

Julie Lefebure: [00:00:00] Episode 195 - From Childhood to Now: Real Talk with Karen and Sheila

Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure, your host. Life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here you'll find that along with personal life impacting stories, helpful life hacks, timely inspiration, biblical insight, and a fresh perspective.

The encouragement for Real Life Podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

Welcome to the Encouragement for Real Life podcast today. I am so glad you're here, and I am so excited about this episode. In the last episode of every month, I reserve that, as my guest episode. So I have three episodes each month that are just me. And then the last episode, [00:01:00] I invite a guest to join me and we talk about varied things.

But this year I'm reserving that guest episode spot for people in my life who have either impacted me or influenced me in a positive way. And I am excited about doing this all year. I, I just believe God gave me this idea in January and I have invited people, to come on the last few months that have impacted me, and I'll continue that for the rest of the year.

And so today I not only have one guest joining me on this episode, but I have two. And these two women have greatly impacted my life since fifth grade. They are my friends, Karen and Sheila, and we talk real and raw. And, uh, we, we just love each other's company. We try to spend as much time together as we can, even though one of us lives in Georgia. Two of us live, excuse me, here in Iowa. But we try to, [00:02:00] to hang out when we can and connect when we can. And today was just a, a complete joy for my heart.

Uh, if you are watching on video, you will, um, you'll have fun looking at something that Sheila shows. I'll just say that. But if you're listening on audio, that's fine too. You'll just be able to kind of picture it in your mind. But we laugh in this episode. We cry in this episode. We, uh, just share encouragement with each other. We, just remind ourselves how important it is to have friends like, like each other.

And so I pray that this episode encourages your heart, that you find a nugget or two to apply to your own life, and that God will use it to just spur you on in where He has you right now in your very life, your very real and authentic life.

So without further ado, I'd pray that this just blesses you today. And so let's get into this episode.

[00:03:00]

Julie Lefebure: Well, welcome to the Encouragement for Real Life podcast, and today I have two beautiful guests who I've known since, uh, fifth grade, Sheila Schulte, and Karen Wacker. Karen and Sheila, thanks for joining me today.

Karen Wacker: Welcome.

Sheila Schulte: Delighted to be here.

Julie Lefebure: I'm delighted to have you. All right, so we live in a whole, we live in, well, two of us kind of live close to each other. One of us lives far away. But how about you introduce yourself and just tell, tell us a little bit about your life and who you are, what you do. Anything that's, you just wanna share. The floor is yours.

Sheila Schulte: You want me to go first, Karen? I'm Sheila. And, um my [00:04:00] work life is about international education. I've been working in international education, this is my 30th year. And I currently, work at the University of North Georgia where I run a Center for Global Engagement, which helps students study abroad and international students and scholars come to the University of North Georgia. And I work closely with faculty as well. So I really enjoy my job. I love where I live in Dahlonega, Georgia. , I'm very happily married to a guy named Jimmy, and we have a little rescue dog named Jonathan. That's, that's it in a nutshell, I think.

Julie Lefebure: Love it. Karen, how about you?

Karen Wacker: Well, my name is Karen Wacker again, as Julie said. I live in Walford which is not far. Walford, Iowa which is not far from Julie.

Julie Lefebure: Mm-hmm.

Mm-hmm.

Karen Wacker: Personal life is, I have two grown children [00:05:00] and I have six grandchildren, all boys. The oldest one is 12 and the youngest one is about six weeks. And my work life is, I work at a manufacturing company

called Frontier Co-Op. We're, we manufacture organic herbs and spices where I work in the, procurement department. as a senior buyer. I've been with Frontier for 27 years. And gosh, lots of like hobbies. I like to read and sew and work in my yard and be outside, play with flowers.

Julie Lefebure: Yeah.

Karen Wacker: And travel.

Julie Lefebure: Yeah. You do like to travel. How fun is it that, you know, all these years we've been able to, to stay friends. Sheila, I can't believe you you've been in that field of work for 30 years. And Karen, I can't believe you've been at Frontier for 27.

Karen Wacker: Makes [00:06:00] sense.

Julie Lefebure: To me we should be like 30 and 27. Uh, that should be our age.

Sheila Schulte: Exactly.

Karen Wacker: for sure.

Julie Lefebure: But here we are. So we've known each other since fifth grade. So I would love to know, you know, we've, we've shared so many memories over these years, but what is one memory that you have of our friendship that still just makes you smile? I would love to know that.

Sheila Schulte: You Go ahead, Karen.

Karen Wacker: I don't know that there is only one. This is so hard.

Julie Lefebure: Yeah.

Karen Wacker: There's so many. So many. I think, you know, from our childhood, just sleepovers at each other's houses. And I think, at Julie's house, the caramel corn that your mom made. Like breakfast where they had, I didn't know there was such a thing that you could make your own syrup and it was hot. Like wow. You know?

And then as adults, like when we get together and, you know, travel places or go, just even when you're here, like I wrote [00:07:00] down one when you guys

were here most recently. And we were making dinner in the kitchen and we were having wine or whatever, and we were singing and dancing and it was awesome.

Sheila Schulte: Yeah.

Julie Lefebure: Uh yeah, that I just relived that night. That was so fun.

Sheila Schulte: Yeah. We were just being silly. Yeah. Yeah.

Julie Lefebure: We were. And then we ended up doing some yoga stretch moves in your, in your bed bedroom. Or spare bedroom. It was, it was fun. I love our times together.

Sheila Schulte: We're just light with one another. Right. It's, it's good. Yeah.

Julie Lefebure: Yeah

Sheila Schulte: So I was looking for some photos of us

Julie Lefebure: yeah.

Sheila Schulte: And um, went back into an old photo album. And I didn't find photos of the three of us together for whatever reason. Lots of group photos, but not, I couldn't just easily find one of the three of us. But I did find, look at this.[00:08:00]

Julie Lefebure: Oh my. Oh my goodness. I'm snorting. So if you're on video, you're seeing Sheila holding up a photo of me from sixth grade. Sixth grade, fifth grade,

Sheila Schulte: I think it's fifth grade. And this is what, this is why I chose this one. Because as I, I, you know, you have to like peel it off of the, 'cause it was since been in a photo album since fifth grade. This is what it says on the back, which cracked

Julie Lefebure: Oh no.

Sheila Schulte: me up. So let's just look at that smile for a minute. Okay. This is what it says.

Julie Lefebure: With braces.

Sheila Schulte: To a super friend who I always liked a lot. If your humor up, some of us need it around here. Good luck in the future and good and good luck with your teeth.

Julie Lefebure: Oh my.[00:09:00]

Sheila Schulte: Just like watch your oral hygiene lady. Okay. Good luck with your teeth. It was fantastic.

Julie Lefebure: So fan. Okay, wait a minute though. think I probably said that because maybe I had my braces before you did.

Sheila Schulte: Exactly.

Karen Wacker: Yes.

Julie Lefebure: Could that be it?

Sheila Schulte: And we had the same orthodontist. So you were looking out for me. But it was just very funny. Good luck with your teeth.

Julie Lefebure: Oh.

Sheila Schulte: That's my advice. You were inspirational even then, Julie

Julie Lefebure: Oh my goodness. I have tears.

Sheila Schulte: And then here's somebody.

Karen Wacker: Oh boy.

Sheila Schulte: How, is this 5th grade for you?

Julie Lefebure: Oh my goodness.

Karen Wacker: Hold it a little closer to the camera for my old eyes. Oh, I think that's

Julie Lefebure: If you're online, Sheila is now holding up a picture of Karen.

Karen Wacker: I think that's more like

Julie Lefebure: great.

Karen Wacker: eighth grade or something, don't you think?

Julie Lefebure: [00:10:00] Wow.

Sheila Schulte: I can't, I don't know. It's not dated.

Karen Wacker: I think it's like,

Sheila Schulte: And, and so she's in this lovely pink Yes. Um, very precious pink sweater. And on

Karen Wacker: First,

Sheila Schulte: the back, what's that? What's that dear?

Karen Wacker: thought you said ugly.

Sheila Schulte: It says to a great friend who is always cracking great jokes but is serious too. Keep your chin up. I was like, you guys.

Karen Wacker: What exactly did we have to worry about in fifth grade or sixth grade or whatever?

Sheila Schulte: It is just very funny to me. Good luck with your teeth. Keep your chin up.

Julie Lefebure: Oh my goodness. I did not expect this. This is so funny. Oh.

Sheila Schulte: We were so wise, weren't we?

Julie Lefebure: We [00:11:00] were.

Sheila Schulte: Yeah.

Julie Lefebure: Yeah, we had,

Sheila Schulte: So I also remember sleepovers and just I think we're, I think we enjoy, um just being light with one another, which is great. And we have had very serious conversations as well. Uh, but um, but I do think we , try to have fun together. Because we were, we were just, we were kids, right? So we're used to being light with one another and trying to make each other laugh.

Julie Lefebure: Right. Yeah. And obviously we, we do that, well. We make each other laugh well. But you know how many people can say that they have friends since fifth grade and that they still stay in touch with them and that they still travel with them and, you know, and go visit each other when we don't live in the same area. And, you know, that's pretty, that's pretty profound, I think. That's pretty special.

Sheila Schulte: And especially since we do it without thinking about it.

Julie Lefebure: Yeah, true.

Sheila Schulte: Right. There's no, [00:12:00] like, um, we made an agreement or something. Do you know what I mean? We just enjoy each other. That's the part that I think is nice is that it's not a obligation or a it, it's just, it happens because we enjoy each other.

Julie Lefebure: Yeah. Mm-hmm. It's not work, and we just pick right back up right where we left off last time. Yeah,

Karen Wacker: Absolutely.

Julie Lefebure: Yeah. That's, I love those, those thoughts. And you know, I, I was thinking about fifth grade earlier and about how, I don't know how we started this, but, you know, we would get married to the, to the fellows, to the guys in fifth grade on recess. You know, I'm like, where'd that come from? But just those fun memories of

Sheila Schulte: Yeah.

Julie Lefebure: silly things we did back then and, you know, still some fun things that we do today that's, yeah. Has nothing to do with fifth grade, but just builds on all of these years of friendship.

Sheila Schulte: Oh, for sure.

Julie Lefebure: Mm-hmm. Yeah. So, um, our theme on the [00:13:00] podcast this month has been, um spring cleaning for the soul. And I would love to just pick your brains a little bit. Is there an area of your life that you're maybe doing some kind of spring cleaning or refreshing in, or just maybe a new mindset in this season? Anything, there in your life that you would like to maybe offer as an op op what you're doing that may help someone else too.

Sheila Schulte: Go ahead, Karen.

Karen Wacker: You know, I think for myself, it's just always, in my mind that, you know, just kind of to remember to let the hurt and the, you know, resentment and all of that from the past, just let that go and continue to be positive and move forward. You know, I tend to err on that side of pessimistic and you know, not very nice self-talk, so I need to always be [00:14:00] mindful of that.

Julie Lefebure: Mm-hmm.

Karen Wacker: try to do those things that then will bring joy and just give myself some grace.

Julie Lefebure: Yeah. Yeah, I think that's a, a thing for a lot of women, you know, that we maybe not, don't talk to ourselves, the nicest. And we, we have to learn how to give ourselves grace. 'Cause we're too, we're really hard on ourselves.

Karen Wacker: Mm-hmm.

Julie Lefebure: Yeah. Mm-hmm. Thanks, Karen.

Sheila Schulte: And I think for me it's about like the reaction. Sorry, I think I'm gonna cry.

Julie Lefebure: No, it's okay. It's okay.

Sheila Schulte: That's interesting.

Julie Lefebure: Yeah. Yeah.

Sheila Schulte: So I think for me it is about sort of what Karen's saying of not always having thinking negatively. But it's not so much for me about thinking [00:15:00] negatively. It's about when something happens.

Julie Lefebure: Mm-hmm.

Sheila Schulte: That I have a new reaction instead of the same reaction, right? Like I, I don't react in a negative way or in a frustrated way,

Julie Lefebure: Mm-hmm. Yeah.

Sheila Schulte: If that makes sense. So if

Julie Lefebure: Yeah.

Sheila Schulte: 'Cause um, I very well know that it's my approach that's gonna make the difference in the situation. The situation isn't gonna change. It's my approach to it.

Julie Lefebure: Mm-hmm.

Sheila Schulte: So what stops me from taking that different approach? Right? Um,

Julie Lefebure: Mm-hmm.

Sheila Schulte: And sometimes it's just, for me, it's about the reaction to it without really just taking a minute.

Julie Lefebure: Yeah.[00:16:00]

Sheila Schulte: And thinking about it and not having to react in the moment.

Julie Lefebure: Mm-hmm. Yeah.

Sheila Schulte: And it's a really simple thing,

Julie Lefebure: Mm-hmm.

Sheila Schulte: but it's been really profound for me.

Julie Lefebure: Yeah.

Sheila Schulte: And I would say this spring, but also just in the last, um, you know, I live my life by academic years working at the university and this academic year for sure um, I think that I have, I learned a lot about maybe the difference between being efficient versus effective.

Julie Lefebure: Mm. Mm-hmm.

Sheila Schulte: And that's good stuff. It's good to know that one can still learn and understand [00:17:00] how to be more effective. So yeah, that's, that's the the, the gist of what I've been trying to think about.

Julie Lefebure: Yeah.

Karen Wacker: I think that makes total sense with the way you live your life with at your job and at your level, right? I mean, you have to make decisions. You have to, it's a quick, I mean, it's a quick thing. I mean, you can't deliberate on some of those things. You have to make a decision in the moment, and I think

Sheila Schulte: Yeah.

Karen Wacker: It seems very natural that that would be the way.

Sheila Schulte: Yeah.

Karen Wacker: Yeah.

Julie Lefebure: And I've found too that oftentimes our reactions are out of habit.

Sheila Schulte: Oh yeah.

Julie Lefebure: you know, and then trying to change our reaction is actually breaking that habit. And that's hard.

Karen Wacker: yeah.

yeah.

Julie Lefebure: Especially you know, maybe not for a 20-year-old. But it is at our age when we've done something, you know, over and over and over again. It just [00:18:00] continues to, it's a hard thing to change your behavior.

Sheila Schulte: And I think what used to work doesn't work anymore. Because the situation has changed and you know, so,

Julie Lefebure: Yeah.

So

Sheila Schulte: my needing to also make the change, right?

Julie Lefebure: Yeah. So how are you doing that, Sheila? How are you changing? So if someone else is kind of walking through something similar, what would you say to them?

Sheila Schulte: Yeah. I think it's, um about even when I know the answer or even when I need to have a quick answer, or even when it's a high stakes decision, is to still allow the person who's looking for my guidance to actually answer the question themselves. Not in an annoying [00:19:00] fashion, but ask a bunch of questions back, right? They're asking me for the answer, but actually they probably know the answer. And this is, I'm making this sound a lot simpler than it is in the moment, if that makes sense.

Julie Lefebure: Sure. Yeah.

Sheila Schulte: but that builds trust. So it's a deeper sense of listening and it's, um, listening for understanding, and seeking to understand rather than just answering

Julie Lefebure: mm-hmm.

Sheila Schulte: And , and moving on to the stack of other things that have to be done.

Julie Lefebure: Yeah.

Sheila Schulte: So it takes time. Uh, you know, I think, uh, one has to give themselves a break about, uh, knowing that it takes time. But that, but that is a more effective, that growing that relationship [00:20:00] means I'm more

effective, even though I'm less efficient. And long term that is, I think that's, for me in my situation, that is, uh, that's a good approach right now.

Julie Lefebure: Yeah. Mm-hmm.

Karen Wacker: Yeah.

Julie Lefebure: Yeah.

Such wisdom in that.

Karen Wacker: Mm-hmm.

Julie Lefebure: Mm-hmm.

Sheila Schulte: Yeah.

Julie Lefebure: Yeah. Thank you both for sharing that. And I think we are going at a different we all have different seasons in life, and I think it's just good every now and then just to do a little spring cleaning for our souls. I'm like, okay, you know, maybe what hasn't worked, what has worked in the past isn't working now and we need to do something about that. So I appreciate how both of you shared that.

Um, what helps you release something that's no longer serving you in your life? Whether it's maybe something emotionally, mentally, spiritually? What helps you release these things? If there's anything that you've walked through, and maybe you can, maybe it's on the same subject of what you've just said either one of you shared. [00:21:00] Thoughts might help someone else.

Karen Wacker: You know, I think just trying to go back to the things that bring me joy, right? So if I can just get out of my own head, and if it's nice outside I can just go out and even just walk around in my yard. Or, if I can pull some weeds and, do that kind of thing, that's very therapeutic for me. Um, if it's not such great weather, you know, I can sometimes just, uh, read. Sometimes I'll, read some in the Bible or sometimes it's just, I just pick up my book that I'm always reading, you know, my good fiction or whatever, and just kind of lose myself in that book to then not dwell.

Julie Lefebure: Yeah. Mm-hmm.

Sheila Schulte: And I would agree, Karen. I mean I, for me it is the release is getting out in nature, or moving, [00:22:00] right? Not just staying in the place, but like physically moving in order to get out of the mental space you're in. So, doing some yoga, um, hiking, gardening. And also just in that, while doing that, just, you know, actively saying to myself like, let that go. Right. Just like let it go. Um. Because it doesn't, whatever you're holding onto that doesn't serve you, it's, it's not gonna help you. Right. So it's trying to let it go.

Julie Lefebure: Yeah, you're right. Mm-hmm. said than done, though. We know.

Sheila Schulte: Yes.

Julie Lefebure: Yes. Yeah. So kind of on that subject of speaking to ourselves, what, what are the voices that, um, the voices that we listen to or the self-talk that we try to, that we tune into? Which [00:23:00] ones do you try to listen to and which ones do you shut out? In your own personal life. And maybe this could be a struggle for us. You know, Karen, you had mentioned that about self-talk earlier. But, what voices are helpful and what are hurtful in your life? Put it that way, maybe.

Karen Wacker: Um, you know, again, I just try to when I know that that negative is coming, I just try to think about something else. Or, or more importantly, um, maybe just letting myself feel what it is that I need to feel. You know, my therapist, whom I love is, just like, it's okay. Just you need, you can feel it. It's fine, you know, for a minute. And then move on and let that go. So

Julie Lefebure: Yeah.

Karen Wacker: it's that same, same kind of thing, right? Like just it's okay to feel it and acknowledge it and then try [00:24:00] to move on and tell yourself. And also, you know, if I talk to, to you and my friends, that's, that's super helpful. Or if I try to think of myself that if you were telling me something, how I would respond to you and I would

Julie Lefebure: Yeah.

Karen Wacker: be much more kind or understanding.

Julie Lefebure: Yeah. That's helpful. Mm-hmm.

Sheila Schulte: I I often think about, yeah, the why of it a little bit. Like if I am approaching something negatively, just even small things, right? Like if, if, you know, if I take gardening for an example, and today this bed needs to be mulched because I have the free time and because the weather is right and it's time to do that. You know, why do I see that as a chore? That's not a chore. That's my hobby, right? So just why am I so [00:25:00] concerned about the time of it and the, it's just so, it's interesting, right? Like that's my hobby. I actually enjoy this. So stop. I guess I gotta go do that thing now.

Julie Lefebure: The thing that you enjoy even though you're

Sheila Schulte: Exactly.

Julie Lefebure: uhuh.

Sheila Schulte: Yeah,

Julie Lefebure: Yeah.

Sheila Schulte: It's silly. And I, I can get into that routine a lot. To make things a chore that aren't a chore.

Julie Lefebure: Yeah. Mm-hmm.

Sheila Schulte: Um, so just like it's not hard to enjoy most of life if we approach it from, do I have to? You know, like this whole, do I have to, or am I allowed, is it a privilege?

Julie Lefebure: Yeah. Mm-hmm. Yeah, and I, I tend to find that even the things that I enjoy, I have this tendency to wanna rush through it. Because I gotta get it done. I gotta do it. I got, you know, [00:26:00] Like even on the treadmill. Even though I like walking, if it's not nice outside here yet in Iowa, you know, some days it's not, but I'll get on the treadmill and it's like, okay, I gotta get this half hour done. Like, no, I mean, I enjoy this, why am I needing to rush through this? So, same kind of thing. It's just we, we don't need to rush through life. Again it's a have to versus I, I get to, I guess.

Sheila Schulte: Mm-hmm. Mm-hmm.

Julie Lefebure: Yeah, you're right. Mm-hmm. So on, on that a little farther, how, can we help somebody else maybe that's struggling with the self-talk or the, the negative voices in their heads. You know, we could go outside and we

can do, all of those things. But what if they can't do that? What if they can't get outside? What if they can't do the things that, um, maybe the weather's not right, or maybe what are some other options that we could maybe talk about to, to help someone else who is in that space that's [00:27:00] really struggling with her self-talk and that she's not valuable or worthy or loved or. 'Cause I, I, I guess the reason why this is so in my heart, I talked at a conference yesterday and I met so many women that just are talking terrible things about themselves, and it just breaks my heart. And they don't even realize that they're doing it. So what would be some things that we could help someone, maybe help in their self-talk to, to just see themselves as God made them, not as who they think they are? Any thoughts that?

Sheila Schulte: I mean, I think the, the idea of either pausing or even at night whenever you wanna do it, of taking either time to think about it or actually to write down

Julie Lefebure: Yeah.

Sheila Schulte: the positive things.

Julie Lefebure: Yeah, yeah,

Sheila Schulte: Because there is something, there's always something positive, right? The sun is out. Or traffic wasn't bad today. Or I [00:28:00] packed myself a ham and cheese. I love ham and cheese sandwiches. I mean, there's something positive, right? That you can, that you can kind of replace it with. And, and I think we focus on the negative and we don't focus on the positive. Uh,

Julie Lefebure: Yes.

Sheila Schulte: Which is for lots of reasons I think that happens. But there is actually a lot positive happening, right? And we just need to remember it.

Julie Lefebure: Yeah. Good ideas.

Karen Wacker: Changing that perspective, you know, that's what it's what she was saying, I think, changing that perspective. And one of those things sometimes I think about is, um, that I've kind of learned in therapy and taking classes after my divorce and that is like, you know what? It's okay to say no to something, right? It's okay to want to do what you want to do. And I think that's something that's kind of freed me some is that I've always felt like if someone asks me or something happens that [00:29:00] I, I have to do it because I'll some

way, uh, hurt, hurt them or something will negative or whatever. And I kind of learned to be like, it's okay to say, you know what, be kind of course. But you know, I think I'll pass on that. So that then I don't end up then feeling angry at myself later for doing something I really didn't wanna do and just do that for that person or something. So just, I don't know, I guess just kind of changing your perspective and knowing that it's okay

Julie Lefebure: yeah.

Karen Wacker: to able to take care of yourself.

Julie Lefebure: Yeah.

Karen Wacker: Not live your life for everyone else all the time.

Julie Lefebure: Mm-hmm. Yeah. Yeah, that's true. Taking care of ourselves in that way is very important. Mm-hmm. Yeah. Thank you. Thank you both for that.

How [00:30:00] about, um, if you could go back, this is kind of fun, just to think back. If you could go back and, um, tell your younger self one piece of encouragement or one piece of advice. Anything that you've learned along the way that you would like to just tell your younger self, what would, what would you say to her?

Karen Wacker: Don't do it. Whatever that might be. Um

Julie Lefebure: Don't do it.

Karen Wacker: I did write something down. I was just like, I think it's, um, you know, don't rush to make a decision. And take your time. You know, like what our parents told us. Haste, make haste makes waste. And what my lovely friend Julie always says, and my counselor, you don't have to know the answer today. You don't have to figure it all out today. And I think that's so, in our jobs or our life or, you know, [00:31:00] whatever it is, we have to, maybe I feel like I need to make that decision to move on, or something like that. We, we've gotta do that as a mom and as a woman and all of these things. And then later I feel like, gosh, I don't know that I made the best choice. Right? And then I beat myself up over that all the time because I didn't make that best choice. Well,

you know, if I'd have just relaxed, take a breath, I think that would've been very helpful.

Julie Lefebure: Yeah. Mm-hmm.

Sheila Schulte: That's good stuff, Karen.

Julie Lefebure: Yeah, I could relate to that. Mm-hmm. Yep.

Sheila Schulte: And I think for me, I, I, um, I would tell my younger self, I worried about a lot of stuff that I didn't need to worry about. So just trust yourself as well. Right? And, you know, worry can be about, um, will I be successful? Will they like me? You know, all of that stuff, right? [00:32:00] That, that I worried about, things I didn't really need to worry about. It worked itself out.

Julie Lefebure: Yeah, yeah. What's that saying? That, I don't know, 80% of what we worry about will never happen. It's probably higher than that, but

Sheila Schulte: Mm-hmm.

Julie Lefebure: you know. Yeah, yeah. It's so true though. We worry about things that won't even happen. Yeah,

Sheila Schulte: it's just a waste of time.

Julie Lefebure: It is. And it drains our energy. When we let, allows us to be less productive. All of those kind of things.

Sheila Schulte: Yep.

Julie Lefebure: Yeah. Mm-hmm.

Karen Wacker: I read a saying once it said, "worrying about something you can't change is like paying interest on money you didn't borrow." Right? Like.

Julie Lefebure: Yeah.

So this has been so fun. So I, um, we'll start wrapping it up here. But I have one more question because I, I know that we can always use some, all of us can use encouragement. But is there one [00:33:00] truth or scripture or quote or

mantra, something that you're just clinging to right now that maybe would encourage someone else today? Either one of you? Yeah, go ahead.

Karen Wacker: I have always had the Serenity Prayer, and in fact, I have a little print of that in my bathroom every morning when I'm in there getting ready. Right. Um, God grant me the serenity to accept the things I cannot change. Courage to change the things I can and the wisdom to know the difference. And that for me is just, that says it all for me.

And I was just thinking when I was preparing for this, that my dad used to have a medallion or a, you know pendant, whatever it was,

Julie Lefebure: Yeah.

Karen Wacker: that had that on it. And how I just happen to remember that. And I wish I knew what happened to it, but I, I don't. And then the only other one I wanted to say is from Philippians four, and it's, um, "Do not be anxious about anything, but in every situation, by prayer petition, with [00:34:00] thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your mind in Christ Jesus." That is just, I mean, I have a lot of favorites, right? But, that I think is my most favorite,

Julie Lefebure: Yeah. That's so encouraging. Mm-hmm. Don't be anxious about anything. Yeah. Thanks for sharing that. Yeah. I wish you had that little pendant or medallion of your dad's.

Karen Wacker: Yeah.

Julie Lefebure: Hmm. Yeah. Sheila, how about you?

Sheila Schulte: Yeah, I think my mantra is, um, this season has just been one word and that one word that I just try to focus on is the word peace. And that's been very helpful for me. So, yeah, sometimes, um using one word can be very helpful. Just coming back to that word.

Julie Lefebure: Yeah.

Sheila Schulte: so yeah, that's, that's what's working for me.

Julie Lefebure: That's great. [00:35:00] Yeah. Yeah. It doesn't have to be complicated. It can just be one word.

Sheila Schulte: Mm-hmm. Easy to repeat in your mind as you're

Julie Lefebure: Yeah

Sheila Schulte: like, okay. Just,

Karen Wacker: Exactly.

Sheila Schulte: Going to sleep or frustrated or whatever. Just the one word focus.

Julie Lefebure: Mm-hmm. That is good. Well, thank you so much, both of you, for taking time out of your day today to join me here. And uh, I just appreciate you all, you two so much because not only of all the years of friendship that we've had, but just what rocks, what solid people that you are in my life, and I, I'm forever grateful for both of you.

Karen Wacker: Same.

Sheila Schulte: Same.

Julie Lefebure: Isn't the. Let's get together in person soon. Can we do that?

Sheila Schulte: Sure.

Karen Wacker: Yes. Absolutely.

Julie Lefebure: All right, well, we'll sign off on the podcast for now and, um, thank you all for listening and catch us next time.

Karen Wacker: Thank you.

Sheila Schulte: Thanks.

Julie Lefebure: [00:36:00] Thanks.

Well, wasn't this conversation encouraging? I just pray that it blessed you as much as it blessed me. But I love how we can just be real with each other, and as you can see, we have a ball together.

So what impacted you the most in our conversation today? And is there anything in your life that maybe you're going to add or change?

Well, after we recorded our conversation, Karen and Sheila and I, well we decided to plan our next get together and sounds like it might be a trip sometime this summer or maybe we'll go see Sheila in, in Georgia, or maybe she'll come here. We're not sure what that's gonna look like yet, but at least we're in the beginning of stages of planning a fun girlfriend trip together and I can't wait for that. But I look forward to more time with both Karen and Sheila and having more laughs and shedding more tears and doing all the fun things that we do.
[00:37:00]

But is there something maybe that you can schedule with a friend or two for you to fill your heart and to fill your soul in this season? I pray that you're prompted to do something like that today.

You know, I am grateful for these God-given friendships and I, um. Yeah. I'm just so, so grateful and appreciative that God would care enough to give us friends like we have in our lives. And if you don't have a, a, a real solid friendship with someone, you can start building that today. Start building a friendship with someone today. It doesn't have to be a lifelong friend. Sometimes we have seasonal friends, and sometimes we have lifelong friends. But even just building a friendship with someone today, you could take that step forward, that first step in creating a beautiful relationship with someone that you can trust today. So I, I'm praying that that happens, that you can make that happen today if you're looking for a friendship like that.

So on a different [00:38:00] subject, are you feeling as if you're going through the motions of life and that your daily routines are just bogging you down, or that they're lacking in purpose? Or maybe you're just tired of feeling sick and tired all the time, and you are ready for a life refresh in this season. Maybe you desire to do some spring cleaning for your soul. Well, I am here to help you live the abundant life that you are designed to live. My one-on-one abundant life mentoring is designed to refresh your faith, to renew your mindset, and to embrace the abundant life that you are designed to live. No cheesy stuff, no fluff, just real talk, biblical truth and a helpful guide to help you get what you desire out of this life and what God has for you in this life. So I invite you to check out the link in the show notes. All the details are there, and you can also schedule your free [00:39:00] appointment, your free 20 minute, what I call a connection call, to see if abundant life mentoring is for you. I look forward to working with you one-on-one, just one-on-one, just you and me to help you live the life that, you've always desired to live.

And if you live local to me, well, I invite you to Prairie View Christian Church in Norway, Iowa on Saturday May 3rd from nine to 11:00 AM where I am leading a woman's morning titled She Speaks Life. That is kind of like my, my theme this season. We are going to discover how the words that we speak to ourselves, the words that we think, what we say to ourselves, how they shape the lives that we live. If you're ready to silence that inner critic, that one that just keeps narrating your day, keeps telling you things that you know aren't true, well, come hang out with me for a couple hours that morning. Bring your messy thoughts [00:40:00] because we're cleaning house. It's free to attend and refreshments will be provided.

Friend, thank you for leaving a rating and or review from wherever you're tuning in today and make sure you subscribe so you never miss a new episode. And I invite you to connect with me on social media. Share this with a friend who could use some renewal and encouragement. 'Cause you know we all need that every now and then.

So with this episode, we conclude our spring cleaning for the Soul Series, and I invite you back next week for our brand new series of blooming where you are planted, perfect for the month of May. And can I just say, can you even believe that it's almost May? Anyway, come back for some timely encouragement. The episode will drop next Tuesday, so thank you. Thank you for tuning in today, friend. I am cheering you on. God bless [00:41:00] you.

Thank you so much for joining me here today. You can find more@julielefebure.com and until next time, stay encouraged.