

173 The Value of Being Still with Marnie Hammar*

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Julie Lefebure: Do you ever find it difficult to be still in your everyday life? I certainly do. This is something that I struggle with. But you know, this world is not conducive to stillness. But it's in the stillness sometimes when we hear God's voice the loudest, and that's the voice that we want to hear, right?

[00:01:00] Well, I invite you to listen to today's episode.

It's our guest episode for the month. And I share a conversation that I had with a friend and a fellow writer. Her name is Marnie Hammar. Marnie is a joy to be around. She just lights up the room when she walks in and I can't wait for you to get to meet her. But I want to encourage you today. As you listen to this, this episode to just think about your own life and your own stillness and in the things that we talk about today how can you apply these things to your own life? I pray that it blesses you and encourages you just as much as this conversation encouraged me. So without further delay, let's get into this episode.

Julie Lefebure: Well, joining us on the podcast today is the wonderful Marnie

[00:02:00] Hammar. Marnie, welcome. We're so glad you're here.

Marnie Hammer: Thank you so much for having me. It's a joy.

Julie Lefebure: You are a joy. Oh my goodness. You are a joy. If you're watching on video, you're seeing Marnie's lovely, happy face. She just exudes happiness wherever she goes. And Marnie you and I met, gosh in 2021 is that right?

Marnie Hammer: That's right. In Minnesota,

Julie Lefebure: In Minnesota at a writer's conference, right?

It was

Marnie Hammer: such a good conference. That was the last one of its kind.

Julie Lefebure: I know. We did not know that at the time though, did we?

Marnie Hammer: We didn't know. And I do need to share that you were so gracious to share your car. On your way home you dropped me at the airport. And I know that was not on your way. I don't think it was on your way. But you saved me from an Uber.

Julie Lefebure: It was in the, in the general direction. So it was great. And, and [00:03:00] you know, we, we, okay, I just have to confess. This is our second time of doing this. Um, this take of this interview, because the first time the audio wasn't great, and we didn't want you as listeners having to suffer through that. But we were talking about in the first take that, you know, we both believe that we were supposed to be in that car ride to get to know each other better.

We had such a wonderful time. And. Tell about your, your, um, you had to have a cane and you had a big leg brace during that.

Marnie Hammer: I did. It was actually, I think I'd probably only had it for 10 days at that point. Yes. I was, uh, unaware blissfully unaware at that point where that, where that journey was going to head. But yes, I had pain in my knee and I was in a brace that they hoped would help ease um, the pressure of the joint and, uh, I think it's called the offloader.

And so I had this giant [00:04:00] brace, bionic looking and a cane. And so, yes, saving me from a, an Uber ride was, it was just lovely. It was lovely.

Julie Lefebure: That's the least I could do. Oh, but Marnie, I'm sure that there are people in the Encouragement for Real Life podcast land that really don't know who you are. So would you just share who you are, what you're about, what you're passionate about, what your life consists of, anything that you just want to share with us, so we get to know you,

Marnie Hammer: Yes, absolutely. Um, my main responsibilities that I would love to share with you here in Cincinnati, I would say my primary role is as mama to three boys. Um, my husband and I have been married 29 years and we have three boys in three different stages. My, um, oldest is a sophomore in college and then I have a junior in high school and I have an eighth grader.

So also a junior [00:05:00] higher. So that's, um, a lot, it's a lot of fun. It's a lot of running. It's a lot of food. It's a lot. Um, but yeah, so fun. I love that as my primary role. The other part of my life when they are in school or doing their

things and I have capacity, um, to do things, uh, here, uh, out of the lovely privacy of my home office and, um, probably to my dog's chagrin.

She actually does not like how much time I spend at my desk. Um, but I have this beautiful, um, I guess, would you say it's a ministry? I would call it a ministry.

Julie Lefebure: I would.

Marnie Hammer: Yeah, where, um, my past experiences have kind of blended into what I now do. And I'll actually tell you [00:06:00] a little about that. My pre kids life was, uh, primarily being a communications consultant. I worked in consulting and then I also worked in higher ed where I also, um, I did marketing communications and then I was a marketing director at a college. So a lot of different capacities where I was a communications, um, professional and lots of writing, lots of speaking, lots of presenting those kinds of things.

And then, uh, we moved. The last chapter of my working life was in Boston. And we moved to Cincinnati and we had the opportunity for me to try staying home because we had started our family at that point. It had never occurred to me when we lived in Boston to have that possibility. We definitely needed to both work. And then here in Ohio, um, when the cost of living was different, we thought, well, maybe. I don't know. And I enjoyed that very much, but I also needed, and I'm going to call it fresh air. I needed these other [00:07:00] outlets. Um, I was active in MOPS. But I was also active in my church in the women's ministry and holding leadership roles there.

And like I said, I would call that my fresh air. Where I was using my brain and using some of the skills that I had practiced and missed, um, from my former life. And so fast forward now, um, what the Lord put on my heart probably five years ago, um, was to blend all of those experiences and put together the passion I have for being able to work with women, especially with a household of men. That's a beautiful thing. Um, but then to also use those communication, um, experiences and put them together. And so now I minister to women to encourage them primarily what's really burning on my heart and, um, just kind of deeply embedded it is. It just kind [00:08:00] of oozes out. Um, that's a terrible word. I don't really like oozes.

Julie Lefebure: Overflows out of your life.

Marnie Hammer: That's a better word. I like it. Yes. Um, is to encourage women in their everyday to um, lay down this pull towards perfection. And lay down the things that we carry that make it difficult for us to spend time sitting and getting quiet with Jesus and learning to listen for Him in our every day.

Julie Lefebure: And you do that so beautifully. You do. And I was stuck on something that you said a little bit ago and it has nothing to do with your ministry. Well, maybe it does. But I remember when you got your dog, you mentioned your dog.

Marnie Hammer: Do you? Oh my goodness, yes!

Julie Lefebure: Wasn't it,, wasn't it just like right after the conference?

Marnie Hammer: Yes it was. I remember being so excited that it worked together to go to the conference. That we didn't have the puppy yet because, you know, with those new puppies, [00:09:00] they're

Julie Lefebure: Yeah.

Marnie Hammer: constant need to go outside. And yes. So yes. Yeah.

Julie Lefebure: What's the, what, what is it?

Marnie Hammer: Harper, she is a Labradoodle and she's awesome. Yes.

Julie Lefebure: I'm sorry. I just had to acknowledge Harper and I couldn't remember the name, but I knew that she was, it was amazing name and I knew she's beautiful. I know she's beautiful.

Marnie Hammer: I love that you remember that. I'm so impressed.

Julie Lefebure: I just remember you were excited about it. And then when I saw the pictures on Instagram, I thought, oh my goodness, here's little Harper.

Marnie Hammer: She's great and she's a girl so I think I was really

Julie Lefebure: Yeah. I love it.

Marnie Hammer: So as you are ministering to, to women, I love how you do this. I love your message. I love everything about it. And, I hope we can get into

that here in just a little bit too, but, but. As you've already read my book, I know you've read my book. You even sent me pictures. You took some professional pictures, thank you, of my book. And it's called Right Now [00:10:00] Matters. So how are you living as a right now woman today in your message, outside of your message, everywhere? What are you doing?

Yeah, so, I mean, it's an intentional choice, isn't it?

Julie Lefebure: Yeah, you're right.

Marnie Hammer: Daily intentional choice. Yeah, I think, I think it would be good to acknowledge that there are days that we miss it, right? And when I think about your message, I always like cling to or glom onto the word undistracted. That's the word that always comes to mind.

And I was thinking about, is it a manifesto? Is that what you do in your last chapter? I don't remember you have all of these statements that are right now, women live undistracted. Yeah. So over and over and over undistracted. There are days that I'm distracted and I'm sure you, I mean, usually when the Lord puts a subject on our hearts, it's because we know it right.

Julie Lefebure: [00:11:00] Yes.

Marnie Hammer: And it's, uh, it's a constant to stay in the moment that is in front of us. Um, I think, uh, two things come to mind. I'm going to try to line them up. The first is that for me, I know me personally, this might resonate. I pray this resonates with people. But I know for me a lot of the reason that I can get distracted is the things that I carry that are in going on inside my mind or inside my heart, and those distract me in the moments in my home or walking out life outside of my home. , We live in a world where there is a lot of noise, right? And I think it's important to recognize and name the different things that we're competing with, the things that could keep us from staying [00:12:00] in the moment we're in. And so, for me, I think there's a combination of external noise and internal noise.

And so, I mean, we can't go anywhere without being sort of barraged by lots of different levels of volume. Right.

Mm

And it's interesting. My husband and I, so Cincinnati every other year, they have this really, I mean, I think it would be called a light show. It's called Blink. And

it was just a few weeks ago. And I was so excited to go because we had not made it down there and it's been going on, you know, for quite a while. And we went down. And so between the light show, which what it is, is it's all of these different artists that create over I mean, it probably takes them two years to do this. It's [00:13:00] projected art onto buildings and it's all over the city. It's just incredible. And I was so caught up. And I think part of being in communications, you know, you're an artist at heart. I'm just so drawn to art and creativity and beauty. And so this was so exciting. But we made our way down to, so Cincinnati's on a river and we made our way down to the area that's called the banks.

And when we were down there, it was so overstimulating that my husband wasn't having fun anymore. And we were both like, okay, this is supposed to be a fun date night. We're supposed to be enjoying this. There are so many people. They had streets blocked off and it was just people completely filling the whole span of the street as well as the whole street, [00:14:00] as far as you can see. I mean, it's just so many people, but there was so much noise. So going back to this external, I think we're constantly bombarded with noise. And sometimes we don't even realize how much we're being bombarded with. My husband figured it out pretty quickly. He was shutting down. He just needed to be done. Um, and so we went to the car. Um, but I think that's a great example.

I was amazed. Actually, I'm going to tell you one more thing from that night. I was amazed at, there were some groups of people kind of traveling together to, to take it all in. And they were carrying with them a portable speaker with their own music. So they were adding to what was already in existence in the city, right?

Like adding their own soundtrack over and above. Yeah, so I think what's interesting is some people are going to be more aware than the external noise we face than others. And I think it's really important to [00:15:00] pause and think on what are the things that I'm absorbing. At the same time, and this is back to my own wiring for me, then what I'm taking in translates into internal noise. And there are messages and beliefs and lies, honestly, that are spiking in reaction to a lot of the stuff that's coming at us. And that's the stuff that I battle.

So that was a really long answer to get to this part. That's the stuff that I know for me, I am going to have to be intentional about pressing into and quieting so that I can be, um, undistracted in the places that I'm called. And that actually makes me think of, in the Gospel of Luke, a passage of scripture that I just was kind of knee deep into. I was speaking on this [00:16:00] topic of perfectionism and the lies that we believe a lot of times they can be because of cultural, um,

expectations, or it can be things that we place upon ourselves. But we have, we carry these beliefs of needing to be perfect. And I was looking at in Luke chapter 10, the account of when Jesus encountered Mary and Martha and Martha invited him to her home. And in that passage, we learn, I think it's Luke 10:38 to 42 ish where Martha's like, Hey, come on over. And she's, you know, I mean, bold enough to invite him, which means that she's comfortable with him. They have a good relationship. It's not Lazarus inviting. It's Martha.

Julie Lefebure: Yeah.

Marnie Hammer: Then the next verse we see that Mary is sitting at [00:17:00] Jesus feet. And I think that's a great visual for undistracted, right?

And then, this is my favorite, Martha comes in and I mean, it's Jesus teaching, right? Jesus is sitting there and she interrupts him and she's like, dude, Mary's sitting here and she's just completely ignoring all of the things I'm doing over here. And so she's asking for help. And what I think is so interesting in that passage is right before she decides to interrupt Jesus the NLT version says that Martha was distracted with much serving. And that comes to mind for me, right? Like that is something that probably every single one of us, every woman who's listening to this podcast. [00:18:00] We can easily be distracted with much serving. All of the things that we need to get done. And then also we can be distracted by the noise that we're facing and the noise that we're carrying. The things that we may not even recognize we're paying attention to, the thoughts that are coming. So, all of that to say, long answer to your question.

Julie Lefebure: Love it.

Marnie Hammer: Because I know that of me. Because I can be distracted by the noise, especially internally, I have to be super intentional about seeking Jesus and letting Jesus voice be louder. I have to be intentional to sit with Him. For me now in this season it's in the morning and that carries me through. And hearing Him, reading His words, making space for Him to speak [00:19:00] into my day, then allows His voice to be the louder one so that I can be in the moment I'm in. That I'm not going to be distracted by what's going on in my brain. I remember when my son was really little, my youngest, he's the one who would get frustrated visibly if my phone was between us. Right. And so. I think that that visual is a really good example of choosing the moment we're in. And that is informed by what voices we're listening to. If my phone is more important than my son or if I've sat with Jesus and I recognize what truly matters, oh, right now matters. Look at that.

Julie Lefebure: Oh you are so spot on. And how, you know, as you're, as you're talking, I'm thinking about the season of the year that we're currently in. And we need to now more [00:20:00] be to be even more intentional about

Marnie Hammer: Right.

Julie Lefebure: Spending time and being with Him and, you know, making every moment with Him matter so we can also pour out then into others lives. Yeah.

Marnie Hammer: And I think we're also really tempted if we want to go back to that idea of perfectionism, we're really tempted to want our holidays to be perfect, right? We're really drawn to the perfect table, or at least I am, right? Like I want, you know, the perfect everything. And, you know, I don't pay as much attention to the grocery store tabloids anymore because I'm doing either self checkout or click list, but

Julie Lefebure: yeah.

Marnie Hammer: that came to mind. You know, like you're seeing all things, um, out in the wild that make us feel like we have to have the perfect, everything. The Target ads for the new tablecloth and the new blah, blah, blah. And I'm like, do I need those things? [00:21:00] Because I want it to be perfect. Yeah. But what truly matters and what voices are we going to listen to that can really keep us in line and in balance, to have a more, relational holiday, right? Instead of getting caught in our to do list.

Julie Lefebure: Yeah. Can you encourage us a little bit more in all of that? This is the week of Thanksgiving and, you know, it's going to be here in a couple days. And then right into Christmas. And, you know, pretty soon if, yeah, if we don't pause now, it's easy just to, to miss everything. Miss, miss the holidays altogether because we were distracted.

So what are some ways that you could encourage us in that, in that spending of the time with the Lord and, you know, all of that?

Marnie Hammer: So I actually, I'm going to share with you, this is my, my own, like, oh, uh, oh right. Like, okay. So yes, here we go. Thanksgiving and I have family coming, which I'm so [00:22:00] excited. And then in December, the first week of December, my husband and I have a work trip spouses were invited. So we're going out of town, so excited.

Julie Lefebure: Yeah.

Marnie Hammer: And then my middle son has a birthday and then he has a soccer tournament that we're going out of town again before Christmas, right? Like I'm like, okay, like realizing that I need to protect the time I spend with Jesus so that I can be filled with His words, with His truth, with what matters with staying in the moment for what this season truly is about. Because all of those things I just said to you aren't Christmas. They're nothing, right? Like trip, birthday, trip. Yeah. These are not Christmas things. And I could, I think pretty easily miss some of the magic that comes with celebrating Jesus birth.

Julie Lefebure: [00:23:00] Yeah. Mm hmm.

Marnie Hammer: So I will tell you what I'm planning to do. And, um, this is, this is, yeah, very practical. We're going to get super practical.

Um, I'm actually going to look at my calendar. So I also know if I don't spend time with Jesus in the morning, the days get away. Especially with all of the extra things we'll be adding to our list. And so what I'm planning to do is. I'm praying every day that I can sit with Him in the morning, but I'm also going to look at my calendar and I'm going to look for some spaces where for me, one of my favorite places to be with Jesus is the woods.

And I am going to hold space to go to a specific trail with my dog and just pray and listen and be with Him. And I know if I don't put those on the calendar now here, where we sit looking into [00:24:00] December, then I, those, those opportunities will escape. They'll get away. And so that's one practical way. It's almost like making an appointment.

I mean, really it is, it is appointment, right? Like just like I would make a dentist appointment and I will show up at the dentist. This is that. This is okay I'm going to go to the woods or I'm going to walk in my neighborhood and I am not going to listen to anything. I'm going to talk to Jesus at that time.

And so yes, I

Julie Lefebure: Super helpful. Yeah. And you created for us for,

Marnie Hammer: I did.

Julie Lefebure: I would love to hear what you, cause we, we talked about this. You've sent this to me and I can't wait to open it myself cause I haven't done it yet. But tell us what the tool that you've given us.

Marnie Hammer: Yeah, this is specifically for the holidays, and I'm really excited about it. It is a guide. It is called Four Steps to Finding a Silent [00:25:00] Night. And it is practical, easy, simple steps so that you can create quiet, that you can find a pocket of quiet. And then the guide also walks you through how to prepare for and then step into time with Jesus to listen for Him.

Julie Lefebure: Sounds like what I need.

Marnie Hammer: I'm excited for people to get it. Yeah.

Julie Lefebure: Yeah. So that will be, I'll put the link that's on your website, right?

Marnie Hammer: I will send you a special link to put in the shownotes.

Julie Lefebure: Perfect. Wonderful. Yeah. I'm so glad that you're thinking of this now because sometimes we might get to like December 15th and think, oh, wait. I mean, I should probably start thinking about how I'm going to celebrate Jesus's birthday in 10 days. Because we've been, you know, so focused on all of the other things that I'm really glad that you're intentionally pointing us in that direction today. Thank you for that.

Yeah. So tell [00:26:00] us a little bit more about what God is calling you to do in your ministry and, and just anything that, you're really excited about right now with what, what God's doing in your life. And then I have one fun question too, that I always like to ask.

Marnie Hammer: Okay.

Julie Lefebure: Yeah.

Marnie Hammer: So, okay. So full disclosure, we, we did this before today and I didn't have this answer. But I have a different answer for you now. Um,

Julie Lefebure: I'm, I'm, I love your, all of your answers. So

Marnie Hammer: So we didn't talk about before, but I think we need to. So something that the Lord put on my heart, um, I don't know, was it in 2020? Was to create a series where I invited women to share their own stories of listening for Jesus and how they listen for him in their every day. And that was called the Hear Him Louder series.

And did you notice I used past tense on that? Um, So that was a beautiful series. More than 80 women [00:27:00] were part of that series. And it was a joy to share their stories because every single story showed not only this, you know, this, um, need for Jesus and this need to hear Him, but also the many creative ways in which He communicates with us from the word to, um, through prayer, through divinely appointed circumstances. You know, there's just so many different ways through words from people. And I love the breadth that it captures God's character through the creativity of these stories. And so that is something that I just hold near and dear to my heart. I love the series,

Julie Lefebure: Yeah.

Marnie Hammer: The series.

Julie Lefebure: So good.

Marnie Hammer: And so that actually was, it ended in May because that series is now becoming a podcast, which

Julie Lefebure: Yay.

Marnie Hammer: has not yet launched. So stay [00:28:00] tuned. But I'm really excited because it's interesting you know, we're talking about listening for Jesus and we're going to do that by listening to others stories of listening for Jesus.

And isn't that the coolest thing.

Julie Lefebure: It's so cool.

Marnie Hammer: I'm really excited about it.

Julie Lefebure: Oh yeah. It's going to be so good. I can't wait. And I will definitely share it once it comes out. You better believe I will. Yeah. , Are you going to put all these stories in maybe book form?

Marnie Hammer: I hope to. I hope to. I really want to do that. Because I mean, wouldn't it be so neat in one place, you know, more than, and I don't know, you know, how many would be the right number if all of them would be in there, that would be amazing. But to see story after story after story of how He still speaks to us it's just encouraging, especially for those times when you're longing to hear Him. You're not sure you are. You read this and know He still speaks.
[00:29:00] Yes.

Julie Lefebure: Yes. That is such a wonderful. I, I'm really excited for that too. I just, I really hope that that's in the works. I'll be praying for you for that.

Marnie Hammer: Thank you. I appreciate that.

Julie Lefebure: So I love to ask this question. It's kind of an off the wall question, but it kind of gets to a little deeper kind of, kind of a intention. But the one question that hasn't been asked of you yet regarding what God has done in your life. But you would love to answer. What would that be?

Marnie Hammer: I mean, what comes to mind is that chapter of the knee brace, which we talked about. So I'm trying to figure out how to wrap it up for you. Oh, so my knee saga, um, started with a torn meniscus in 2014. I tore my meniscus during a half marathon. Um, I got the medal. I did finish. I did. I'm
[00:30:00] so glad

Julie Lefebure: Is it displaying somewhere in your house?

Marnie Hammer: it is. It's in my office. I also went to Disney , cause it was a Disney princess half marathon. And my family went to the parks afterwards. And so I was in a wheelchair. I wore my medal. I totally did. And my favorite thing is that I ran into another woman in a wheelchair who also was wearing her medal.

Julie Lefebure: I love it.

Marnie Hammer: That was in EPCOT and that was really lovely. So my knee saga began with a torn meniscus. I had surgery where they partially removed the meniscus because it was in an area that would not be, it would not heal on its own and it was just going to keep causing pain. And so then I was pain free until 2021. Right before the writers conference, it had started in March of that year to hurt again.

And what was happening was that [00:31:00] I was bone on bone because the meniscus was partially removed. But that wasn't the pain. I mean, yes, that hurt. Well, that was part of it. But it was that there were cysts developing in the bone that that was below the lower part of that joint and the cysts are really, really painful.

And so after I met you and I was filled with hope that this giant bionic knee brace would take care of what was happening, but that was not the case. Um, instead, what would happen is, um, that I would have to have a partial knee replacement because the cysts were actually growing. And so in January of 22, I had a partial knee replacement.

And so from the time it started to hurt to the time when I was, you know, fairly far along in my physical therapy journey and recovering it was a full [00:32:00] year of not being able to go take walks. I actually had to send my kids in for milk and bread. I couldn't walk in the grocery store that far to go to the milk and bread. And in that time, I fully admit there was a lot of whining. There was a lot of complaining. Um, I was probably not much fun to be around. But in that, and this is, I mean, it, it's, still very emotional and I can remember so many moments of meeting with Jesus on the back deck because I hurt. And I hurt not just in my knee, but in my heart. I was so frustrated. And what God did in that season was so much more than me screaming fix my knee. He actually met me so much deeper. [00:33:00] I was in this season of forced stillness. Involuntary, right? I did not want this. I did not ask for this chapter. But I now can say on this other side, because we're a couple years out now, that He met me more powerfully in that time, in that season of forced stillness, because He was ministering to deeper places. Had He just, you know, had, had it just been my knee, we fix it, we move on

I would have missed out on some really significant deep soul healing. He met me far deeper than what my physical pain was asking for. And so I will definitely give Him all the glory for what I would call a harder path. [00:34:00] But I recognize the need for the work He was doing, and I'm thankful for that.

Julie Lefebure: Yeah. That's incredible. I'm so glad you shared that.

Marnie Hammer: Yeah. Can I also add an encouragement though? I do know that there are women who are screaming out right now, right? There are women who are still in the pain. They are really wanting that to relent.

Yeah.

And I would just encourage them to know that He meets us, even if it doesn't feel like that pain's going away, He meets us.

And, He strengthens us and He gives us courage in our soul. One of the lessons I have, you know, if you think about the fruit of the spirit collectively, those are gifts that we receive and they are for [00:35:00] others, to build others up. He gives us strength. Strength is not a fruit of the spirit. He gives us strength for us.

And I think that's I mean, that's truly a gift. And it's promised, it's promised to us that He will strengthen our souls.

Julie Lefebure: Yeah. Beautiful encouragement for us. Yeah. And you know, I think we're kind of all in a way hurting. Whether it's a physical pain or whether it's a, emotional pain or. You know, there's, we all have hurts and we can just stand in that truth. Thank you for that. Yeah. I can tell that that's still emotional for you today.

Marnie Hammer: It is. It is.

Julie Lefebure: Yeah. I mean, what if He would have just healed you? Just said, yep. He just, you know, snapped His fingers and you're healed. You would have missed out on all of the, the deep work.

Marnie Hammer: So I have [00:36:00] to tell you, we didn't talk about this the first time.

Okay.

My second knee, my good knee started to do the exact same thing. And my doctor said, you're going to need a second knee replacement. And I went forward at church and they prayed over that knee and it was healed.

Julie Lefebure: Oh wow.

Marnie Hammer: And I have thought so many times about exactly what you just said. I had to go through the first one because He had so much more to heal. And the second one was just a gift. An absolute gift because I know what it would have been. I went through it. And I can appreciate so much more what that healing is because I went through a different kind, a surgical kind of healing. But then also the meeting [00:37:00] of my soul.

Julie Lefebure: Wow, I have goosebumps.

Marnie Hammer: Yeah.

Julie Lefebure: Gosh, thank you for letting us in on that to share that with us today. Wow. I just don't want this conversation to end. I can keep talking, talking with you for a long time. Oh, that's so good. Thank you for sharing that.

Well, Marnie, how can we get in touch with you? If we want to know more about you and find all, find you and where, where do we find you at?

Marnie Hammer: So, um, my website is Marniehammar.com and I'll spell it, but I'll also tell you a little secret. Um, so my last name is H A M M A R, but if you type in E R, it'll redirect you. It'll be fine. You'll get there. And then I'm also, I hang, I hang out on Instagram. And that's just Marnie Hammar @MarnieHammar.

And then I'm also on [00:38:00] Facebook and that is @ Marnie Hammar writer.

Julie Lefebure: Wonderful. I will link all those in the show notes and your, your, um, your tool for us, your, um,

Marnie Hammer: Oh yes. I'm going to call it a Holiday Helper. Yeah.

Julie Lefebure: Thank you. Your Holiday Helper for us.

Marnie Hammer: Yeah. I I'm really excited. I hope that that's a helpful tool. It's yeah practical, but it's going to sit you at the feet of Jesus.

Julie Lefebure: Yeah. Thank you. Thank you. Marnie, thank you so much for your generous heart to extend your time with me today. Cause as I said, this is the second time we've done this today, but thank you for sharing your heart and your encouragement with us today. I'm so glad that you are here. So thank you so much.

Thank you for having me. Truly. It was a joy. [00:39:00]