glass bottle that comes with stickers that your kids can use to decorate and then your refills are delivered each month and plastic-free pouches out with that single-use plastic. And none of that having to remember to reorder. Hiya will ship your refills to you so your kids never run out.

We've worked out a special deal with Hiya for their bestselling children's vitamin. You get to receive 50%, five-zero off your first order. To claim this deal, you must go to [Hiyahealth.com/thatsoundsfun](https://hiyahealth.com/thatsoundsfun). This deal is not available on the regular website. So you have to go to hiyahealth.com/thatsoundsfun and get your kids the full body nourishment they need to grow into healthy adults.

That link along with links to all the things, the Here For You tickets, yes, including to the show we just announced on June 15th in Franklin, Tennessee, the signup for the AFD Week in Review, and all kinds of other fun things can be found in the show notes. Be sure to check those out.

And now back to finish up our conversation with Jasmine.

[00:43:15] <music>

Annie: You have a hope chest?

Jasmine: I do. I still have it. I still have my hope chest.

Annie: Please explain to people not from where we're from, it could be global, but there may be people all over the world who have it. But I know you and I have hope chest.

Jasmine: I don't know that everybody all over the world has them in the same way that we have them.

Jasmine: Mine has Proverbs 31 engraved.

Annie: On the top or when you open it?

Jasmine: On the front of it.

Annie: On the front.

Jasmine: Just like, boom. In the front.

Annie: Is there a world where you would post a picture for us to see it someday?

Jasmine: I totally would. It's in my bedroom. It's right across my bed next to my window. My husband thinks it's hilarious.

Annie: Oh yeah.

Jasmine: Sometimes he just walks by it and he's like, "This is weird." It still smells amazing. I open it, it smells so good.

Annie: It smells amazing.

Jasmine: Smell so good.

Annie: So good.

Jasmine: So my hope chest was a gift. I think it was on my 18th birthday. And it has all of my hopes for the future. The idea is that you would put things into it and then you get married and you use those things. So like baby clothes dolls-

Annie: Sheets.

Jasmine: Sheets, yes. Books. Some of my friends had like Tupperware in there.

Annie: Oh, I didn't have a Tupperware. I don't like to put Tupperware in my hope chest.

Jasmine: Oh my gosh, Tupperware, China, like anything that is dear to you. And now mine is just full of crazy things I've collected over the years.

Annie: Oh, oh, cool.

Jasmine: Yeah, it's got some of my stories. I've been writing stories since I was like nine. So it has my crazy stories in there. When I was dating my husband, I had never been in love before. So it was intense. This poor man was drinking out of the fire hydrant of just me being like, I like... So much poetry was written.

Annie: Oh, I love it.

Jasmine: You don't love it. It's like so long. It's front and back. And then so just like, "I love you." So that's in there. My baby name books are in there.

Annie: Hope chest is a really interesting thing to write about in a book about shame. Because your hope chest exists... You're about to be 30, you're married.

Annie: My hope chest has existed as long and I'm 42 and not married. So I had a reckoning with everything in my hope chest five or six years ago. I was like, "What if I started using this stuff?"

Jasmine: Have you?

Annie: Yeah, totally.

Jasmine: Good.

Annie: And I love it. Mine's beautiful. It's full of like toys from my grandparents' house and things that are really meaningful in my life as a person to say, "Do not use this until you get the thing you want. I may be accidentally saying to myself, "You should be ashamed. You aren't using this stuff."

Jasmine: Yeah, absolutely.

Annie: It sounds like, no, that's pretty good, those napkins with AFD on them. We can do it.

Jasmine: It's such a weird thing to associate shame with... When you look at the history of the world, you know, like when you look at it in context. But I remember feeling ashamed. I got married when I was 24. And I remember feeling ashamed that my friends were getting married before I got married. And I look back, I'm like, "24?"

Annie: 24?

Jasmine: Girl.

Annie: Girl, I would have a teenager. When I tell you I would have a teenager.

Jasmine: I was a baby who did not know what she was doing and God would just... I was literally a sheep and God was like, "Not him. Please go."

Annie: He's like, "Here the ram. Like that one."

Jasmine: And y'all just trip along the way and-

Annie: Was he about the same age?

Jasmine: He was 27.

Annie: Okay.

Jasmine: So it's been nine years in October. We have three kids, five pregnancies, three different states.

Annie: Wow.

Jasmine: Yeah.

Annie: When you think about shame going forward, when you think about raising your boys, talk about shame and parenting for just a minute. So many of our friends listening are raising kids and they have had the choir dress story like you and I have but they don't want that for their kids. You don't want that for your boys, you don't want them to be ashamed or have a moment that's embarrassing because they feel left out. Can we protect them? How do we deal with shame in parenting?

Jasmine: I mean, my six-year-old is a lot like me. He's experienced shame a lot. So we've just learned how to call it what it is and be like, Hey-

Annie: Is that the middle one?

Jasmine: That's my oldest.

Annie: Oldest.

Jasmine: Mm-hmm. Just say, "Hey, I noticed when I told you no you kind of got this look on your face and you kind of withdrew. I know that that feels kind of icky, kind of gross, right? It's okay. Sometimes we just need boundaries. And boundaries are not... You don't have to be ashamed about that. We're all learning while we're all growing.

And then sometimes we have a conversation where... The other day he was asking me something about Sonic the Hedgehog, and I was like, "I don't know." And he goes, "You don't know that?" And I said, "That's super shaming." And he goes, "I'm putting shame on you?" I said, "You are. You're making me feel like I..." And I said, "I don't feel ashamed right now because you're six."

Annie: "Let me tell you how much power you have."

Jasmine: "But with your friends, that can be really shaming language and it can make somebody feel bad because they don't know something that you know." It's totally fair to expect people to know and be interested in what you're interested in. And he was like, "Okay, thank you so much for teaching me how to not put shame on people." My six-year-old is such a... I'm always like, "Babe, you're in a

commercial. You're just..." I'm like, it's really sweet ball, so side eye. You're putting it on right now.

Annie: Right. Right. But it's working.

Jasmine: It's working. This morning he goes, "You look so beautiful." And I said, "Oh my gosh, thank you so much. I needed to hear that." He goes, "Why did you need to hear that?" And I was like, "You know what, buddy, maybe I did."

So we talk to him about shaming tone for others and also the shame that he's feeling himself and just say, "You're gonna feel that sometimes and when you feel it, you can always ask for a hug." My husband's really good about being like, "Hey, come over here. Let's just have a hug. And let's kind of just sit together until you don't feel kind of weird, really funny inside anymore. And then you can go play when you feel like not funny inside."

Annie: Yes, totally. I wish at 15 I'd have had the... My parents were so available to that. I wish I'd have thought I should tell them that I have this embarrassing thing I feel and I just didn't. And when you're 15, you think, "I'm a person? I'm a grown up."

Jasmine: Yeah, you're like, "I don't know." It feels shaming but even have the feeling. That's the thing about shame is that it isolates and then it breeds in isolation. Shame is really good at protecting itself.

Annie: Shame is really good at protecting itself.

Jasmine: Yeah.

Annie: Yeah, that's the problem. Thank Jesus for Jesus.

Jasmine: Yes.

Annie: I mean, I love how, how deep you go into our covering, and how we're protected and also released. I mean, the subtitle *How the Gospel Puts an End to the Story of Shame*, I was like, "This is a gospel book that has shame as the example. I mean, it's just beautiful.

Okay, your next book is already coming.

Jasmine: It is.

Annie: It's available. It's called *Crowned With Glory*. Will you tell me a little bit about it?

Jasmine: Yeah. I was actually talking about it at the airport.

Annie: Were you?

Jasmine: I was renting a car and they were like, "What do you do?" And I told them. And they said, "Well, what do you write?" And I was like, "God, this is so cool." It is about Black Christian resistance to chattel slavery.

Annie: Okay. So

Jasmine: It's a history book.

Annie: ...that will mix in experiences you've had as well-

Jasmine: Mm-hmm. Just stories.

Annie: Just stories.

Jasmine: Yeah, just stories of activists who fought chattel slavery who used the idea of the image of God to fight back against chattel slavery. For me growing up, so much of what I learned about history was, you know, nobody really knew that slavery was wrong and everybody was kind of making the same mistake, and it's okay. And then growing up learning that there were these conscientious voices, these theologically robust voices-

Annie: Not just Frederick Douglass

Jasmine: Yeah.

Annie: Which is kind of what we're like, Look at him.

Jasmine: We so are taught, like, just look at him or looking at, you know, Sojourner Truth, Harriet Tubman for Catholics. Those are like three people. And there were so many other people. That idea doesn't diminish the importance of Frederick Douglass, but it does put him into context so that we know that he wasn't just this magical unicorn. I mean, he was a magical unicorn in a lot of ways. Also very attractive.

Annie: Listen, people would be interested. Yeah, thank you.

Jasmine: I'd be having these historical crushes for sure. William Wells Brown is another one. I was just learning about him the other day and I was like, "Hey." In England, William Wells Brown had this scandal because he had left his wife and a young

child. And I'm like reading this... I'm reading it like it's like modern tea. I'm like, Oh my gosh, William, what?"

Annie: "I will retell this in my book. This is not gossip."

Jasmine: "I'm very interested in you and then you started to turn around..." So anyway, this is just all the stories that just kind of inspired me.

Annie: On your Instagram, you talk about WPA narratives. Will you tell me what WPA stands for? Sorry.

Jasmine: Work Progress Administration.

Annie: And is that a government thing?

Jasmine: Yes.

Annie: Got it.

Jasmine: In the 1930s, during the pushback against the Great Depression, the New Deal, the WPA was set up to give white-collar jobs. So the same way that blue-collar jobs were given in the New Deal, white-collar jobs, like writers, were able to go and interview the formerly enslaved. That's for my next book.

Annie: After *Crowned With Glory*.

Jasmine: I signed a two-book deal, which I will never do again.

Annie: That financial help is different when there's two books.

Jasmine: Yes, it is. It is.

Annie: And the beautiful thing about it, for our friends who want to be published authors with a traditional publisher, when you do a two-book deal, they're invested in your life for four years.

Jasmine: They are.

Annie: So you get four years of their investment in you. And they care what happens in between books. And they really shepherd you through writing both of them.

Jasmine: They do. They do.

Annie: So don't say never never.

Jasmine: Well, I don't know. Never for me. But maybe for you. I have the best-

Annie: Jasmine, I'm gonna follow up on this.

Jasmine: I have the best editor too at Baker. Patnacia is the best.

Annie: I'm also Baker. I love them.

Jasmine: ah, she's wonderful.

Annie: We shouldn't say how great it is so that everyone doesn't go there.

Jasmine: I know. They'll all like, Hey-

Annie: Please don't email Baker. It's too good. And they are very busy.

Jasmine: They're so busy. They're busy with me right now.

Annie: They're busy with Jasmine and Annie and therefore-

Jasmine: Patnacia, I sent her a message last week, I was like, "I know that I sent you a book idea for my second book. I don't like it anymore and I can't write it. But I already spent the money. So I'm gonna rob a bank. What are we going to do?" Like, instead of just sending a very practical email, like, "Hey, I think that I'm gonna go in a different direction, I was like, "I'm robbing a bank."

Annie: "I've ruined everything."

Jasmine: "I've ruined everything. I'm selling my home.

Annie: Right. "Well done you." Okay, so *Crowned With Glory* comes in September.

Jasmine: Mm-hmm.

Annie: Oh, I can't wait. Thank you for writing historical books about faith too. I don't know how many get written. I don't read enough. But I'll read you.

Jasmine: Thank you so much.

Annie: I'm really grateful for you writing that. The last question we always ask. I can't wait. Jasmine, because the show is called That Sounds Fun, tell me what sounds fun to you.

Jasmine: I don't know how to answer this question.

Annie: It's hard to think of fun because-

Jasmine: For me, it's like I should be doing something else. And will it be fun or will I be full of ennui the entire time that I'm doing it. So what sounds fun to me, you know, I had the best day last week. I was reading this book, a Slave Narratives and I found this letter from an enslaved man to his enslaver. And I was reading it and I didn't know what the letter was. I was just kind of reading it. And he's like, "Dear, so and so. Just to let you know, I'm in Canada right now." And he's like, "Maybe next time you'll think twice before selling a wife and children away from her husband."

Annie: Wow.

Jasmine: "So I'm in Canada, and I'm loving it. And it's great. And if you want to prove that you're a Christian, here's the address that you can send my wife and children after you buy them back. But I don't have anything else to say to you. Bye."

And I was filming myself while I was reading it because I was trying to do some Instagram content. You know how it goes. And it's an awkward thing. It's like, "I'm gonna set up a camera, but then I'm gonna try to forget the camera there-

Annie: That's right. You're gonna wake up from bed and move-

Jasmine: Right. Right. So I'm like reading it on the couch, and you can see the smirk that comes on my face when I realized what the letter actually is. That was honestly one of the best days of my life.

Annie: Did you get to keep doing research to see if he ever followed through?

Jasmine: I did but I couldn't find anything. I'm also a huge storyteller. So I'm kind of like, it was five years before the end of the Civil War so maybe-

Annie: Will you please write that novel?

Jasmine: I was like, "Maybe after Civil War they found each other." And that made me really happy to think about. But that doesn't sound fun to anybody else but me.

Annie: No, I think discovering something in a book is a great answer. Also, we don't judge our fun around here.

Jasmine: Okay.

Annie: There's no shame around fun. The person sitting there before you said, "This is cheesy." But I'm like, "No, no, we do not judge our fun. If it's fun to you, it is fun."

Jasmine: That's fun to me.

Annie: Man, that's cool. I can't wait for you to write the novel of them. Take that person's story and make it, tell us all the meat around the bones that we don't know.

Jasmine: Yes. It made me very excited.

Annie: That's awesome. Jasmine, thank you for making time to do this.

Jasmine: Thank you for having me.

Annie: You're welcome here anytime.

Jasmine: Thank you so much.

Annie: I respect you so much as a writer and as a friend, and a favorite Instagram follower. So thanks for doing this.

Jasmine: Thank you.

[00:56:14] <music>

Annie: Oh, you guys. Isn't she the best? I feel like we're separated at birth. We've loved so many of the same things. Oh, I just adore her. I'm so glad we got to hang out with her. Y'all grab a copy of *Never Cast Out*, follow Jasmine on social media, so you can tell her thanks so much for being on the show.

Okay, you heard what sounds fun to Jasmine, I liked it, and now we get to hear what sounds fun to one of our friends who's listening just like you.

All right, Carla, because the show is called That Sounds Fun, tell me what sounds fun to you.

Carla: Hi, my name is Carla and I'm from South Dakota. And what sounds fun to me is in about a month my husband and I are going to Texas to visit one of my best friends and her family and also my husband's family. So it's a good two-for-one trip.

Annie: Yeah. And a good temperature change.

Carla: Yes, for sure. We still have snow on the ground so I'm gonna go for some spring leaves.

Annie: Snow on the ground, I cannot imagine. What is your temperature today? Because I'm gonna tell you my temperature after you tell me your temperature.

Carla: I think it's supposed to be like low 40s today, but this is our 108th day of snow on the ground.

Annie: Oh, Carla, the Lord bless you and keep you. That is so much snow. I've never known 108. I've never known more than five days of snow.

Carla: It's wild.

Annie: Yeah, it's 58 degrees here. I'm sorry to tell you. But I hope we'll stay friends. And you're a teacher.

Carla: I am, yeah.

Annie: We see you in the classroom. Thank you for doing that. What an important job.

Carla: It's very fun.

Annie: Listen, y'all get to stay inside. Everybody's inside. Y'all do outdoor recess?

Carla: Oh, yeah, we go out until like zero.

Annie: Oh my gosh.

Carla: It's wild here. I'm from California and we would go inside at 50 degrees. And here it's a zero, we're outside.

Annie: Oh, that is impressive. Well done. You're much stronger than me. So good.

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's how you can find me.

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 is Lady A and Dave Barnes at the Ryman Auditorium. What a great weekend! Oh, I cannot wait.

So my weekend is gonna be awesome. I hope yours is too. But first, we got a fun show for you tomorrow. Oh, yes, special drop-in Friday show with our friends Hudson and Emily, the travel couple. Y'all are going to absolutely love hearing their story. It is wild. Okay. It's a great Friday show. So we'll see you tomorrow.