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**Intro:** Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

So, friends, since the holiday season is officially here, listen, my tree has been up for a while but it's official now, I wanted to revisit one of my all-time favorite Girls Night episodes. It's conversation I had a few years back with Carl's mom, my amazing mother-in-law, the one and only Kathy Wilson.

As we speak, I'm just now getting back from a beautiful family Thanksgiving celebration that Kathy put together for 22 people. And so I knew I needed to reshare this conversation because truly she is the hostess with the mostess.

Now, here's what you need to know about Kathy before we dive in. She basically invented Pinterest. Okay, that's not true, but it feels like it. She has this incredible style, impeccable taste, and almost everything I know about style and design, home decor, hosting, and more. I learn from her.

In today's episode, she's going to be sharing with us how to make our house feel like home with a nurturing and inviting ambiance. We're going to talk about how to decorate our homes without breaking our budgets, how to make our homes feel warm and inviting for guests, actually doable tricks to being a great hostess, how to make friends today that will still be friends within 30 years, and more.

She is one of my favorite people in the world. She's so wise. So wonderful. I have learned so much from her over the last 10 years. And I cannot wait for you to get to meet her.

But before we dive in, there's a resource I wanted to share with you. And it's called *The Between Places: 100 Days to Trusting God When You Don't Know What's Next*. And here's the thing. We all find ourselves in-between places throughout our lives, especially these days, right?

Maybe you're waiting for something, longing for something or working for something but it just hasn't happened yet. Maybe you know where you want to go, but you have no clue how to get there. Or maybe you know you're not where you

want to be in life, but you don't know exactly what needs to change or how to change it, and you don't know how to figure any of that out.

Maybe you're trying to make a big decision and you have no idea which options to choose. Or maybe you're feeling like the whole world has turned upside down in the last few years, taking your life, your plans, and any sense of security right along with it. And in all of it, you're trying to trust God with the future but you're just not sure how to practically do that and how to quiet the fear and anxiety all this uncertainty has brought up in your heart. That's what *The Between Places* is here for.

Through 100 guided prayer prompts, *The Between Places* will help you trust God with the trickiest, most uncertain, and most important parts of your life. It'll help you believe more fully than ever, that God is good, that He loves you, and that he's taking care of you. We'll help you live today with more contentment, step into the future with more courage and faith and rest in God's peace knowing that He is with you every step of the way.

To pick up a copy, just head to my website. It's [stephaniemaywilson.com](http://stephaniemaywilson.com). Again, that's [stephaniemaywilson.com](http://stephaniemaywilson.com). And that link will also be in our show notes.

Okay, you guys ready? Let's jump into my episode with Kathy.

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**Stephanie:** Okay, friends, I'm so excited for who we have on the show today. This is unprecedented, I feel like, and I've been so excited for this for a really long time. Today on the podcast we have my mother-in-law, Kathy Wilson. Kathy, thank you for being here.

**Kathy:** My pleasure, Steph.

**Stephanie:** I feel like we have to be honest about that, though. Kath, I've been asking you for like we'll be generous and say three months but I think there's a possibility it's been like six. We have to really, really talk you into being here. Not because you didn't want to be but because podcasts are scary a little bit.

**Kathy:** Podcasts are scary. Indeed. Yeah. I'm sorry. I totally ditched you. And you sent me the little calendar things to pick dates and I just didn't answer. I'm sorry.

**Stephanie:** Well, I was persistent because... and it was funny, I was telling one of my girlfriends that we're gonna have you on and she was like, "you need to follow up with her. We need to have Kathy on the podcast." So my girlfriends have been

clamoring for Kathy on the podcast. So you guys, I fought for it. I was persistent, borderline obnoxious. And here we are, and you're going to be thrilled.

**Kathy:** Your wishes are coming true. Your podcast wishes.

**Stephanie:** When we had Carl on, he's the only guy who's ever been on Girls night, but we kept talking about like, give the people what they want. Anyway. So we're giving the people what they want.

So Kathy, can you tell us who you are, what you do, and I want to hear a fun fact about you. And I have not one clue what you're gonna say. You could pick all kinds of things. This is maybe a little dangerous because I mean, you have fun facts about Carl, about me, about... I mean, all kinds of things. So I'm excited to hear what you have to say.

**Kathy:** Well, okay, who I am, Kathy. Stephanie, I'm your mother-in-law. That's who I am. I'm Carl's mom. That was easy one. What I do? I am a retired nurse. Now I hang out at home with my husband and my dog and you guys and my sweet fam when they're in town.

The only fun fact that I could come up with that I thought you didn't know maybe because you haven't experienced this wonderful trait of mine is that I know all of the words to the musical *Jesus Christ Superstar*. And I would be glad to perform it for you at any point.

I think that movie came out when I was in middle school or something, I had the big old album, and I probably listened to that thing 4,000 times. And so I still know all the words to all the songs kind of.

**Stephanie:** That is really impressive.

**Kathy:** Are you brown away?

**Stephanie:** I'm totally blown away. Easter we've talked about needing to watch that but we've never watched it together. And actually, when they did the live one this last year was the first time I watched it. And I think Carl did say something about it being like your favorite musical or at least the one that you know the best or something. I mean, I didn't know that you could fully perform it for me on demand but I'm thrilled to know that.

**Kathy:** Just wait.

**Stephanie:** Easter is coming up.

**Kathy:** Easter is coming up. I'll practice a little.

**Stephanie:** Oh my gosh. It sounds like you don't need it. Okay, well, Kath, I'm so thrilled to have you here. I'm excited for you to get to be here for several reasons. One of them is that I dragged you, invited you, dragged/invited you to a conference with me a couple years ago, and it was so fun getting to go together.

And I remember you're talking about like, you know, "I love that we as women of all ages are investing in each other." But you were saying, like, "I wish that there were more opportunities for there to be like intergenerational mentorship." Like all of us need to be hearing from women who are ahead of us in life. And I've had that great honor and pleasure in my life of getting to learn from you in all different kinds of ways. So that kind of stuck in my head, and I kept thinking, like, "We need to make space for this."

So this episode is going to be coming out right before Thanksgiving, which is fun. And I felt like, you know, to wrap up Season 4, the perfect thing for us to be able to talk about is creating spaces for ourselves and creating homes for ourselves and how to host the people we love and how to also, you know... One of the things we talk about a lot around here is how to make friends and why that's so important. But I feel like something I've gotten to see from you and from Carl's dad, your husband, Rob, is what it looks like-

**Kathy:** Yeah, that guy.

**Stephanie:** That guy. My father-in-law. ...is what our investment now can look like 30 years from now or 20 years from now. There's that quote that says a year from now you'll wish you'd started today. And I feel like I've gotten to see why I'm so glad I've started today in y'all's life.

So we're going to talk about all those things, but really what people should know, first of all, not to set you up... Well, I'm about to do it more. So what people should know about you and this is a little hard to do on a podcast is that we're pretty sure that Kathy invented Pinterest. She is like the hostess with the mostess. She is an amazing cook. Her house is like the coziest, most smell-goody, nurturing place ever. And so it's a little hard because we can't... I mean, I'll have to show you. We'll do an Instagram story. I'll give you, like, a tour or something but a little behind the scenes.

But Kath, really, one of the things that I love the most about you that I've learned so much from is you really do create spaces that are so nurturing. You have this way of making your home a place that's inviting, both for the people who live in it but

also for people to come into. That's why I'm so excited to have you here. I feel like this is the perfect thing to talk about as we're leading up to Thanksgiving.

So I want to just hear, to kind of kick things off, what are some things as we're moving into our houses, as we are making our dorm or apartment or our first home or our house we just moved into, as we're sort of making a space for ourselves, what are a few practical, tangible things we can do to make our homes feel homey and inviting and nurturing?

**Kathy:** Gosh, you know, everybody's different. I think what's homey and inviting and nurturing to me may not be for somebody else. But I am kind of a clean person. One of my biggest pieces of advice would be: clean your dang house. Keep it clean. I think as far as inviting people in, it's much nicer to go into somebody's house when you're not sitting down in a couch covered with dog hair or it smells kind of weird. And I think it's a matter of cleaning. That sounds so basic, but it's interesting.

When I go on other people's houses, I usually am pretty relaxed, and I don't pick apart other people's houses, but I do notice if there's no place to sit because there's so much clutter.

So there's two kinds of cleaning when I say clean your dang house, I mean, there's cleaning, which is tidying, getting rid of messes, putting things where they belong, and just being tidy. And then there's the cleaning where I mean, like scrubbing, getting rid of dirt and dust and dog hair and stuff like that.

And I think just do 10 minutes a day, 15 minutes a day. If you just did a little something every day and you kept it up, it wouldn't be so awful when you finally said, "Oh, man, I gotta clean my house," because somebody's coming over. Then it's like a weekend project.

If you do a little bit all the time, then I think you would feel that, you would like your house, your home better, you'll feel more comfortable and definitely you'll feel more comfortable inviting people into your space. And you can be spontaneous because you know everything's pretty clean. So that would be one of my takes. Keep it clean.

Somewhere along the line, I heard somebody or read somebody that said, "Have something living in every room of your house." Well, maybe like your laundry room. But a plant or some cut flowers or flowering plants or even a bowl of fruit or I count candles that did things but they kind of add a little something to the room, fountain, you know, that funniest way kind of stuff. A goldfish... I loved having my goldfish. I loved having that fish on my desk and I don't have him anymore.

**Stephanie:** Oh, I forgot about the goldfish.

**Kathy:** You might have had some fish when you got married, didn't you?

**Stephanie:** Oh my gosh, RIP. Yeah, they lasted like three weeks in our marriage before one of them disappeared and one of them died from a tragic bladder infection or something like that.

**Kathy:** What? How did you diagnose that?

**Stephanie:** It couldn't stay down. It like was flipped upside down and couldn't see themselves doing. It was swim bladder situation. They were very cute but yeah.

**Kathy:** Didn't you name him?

**Stephanie:** Yeah, Beyonce. Because Carl had Beyonce in his old house. And so when we moved to Nashville, he had all the fish from his old house, because his roommates didn't want them, in a bucket and he drove them in a bucket in the U Haul to Nashville. And the only one that survived we named Beyonce.

And then we got this really cute goldfish that kind of shook his little tail. I mean, he was very cute. And we named him Beyonce. I mean, we named him Jay Z to match Beyonce. Anyway, they didn't last very long in our marriage. And that was last time we had pets. So RIP.

**Kathy:** Well, fortunately, goldfish are like 50 cents. It wasn't a big investment. And you probably weren't emotionally that connected. But you'd be surprised at how... see how much like you have a great story to tell there because you had fish. I don't know. Something living. It's just kind of keeps you in company even though it won't talk or anything.

I would say I'm a big fan, I mean, you know this, of plants. And I have a black farm but I am not a good plant grower. But somehow I've managed to keep these alive. Get a plant. Get big plants. I think. Don't go to the nursery, some fancy schmancy nursery. Go to the hardware store and get a big ol plant for 12 bucks and get a cute pot and put it in there.

And there's also something about nurturing and caring for another living thing that I think is good for all of us. Whether it's a goldfish or a plant. Cut flowers are great, but don't buy roses. You know, get some flowers like daisies or something that lasts two weeks or a flowering plant lasts longer. Or go out at night in the dark branches

off your neighbor's trees and put them in little vases that you get from Goodwill on your coffee table. And you would be surprised. Wouldn't you, Steph?

**Stephanie:** I don't remember cutting them from a neighbor's yard. Have I?

**Kathy:** You did it? Oh, that's how you cut them off your neighbor's plushies. Remember when you did that, though? You went got some green things out of the yard, okay? Wasn't your neighbor, maybe in the dark. And you put them on your coffee table. But just having that green thing there added something to the table.

**Stephanie:** It makes a difference. It makes a huge difference. I feel like something I've seen you do too, is—and I never would have thought about this way when it comes to making your house feel cozy—is your senses other than sight. I think we're really big about, or we think it's supposed to look really good. But I think the thing that makes your house so special is that it smells good.

The blankets are soft, and the pillows are soft. Like you know, you get a rug, well, don't get the itchy one. See if you can find when the like the way it looks but it also is soft on your feet. I feel like I've tried to do that, copying you in our house. And I'm always so thrilled when something like the rug feels soft on my feet. You know, I just feel like I notice those things. Did I make that effort or did you tell me to do that?

**Kathy:** Yeah, I'm big into textures. And I feel everything. I'm always walking down that even in the clothing store, feeling the clothing and stuff. So yeah, I am big into textures. And I think your basic furniture when you're buying furniture, some furniture looks really good, but it is not comfortable. So buy comfortable stuff that people want to sit in.

We had dining rooms set one time that had these hardback, you know, kind of ladder chairs. One of my biggest loves is to have people around my table. And it just seems like we end up sitting around the table a lot. So I got dining room chairs that were more comfortable that were padded and soft, because I want people to want to sit for a while and chat and hang out around my table. So buy comfortable, soft, fun stuff.

**Stephanie:** Something that I see you do a lot that actually... The first time I heard about this was from my mom. But my mom would always say, like, "I hate overhead lights. Turn the overhead lights off." Because lamps make all the difference. And I feel like just turning off the overhead light, having a couple of lamps just makes the room feel so much cozier and softer. And you're big about this, like having a candle lit. That just makes all of the difference. Just the lighting is amazing to me in that way.

**Kathy:** Yeah. I guess I'd never identified the lighting thing but I was with a friend, we went to another friend's house and she had just built this new house. And we visited for a while, and then as we were leaving, my friend Kim said to me, "You know, there's just something about... I just didn't love her new house." I said, "I know. What is it?"

And all of her furniture was great. It was all new and everything. And Kim said, "It's the lighting. It was the lighting." And that was the first time that I identified what sometimes that feeling is that you get in some places, whether it has good lighting or bad lighting. And she had these bright overhead lights, and it just kind of harsh and you just didn't feel good.

So I started to pay a lot more attention to lighting after that. And now as you know, I have dimmers on almost all of my light switches. And I would say if you go to the hardware store, buy dimmer, they're not hard to put in if you have a simple one switch and one light thing, honestly, you read the directions.

But even the light bulbs, you know, there are different light bulbs for P's sake that make a difference. Some are more glowy than others and some are more for reading and studying. But yeah, lighting makes a difference.

**Stephanie:** When you and I were together a couple of weeks ago, and we were talking about how we both are kind of similar in the fact that we're both big travelers and big adventures, that's something you actually didn't say which I forgot to ask you about when you were introducing yourself. But you and Rob and your cute pup forest aren't hanging out at home. You guys have been traveling around the country a lot. Really awesome, cozy, I might add, RV, which is just awesome.

So you are a big adventurer. I know that you love to travel as much as I do. But also we both are really big homebodies so it's like we'd rather be totally someplace far away or in our pajamas at home. And I remember you saying something that I can't stop thinking about and I feel this way about my house too is you're like as made this my favorite place. All my favorite things are here. It's my favorite place to be and so I don't want to leave.

And I think that there's something so beautiful about that, that I think for so much of my life, like when I would decorate a room or, you know, in my sorority house or wherever I lived, I just didn't think about making my home my favorite place to be. And now it is. It's just so nice to have such a cozy home base. I think it makes a big difference.

**Kathy:** Yeah. And we talked about how our favorite place to be is either at home or way far traveling. So to get me out of my great nest that I've made here, to lure me away has to be something kind of cool, really cool for me to get excited about. So that's why it seems like it's kind of an opposite thing that we would love to be far, far away, or we would love to be at home. But sometimes the only thing that competes with my heart or competes with my home and my heart is some really cool place.

**Stephanie:** Yes. Yeah. So one of the things that I think is so special about having a really warm, nurturing, cozy place that we love is actually hanging out. I want to back up a little bit because I think one of the misconceptions I think we have about creating a home that we love is that we have to have an enormous budget. I'm going to reveal your secret here, which I'm gonna have to show people around on Instagram. Kathy, your secret is HomeGoods, isn't it?

**Kathy:** HomeGoods. Goodwill. Yeah.

**Stephanie:** I didn't know the magic of HomeGoods until I met you-

**Kathy:** The magic of HomeGoods.

**Stephanie:** ...and Target. We had friends staying with us and were like, "Where's this from?" And we're like, "Target." "Where's this from?" "HomeGoods, Marshalls, I don't know." Do you have tips for finding good things at places like that? Because it really truly I feel like all the things that add something extra in your house or that take a house and make it from a house to a home, a lot of those things you find at HomeGoods. So do you have any tips for kind of... Sometimes it takes a little bit of hunting, right?

**Kathy:** Yeah, it does. You have to go because they change everything all the time. But if you're looking to, like, redo your bedroom, and you first of all, go to Pinterest and find some beautiful, gorgeous bedrooms, which I think Pinterest can be your friend. It doesn't have to be intimidating-

**Stephanie:** Like discouraging?

**Kathy:** Discouraging. Make a board, my bedroom board, and then pin all the things that you like. And then look for trends. Go back over your board and look for trends. Man, I am always pinning white on white bedrooms or something or I'm always pinning bedrooms that have really dark walls. Kind of figure out what you're loving about those rooms. Don't use it as a thing to compare your room to, but use it as a way to find your style.

And then find a room that you love or a couple rooms and totally copy them. There's nothing wrong by just totally plagiarizing what some great designer has done. Say, "Okay, they have a fluffy white comforter." Go to HomeGoods or Target and find a fluffy white comforter. And say, "I love that they have all these colorful toss pillows on there." Go to HomeGoods and Target or Walmart or wherever and just buy colorful pillows. "Oh, they have a chandelier." You don't have to get the \$5,000 chandelier that's in the picture. Go to the hardware store and get the \$12 chandelier and put it in. But totally copy.

**Stephanie:** I think that is so refreshing for me because... and you know this because we talk about this all the time. But when it comes to style, like clothing or graphic design, or home design, I know what I like but I don't know how to make what I like necessarily. Like I'm not an artist in that way. So I feel like doing that and being like...

You know, I recently just started actually looking at the style, like how to do outfits on Pinterest. And I'm like, "Oh, I have that. If I put that together, it looks like this? Oh, that's a good idea." I don't know why I haven't been doing that forever but that's what it's for. It's for inspiration and it's for, oh my gosh, I didn't realize that this size pillow looks good with this size pillow. That's just so freeing. It's like a recipe for someone like me.

**Kathy:** The other day I would say when we did your bookshelves in your house, we went to HomeGoods we bought a bunch of stuff that we just kind of liked and went together, brought it home, take this stuff that we liked, styled the bookshelves and then returned the stuff that we didn't like. So buy a variety of stuff, bring it home, throw the toss pillow on and say, "Nope, not that one." Throw another one and say, "Yes, that one." And then take the others back.

**Stephanie:** That's also really freeing.

**Kathy:** You're not marrying a toss pillow.

**Stephanie:** It's so nice. I feel like I sit in the aisle and I'm like, "Which one? I can't picture it." Well, yeah, of course, take it home, try it out.

**Kathy:** And as far as budget goes, I used to, and still do, but I would go to Goodwill, and buy picture frames, and I found some really cool stuff. Goodwill, and the canvas prepaid are my friends. And I could take anything from Goodwill, and spray paint it, whatever I wanted, and make something cool. So don't be afraid to get creative, too.

**Stephanie:** I really like that. One other thing I wanted to mention that it's my... we're gonna talk about this in a minute, but my little sister, I feel like would mention this, you have a way of in your house making little sort of vignettes, which are like little scenes like in your house... kind of thinking about your bookshelf as a place to display lots of different things, making it sort of a piece of art in itself.

But you have a way of taking things that some people would just leave as ordinary and making them extra special. So the example that my sister would use, which we'll talk about this a little bit later, is like at Thanksgiving, the morning of Thanksgiving or the morning after or something, you always have like a hot chocolate bar.

And instead of just having like Swiss Miss packets, or whatever you would maybe pour the Swiss Miss packets into a cute little jar that you got at HomeGoods or you would buy a couple of those stir in hot chocolate things from World Market or you know, you put it on a little cute tray with like a little sign or something like that.

And it's just these little things that make it so much fun. I feel like my sister was like four hot chocolates deep, just like, "This is the best." It's just so fun to take things and make them a little extra. So if you're going to drink sparkling water, drink it out of a wine glass, or if you're going to, you know, makes fizzy water, which we do all the time, put some fruit in it and put it into cute glass or just little...

I feel like you're really good at doing these little extra things that we can do just like little small ways of making things a little bit more fun and a little more special.

**Kathy:** Aw, that's so sweet. And I don't think it's hard. I don't think it's expensive, necessarily. But I will have people that come in my desk, like, "Oh, your desk is so cute." Where did you get this stuff?" Well, like those file folders I got at Target and those gold paper clips I got at HomeGoods. And that was \$1 and that was \$5. You know, it wasn't expensive.

But it's not like I sit on the computer and search for the cutest, most expensive files I can find to put my papers in. I just see something and pick it. So if you see a little cute thing, a little cute container, pick it up, and then put your hot chocolate in there next time somebody comes over. You know, make it into your sugar ball. You're at the antique store and you find a little something that you love, well, put paper clips in it on your desk. Don't think of... just repurpose stuff.

I think part of it is if you pay attention and collect things that you love, and then figure out fun ways to use them, like functional things. I'm not big into just having things sit around for looks. Usually, the things are sitting around have a purpose in my house.

So in my grandma's old tea cup that I love, my grandma's old teacup, I'm gonna just not sit that out on a shelf, maybe. Maybe I'm gonna plant a little plant in it or maybe I'm going to keep paper clips in it or hair ties on my dresser.

**Stephanie:** And then you get to see it and you get to interact with it. And then when you're at home, you're like, "Oh." It's a way of making even grabbing a hair tie reminds you of your grandmother and just like a little more... like a special moment.

**Kathy:** And people come in and are amazed. They go, "Oh, where did you get that?" It's just a teacup and I put some hair ties in it.

**Stephanie:** But it's an extra step of just, you know, taking something ordinary and picking something that is a little cute or cute gold paper clips instead of, you know, your run of the mill... like cute paper clips in a teacup instead of your run of the mill paper clips in the plastic thing from staples that it came in.

**Kathy:** Exactly. Exactly. Exactly.

**Stephanie:** You know, we've talked about this a little bit. But you are an amazing host and I have been into questions about that. But when people are getting ready to come to your house, what are some things you do to sort of set it up, either in their room? If people are coming to stay in your guest room, kind of what do you do or what do you make sure you have? And then even just sort of like in your living room or in your kitchen. What's your sort of pre-guests routine?

**Kathy:** Well, I think for like overnight guests, it's really good to have a separate set of sheets and towels that you just kind of keep aside from your everyday stuff that you use so that the towels are less used and they stay more fluffy on the sheets. You know, the sheets are clean and nice and wash them, put some nice scented something on them, and then put them in a tub or keep them separate from your stuff so that those are the special guests things.

I think it's nice to have out like you do and I do save hotel little shampoos, and little cutesy soaps, or whatever you get from hotels, and put them in a little basket or something in the guest bathroom. So they have the little things that they need and it's cute. Put a candle and then just go to the neighbor's yard and pick a couple of flowers. Take a little vase and put them on their bedside table. And it's just like welcoming.

Turn on the lights, spray the bed with some kind of nice, smelling... So they walk in and it smells nice. Have a place for them to put their bag. Like even if you drag in a chair from someplace so that you've got a place for them to put their stuff. And in

the bathroom, if you're sharing the bathroom with them even just clear off a little place for them to have their own stuff in the bathroom and set out a plastic, you know, a red solo cup, or something for them to use. Just think through the practical things of how they're going to live.

And then I always say you should always spend the night in your own guest room once, so that you know, "Oh, there needs to be a light here," or "I'd like to sleep with my phone by the bed." So make sure that there's a... If there's not a plugin close, get an extension cord and run it over there and so they have a place to plug their phone in. Spend the night in your own guestroom.

Rachel, my daughter Rachel, your sister-in-law, spent the night at a friend's house recently and the mom had made up this really nice guest room in the basement. And as they all went to bed and Rachel's laying down there, she had bought a new comforter and she had new pillows and everything was really nice in this guest room. But she started to hear this noise and come to find out her heating vent or ductwork thing was right below the parents' room and the dad was so loud like Rachel couldn't sleep. And it was coming straight down in the vent. So she had to move. She couldn't sleep through the night. So stuff like that.

Is your guest room really hot? Is the bed really hard? You know, your pillows do they stink? You know, just stuff like that. If you spend the night in your own guestroom, you'll probably find out some of that stuff. Yeah. I think that's something to do.

**Stephanie:** It's funny. I love the thing about even just the trick of turning on lights and lighting a candle, like every time we come home, I feel like you have the light on and a candle lit by your bed.

**Kathy:** Does it say, "welcome home"?

**Stephanie:** It does, yes. And it's such a little thing, but I've started doing that. One thing that we also did that turned out poorly is that I got these little tiny frames from Michaels or something and I had Carl... I have horrible handwriting, in case women listening didn't know, but I had Carl-

**Kathy:** Yeah, you do. She does. She does.

**Stephanie:** It's really bad. But I had Carl write, "Welcome. We're so glad you're here. Here's the WiFi password." And we put it in these cute little frames, and we had them in the guest room. Well, we had some girls stay with us and they're like, "Steph, what's the WiFi password," and I was like, "Oh, it's right there." We had changed it and forgot to update that. We still haven't updated the wrong Wi-Fi password.

**Kathy:** That's a really good intention.

**Stephanie:** It was a really good thought.

**Kathy:** That's a good thought.

**Stephanie:** What about when people are coming over just in your general space? So like cleaning up, lighting a candle. Anything else? Like do you set out blankets or do you...? What about sort of living room, kitchen area?

**Kathy:** Again, clean, tidy, and scrub. Your guest's bathroom and the surfaces that they're going to sit on, make sure things smell good. I like candles, but only certain kinds of candles. And if you're cooking, light candles that don't have a scent. Let your cooking be this scent because there's nothing worse than like spaghetti sauce, garlicky, good, oniony mixing with freshly washed linen candle. I mean, that's just gross.

So don't light candles if you're... Let scent of your cooking be your scent that they meet. The only exception would be you could put one in the bathroom, in the guest bathroom. A smelly candle. I like good lighting. And I like to have a little music. I think that makes atmosphere totally different.

When people come into your house and there's a little jazz playing or there's a little something in the background, I just think that sets a great mood. So don't forget music. Because it's a good thing.

**Stephanie:** If you like, turn off the overhead lights, turn on some lamps, light a Candle. I've been doing a lot of unscented candles just because I like lighting them and I go through them pretty quickly. So I just have been doing unscented ones, but still have a little bit of flicker. Yeah, you have a good smelling one in the bathroom and you have some music on, put fluffy blanket out and you're set. Right?

**Kathy:** Yeah. Greet them with good drink, some good wine, or have something else for the non-drinkers that's equally fun. If I have overnight guests, I think it's really nice to know ahead of time kind of what they like. If you're having guests to spend a couple days with you, a couple of nights, get in some of their favorite things, especially breakfast things.

Because you can go out for lunch or dinner maybe but you know, if you know that they like almond milk or not cream, or if they like bagels and strawberry cream cheese or whatever their favorite breakfast thing is, I think that's really kind of nice

for them to wake up in the morning and not have their first meal at your house in the morning be something that they don't like or they're allergic to.

[00:37:35] <music>

**Sponsor:** Hey friends! If you've been considering going to therapy but wondering where to find a good counselor or how to afford it, there's a resource I wanted to share with you. It's one of our amazing Girls Night podcast sponsors, [Faithful Counseling](#).

Faithful Counseling is a website where you can get matched up with a Christian counselor for professional online therapy sessions. This is truly the easiest and most affordable way to find a faith-based counselor. Now, you may have heard me talk about Faithful Counseling before, but just in case you haven't, I wanted to give you four quick reasons why I love them so much.

The first, it's easy to get started. All you have to do is go to their website, fill out a form about yourself, what you're going through, what you're looking for in a counselor. And within 24 hours, Faithful Counseling will connect you with a licensed, vetted, faith-based professional counselor.

Second reason I love them is it is super easy to schedule. Once you're connected to a therapist, you can start communicating with them in less than 24 hours. You can also log into your account at any time and send a message to your therapist and you'll get timely and thoughtful responses back.

You can also schedule weekly video or phone sessions. And the best part is you can do it all virtually. No commute, no awkward waiting room time, less time away from work and you can even do your sessions in your PJs.

The third reason I love them is that it's easy to find the right counselor for you. In order for counseling to be truly beneficial, you need to find a counselor you really connect with. And often we don't find the right person on our first try. So then we're stuck going through the whole process of breaking up with our counselor, which can be awkward, and then starting from scratch to find a new one.

But with Faithful Counseling, if you don't love your counselor or if you find that you're looking for something different, you can switch by clicking a button. It's easy and it's free. They really make it easy to find the best fit possible.

Fourth reason I love them is that it's easier to fit in your budget. While I love traditional in-person counseling, it can cost more than \$100 per session, which just makes it a total no go for so many of us. But Faithful Counseling is significantly less expensive and they have financial aid available.

And if you sign it through the special link that they gave me, you can get 10% off your first month. Friends, if therapy is something you've been considering or something you think might be helpful for you right now, head on over to [stephaniemaywilson.com/counseling](https://stephaniemaywilson.com/counseling). That link will also give you 10% off your first month. Again, that's [stephaniemaywilson.com/counseling](https://stephaniemaywilson.com/counseling) for all the info, and you can get 10% off your first month of counseling there too. Faithful Counseling, thank you so much for supporting the Girls Night podcast. We just love having you.

[00:39:59] <music>

**Stephanie:** There's something that you did when we were staying with you. When we were in California with you last winter, I woke up one morning and it smelled really good coffee and baked goods. I was like, "What is Kathy been doing?" Did you bake this morning?" And I came out and you had gotten like... I think just like a bowl of fruit salad, which I think you took out of the plastic bowl and put in a pretty bowl. And then you had gotten those Pillsbury crescent rolls.

**Kathy:** Oh, crescent rolls are your friend.

**Stephanie:** It was magical. It smelled like you've been baking forever. I ate probably four of them. You had like good, special jelly. And they were warm. And then you know, it was like fruit salad and a bowl. That trick I took it and it is now mine. It feels so special first thing in the morning, but it was really easy.

**Kathy:** Yeah, yeah. Get those Pillsbury jumbo, crescent rolls, the big ones, and then get some good butter and a couple of fancy jellies. Oh, my gosh. Wake up to... Yeah, it's good.

**Stephanie:** It's so good.

**Kathy:** It's magic. It really is.

**Stephanie:** When I think of you and when I think of you hosting people, one of the things that I've really learned from you is that it doesn't have to be fancy for it to be good, or that you don't have to create this really fancy meal in order to have people over. There's this white sort of infamous story in our house, which I know you know. When Carl and I first got married, I couldn't cook anything. Like not one thing could I cook.

**Kathy:** Bless your heart.

**Stephanie:** And Carl, because he can do everything, absolutely could, so he was teaching me. And we were having friends over and I felt like I wanted to be a good wife and be a good host. And so I found this recipe for-

**Kathy:** Show off your non-existent cooking skills.

**Stephanie:** Got a recipe for roasted red pepper soup. And we didn't have a blender at the time, which apparently you need to make lots of different kinds of soup. And it was like 20 minutes before some friends came over. And I had poured this steaming hot soup into little - what are they called? Magic Bullets, you know, that are supposed to make smoothies. So I poured it into the Big Magic Bullet thing. And right as Carl walked in and was like, "Hey, do you want some help?" Because he knew I didn't know what I was doing. I said no. And I pushed down on the Magic Bullet-

**Kathy:** "I got this."

**Stephanie:** ...all of a sudden, hot soup exploded out of the Magic Bullet on the counter, under the cabinets, on the floor, all over poor Carl will say. And it was a disaster. I had totally surpassed the fill line. I mean, I did not know what I was doing. One of the most freeing things... And I think that sometimes, you know, we've had friends over and we're so like frantic and hurried because we're trying to get all this food on the table. We can't really enjoy being with them.

And the thing that changed my life forever was we were at your house and you were having some family over. And we ordered I'm pretty sure like either takeout Chinese or Olive Garden because we do both of those. And it's just something I wouldn't have expected from someone who I consider such a great host. But you've taught me like that's really okay. Can you talk about that a little bit?

**Kathy:** I think usually when you invite people over to your house, it's not because you want to have a gourmet meal with them. You can go out to some great restaurant if you want to do that. Usually, the reason that you invite people over the house is because you just want to hang up and spend good time with them.

Now you can both. I don't believe you should invite people over your house and then serve them really bad food. But it doesn't have to be fancy. And I would say, do not cook something for the first time, like try out a brand new recipe on guests.

**Stephanie:** On unsuspecting, innocent guests.

**Kathy:** Make something that you know how to make. And then it's really fine to perfect one thing. Like this is my go to dish. I have a friend who has her mom's... She's Italian and she has her mom's meatball recipe. And so she makes these great

meatballs and she makes them a lot that you go to her and you are hoping that she's going to make her meatballs.

If you're a baker, don't worry about making a fantastic meal. Make a great like your dessert is going to be the great thing. Just make your thing like my grandma's chicken and dumplings. You know, I've got her recipe down pat.

But my favorite go-to recipe is probably just a big pasta dish thing. And you can make it ahead of time. Which I think is also really key to enjoying the evening and making it stress-free, is make as much as you can do ahead of time, do ahead of time. You can make a panel lasagna like a week ahead of time or a month and freeze it and you throw it in the oven. There's no prepping, there's no... Your kitchen can be fairly clean then it's already done. You put in the oven, it smells awesome. When people come in, throw in some garlic bread, make a great salad. Again, you can have that done ahead, the morning of and you're golden. And then you can really hang out with your friends.

And everybody loves noodles, and cheese, and marinara sauces. So it's a good go-to is a pasta dish. But whatever it is, I think it's really helpful to be really good at one thing. And then you can kind of branch out and start making new things. But it's okay to just have your one go to thing and make it ahead and everybody will love it.

The other thing is that I think if you're going to have a big party, I have to make a list. And even Martha Stewart said the biggest thing that she learned from being in the kitchen was organization. She's not a naturally organized person, but she learned to be organized by entertaining.

I think, thinking through your meal, like, "What am I going to serve these breadsticks in? You know, I need a basket and I need a cute cost to put in the basket. And then I'll put the breadsticks and they'll cover it with it. Put that on the table. And I'll make sure I have enough wine glasses, because you don't want to be running out at everybody supposed to be there at six o'clock, and you're running out at 5:30 because you don't have enough wine glasses.

So think through it, make lists, start planning, be organized, and you'll just enjoy it so much. But the more you can do ahead of time. Even set your table the day before if you want and then you'll know if you have enough glasses or not. And you'll have a little longer if you're doing a big ol thing.

But also it's okay to have a pizza or carry out. And then say, "We're not focusing on the food tonight." But then play games. You know, do something else. Make it

about the fun and the laughter and the music and the stuff not about the food. So I think no matter what, enjoy your people.

One of the things that drives me nuts is when you're at somebody's house for dinner thing and they start cleaning up while you're all talking. And you can do it kind of quietly. But if you've been sitting around the table for an hour, then okay, you can clean up. But let it go. You know, let the conversation go and just sit there and enjoy and listen to people. And don't worry about cleaning up and doing the dishes jumping up from the table. Enjoy your people.

**Stephanie:** I like that.

**Kathy:** I like game nights. I like having something sort of fun to do.

**Stephanie:** I think that was so freeing for me because I have learned to cook a lot more. I can actually feed myself and Carl occasionally. Now, I haven't exploded anything in the kitchen lately. But at the same time, I think it's not my best thing. It's not my gift. Gathering people is my thing. But I think I thought you couldn't do one without the other. And you've showed me that you can. That you can gather your people and order pizza, or you can gather your people and order some Thai food or something like that.

I feel like I'm really good at the before and after. Like I can make dessert or I can make a killer cheese board. I can make sure we have really good drinks, like really fun ones. But if it's like the main meal, I need some help with that. Otherwise, I'm going to be frantic in the kitchen and I'm gonna miss all the time with the people. So I think that was really freeing for me.

**Kathy:** Another thing is I like bars. Like the hot chocolate bar and its cousin the Mimosa bar and the Bloody Mary Bar. But also just do a salad bar or do a pasta bar and have a couple of different sauces like-

**Stephanie:** Taco bar.

**Kathy:** You know, taco bar. And then people can get up and they can get what they want. Even when people say, "What can I bring?" say, "Bring your favorite taco topping. Bring your favorite salad bar or salad topping thing." And they can participate. That can be really fun too. Again, a little less formal, a little more interactive. Nowadays it's just not all about making [inaudible 00:50:08] and Chateaubriand, whatever that is. I haven't made that lately so-

**Stephanie:** It slipped out of my mind. I love this. When I think about you hosting, I mean, I have so many memories of just moments and gathering around the table with

people. And that's something you do so well. But my favorite if I had to pick one is the tradition that we've come up with for the last several years for Thanksgiving.

I think for the women in our community who are married, or who are about to get married, or thinking about getting married, or have siblings that are married, like you know that when you get married all of a sudden holidays get hard, because instead of just getting to go home for Thanksgiving and Christmas or doing whatever your family was used to doing, now, all of a sudden, you're attached to a person who also wants to do that and you have to figure that out. And this is complicated and hard in each family and for all different reasons.

But one thing that I really love that you've done, and that my family has done is that you guys opened up your Thanksgiving to my family and my family said yes. And so for the last four years... three years? Four years?

**Kathy:** Three years.

**Stephanie:** Three years. I don't know, the whole time we've been married, however long that is, we... it hasn't been that long. My family has flown out from Denver and stayed with you guys in Indianapolis for several days and we've done Thanksgiving together. And it's been so special. Can you talk a little bit about what your thought process was? It's just an unusual thing that we have gotten to do.

**Kathy:** Well, I am so thankful for that little tradition that we are doing because Thanksgiving is our big holiday. It's Rob Wilson's favorite holiday. And we make a big deal about Thanksgiving. I love Christmas, too. But Christmas is harder to coordinate. I don't know. It's just more complicated. Thanksgiving is more simply about sharing time together, I think.

But I am so grateful that your family started coming here and hanging out so that we didn't have to share. We could all be together and have to share you across that weekend. It's added fun and festivity to the whole Thanksgiving thing.

I think that it's cool when you have traditions that you start and then everybody knows kind of what their role is. So my role is to host and you guys... your family comes in and adds to the fun. Like Zach and Lily, that's our other son and daughter-in-law, another one besides Carl and Steph, her dad is wanting to host family game night, one night of the Thanksgiving. Maybe that'll start as his tradition. I love traditions.

So I think find something that works. I'm just glad that we found something that worked for our family at Thanksgiving. It's really been awesome. I love having people in and showing them around where Carl grew up so that they get to know

Carl a little bit better, I think, by coming here and hanging in his old hometown and going bowling and all that stuff.

**Stephanie:** Something I didn't know... honestly, I don't remember how we decided to do it. And I know that before we were married, I know part of me was like, "Oh, this is possible. Combine your holidays." I was like, "Well, okay, I guess now we split." I don't remember what that conversation was like for you to say, like, "We want to invite you," and for my parents to say, "Okay, we're gonna do that." Those are big asks on either side. It's not like you guys live down the street. It's a plane ride.

**Kathy:** Yeah. That was a big amendment on their part. I'm so happy.

**Stephanie:** But really it is so cool because we were... I was with my family a couple of weeks ago and they were joking about the murder mystery party we had a Thanksgiving two years ago and... I mean, it's so fun for them to have experiences with you and for them to get to know Carl better and for you to know my sister. It's very, very cool when we can combine families like that.

And I know that it's not always possible. I really like what you said a lot about traditions. And it's cool because I think we feel like traditions need to start when we're really young or a long time ago. But I think that if you don't like the way that your family does Christmas or if you wish that there was more connection at Thanksgiving or whatever, it's never too late to start a tradition.

**Kathy:** Exactly.

**Stephanie:** Even if it's something you start. I think we can always start something new. I think we forget that when it comes to traditions. We feel like they need to have started... someone else needs to have started them and they need to happen a long time ago. But I don't think that's true.

**Kathy:** And there are little threads of things that did start a long time ago that carry through. And you can carry through a little thread, like grandma's [inaudible 00:55:27] that my grandma made. You know, I still serve. But it doesn't have to be the exact same thing that we did for the last 50 years. It's okay to shape and mold traditions and create new ones. So you can still give a nod or an honor to some of the old ones too.

**Stephanie:** Yeah. Yeah.

**Kathy:** It doesn't have to be either or.

**Stephanie:** For sure. But if you're like, "Pan, I wish my family had more traditions," I think we can make.

**Kathy:** Yeah.

**Stephanie:** You know, kind of speaking of starting something or carrying something on, Carl and I were at your house for some reason, I don't remember why we were there. And it was the last small group meeting, or small group was having before one of the couples moved away. And we were sort of awkwardly there eating food and hanging out in the kitchen and trying to stay out of the way and stuff.

But I remember you guys were all hugging and taking photos and you looked over at me and you were like, "Do this." Like you mouthed, "Do this" at me. So Zach and Lily, Carl's brother and our sister-in-law got married this summer, and all of your small group was there and you guys were all taking photos. And you guys have been meeting together for 30 years, right?

**Kathy:** Carl was like one, one and a half maybe when we first started meeting.

**Stephanie:** We do talk about friendship a lot around here, and we talk about how to make new friends and new seasons and that can be really tricky. And we talk about how to maintain friendships when you're going through different seasons and friendships can be hard as an adult. But I think that getting to see the way that your friendships... getting to talk to people who have known Carl since he was one and getting to see you guys celebrate the weddings of all of your kids is so special.

And I feel like it just cast the vision for what can happen if we start today. And like that quote really is true—a year from now, you will wish you had started today. And I kind of feel like 30 years from now we'll wish we had started today. Can you give us any encouragement when it comes to friendships or any... how did you guys do that? Just kind of any words of wisdom for us when it comes to how we do that in our lives?

**Kathy:** I feel so blessed that I have the long-term friends that I have, that we have. My girls, just chick' small group and our couples small group. And we have both of those groups that have been together for a long, long time.

I think there was just a lot of connection points. When we started out, we had kids the same age, we went to the same church. Our faith was a big part of it. We met regularly. We were committed. And I think that's a big part is the commitment part, just showing up.

And then you and I have talked about that there's some times when you just don't want to go, you're tired, or it's the end of the week and you're like, "Oh, I just want to put on my pajamas and curl up." But you go and then you're so glad you went. And like, "Oh, yeah, these are my people. You just can't sit at home and binge-watch *Grey's Anatomy* all weekend and then expect to have great friends when you've been invited to three different places, and you say, "No, I got things" and you just stay at home.

I mean, it's okay to do that every couple of times a year just holed up in your house. But really, you got to go out and show up and be there, have the conversations and listen to the stories and share tears and share joys and be in person. You just have to be there in person with people.

I think when we started, we were a small group but from church, like a Bible study group. And when we first started we just met at church on Sundays and we had our little small group and we did very deep, heavy duty theological, you know, we solve the world's problems. But then we got to know we started meeting in each other's homes and hanging out. And our kids would come in and out sometimes.

But then I think one of the biggest things was we started having fun together. We went on a vacation together. We had a game night. So we weren't just talking about deep things all the time and we had one type of relationship. We branched out. We started adding different dimensions to our relationships. That was important.

And now we still are going on vacations together, and we just, you know, have showers for each other's kids that are getting married. We still get together and have really, really deep intellectual people in our group, but then we play cards. We have a really, really cutthroat competitive people in the group.

The other thing is, I think, we have been pretty good at giving each other a lot of grace. Nobody gets our panties in a wad too much about anything. You know, you just kind of let things slide. And you don't overthink and you don't take things too personally. You just kind of be very graceful with each other. And you don't try to correct or... just let things go.

I know groups that something happens and somebody gets mad at somebody else and the next thing you know it's just done. So that would be sad if something like that happened to our group. I'm really grateful that we've given each other space to mess up or say things and not be all dramatic about it.

**Stephanie:** I think I'm really glad that you said that at the beginning you guys would have really deep theological conversations and that you still do, but it's also a little bit different than how it is today. And I think that that's a really important thing, that

like how a small group or friendships starts isn't going to be how it's going to end up necessarily. It'll evolve.

But I think the thing is that sometimes we join a group or we make a friend, and we think, "Well, this person doesn't feel the same as the friends I've known for 10 years," or "this small group doesn't look like us laughing and crying and braiding each other's hair." I mean, whatever we have in our head, it doesn't look like that at the beginning. But it's not going to look like that at the beginning. It's kind of awkward at first, and you can't really remember anybody's name, but you keep showing up. Even though you want to watch *Grey's Anatomy*, you keep showing up. And really beautiful things start to happen when you show up every week for a long time.

The other thing I wanted to say is that, you know, I think we've all been in small groups that haven't gone super well or that have been kind of awkward or we've had friendships sort of fizzle out. And I think that it's tempting for us to want to just quit and just say, "I don't like small groups. That's not a good way for me to make friends. I have hard time making friends, I'm just not really going to try."

But I think just like with anything, they're not all going to be good. But just because they're not all good, that doesn't mean that they're all bad. And it's worth trying. It's worth trying again and trying something else and sticking it out for a while. And if it's not that, giving it a different try when it comes to joining a group or connecting with people.

**Kathy:** Yeah. You know, another thing I think is getting to know people in the small group one on one is helpful, because we're different in groups than we are one on one. So I think it's good to go have lunch with just one... If you're in a small group, go to coffee or go to lunch with one of the members of your group and get to know them as they are individually, have a little more time to talk about who they are, where they've been, you know, what their hopes and dreams are. Don't just rely on that group dynamic of what happens in the group to make you decide whether you want to stay or you want to go.

**Stephanie:** I love that. It's the deciding whether to stay or to go. The first small group I joined in Nashville for the first maybe six months, it felt awkward to me and I didn't feel like I really knew anybody and every Monday night I wouldn't want to go. Really I stuck it out because I had no other friends and had really no option.

**Kathy:** It was lonely.

**Stephanie:** I was lonely and so stuck it out. But it was amazing because really, truly six months in something switched and we ended up really connecting and laughing and hanging out outside of small group. I think that sometimes we quit too soon.

**Kathy:** Yeah.

**Stephanie:** I mean, it took six months but those six months were worth it. And Kath, I want to hear from you, just as we're wrapping up, I would love to hear just one last piece of encouragement from you for the girls listening or a challenge of some kind. But the challenge for me is going to be that, you know, there are all different kinds of ways of connecting with people and making friends but I think one of the most overlooked ones is small groups or Bible studies through church.

I know that a lot of the women in our community aren't in one. And I know for a long time, I mean, there have been long seasons in my life where I haven't been in one either. There are people that work for churches all over your city whose job it is to connect people that are in similar stages of life and you're same age, that believe the same things that you do. Their job is to cultivate community, and all we have to do is find out what night they meet and show up for a while.

And I think that if you're feeling any sort of disconnected or lonely or wishing you had better friends right now, my challenge for you is, you know, it might be another month or so before a new round of small groups starts up at your church, but find a church and find a small group, and get in it. And really if you show up and you show up for a while, you will not feel as disconnected as you do today.

So that's my challenge. Kath, do you have one last bit of encouragement or a challenge for the women listening, whether it has to do with life or friendship or hosting or making for a home for yourself or just any sort of wisdom? Drop it on us.

**Kathy:** Use a hot chocolate bar anyway.

**Stephanie:** That's what everyone really is asking.

**Kathy:** That's what everybody wants to know. I think one of the things I would say is, you asked me recently who was inspiring me recently and right now. And you said hopefully it would be somebody that you could follow or your listeners could follow on social media or whatever. And I got to thinking about it.

And there are some great inspirational people out there doing big things. But who really inspires me right now is my friend, Amy was the world's best children's pastor. She goes out of her mind, doing incredible things to make Jesus real for

little kids. Or my friend Deanna, who has run this women's Bible study for years and years and years, and she is so encouraging and she just gets us together and she presents great material. Or my friend T who goes to the nursing home every Wednesday and loves on old people.

I mean, there are people all around me. It's not that you can follow them. They're people that I live with in my community that I've come to love and know. And I would say if the only people that are inspiring you right now are people that are on your phone, then you need to go find... There are inspirational women all around you that you can talk to in real life that you can actually have a relationship with and love and get loved by.

So I would hope that y'all would cultivate relationships with the people that are the amazing women that are just doing ordinary kind of life things in extraordinary ways that are right in your own backyard. And probably church, if it's at work, if it's at some place you volunteer at, you know, go be inspired by those women.

**Stephanie:** I love that. I saw a message from one of our listeners recently and she talked about how much she's enjoyed the podcast, which makes me so happy because I enjoy it so much too. But one of the things she said is that not only does she enjoy listening to the conversations, but that these conversations... the things she hears end up sparking conversations with her real-life girlfriends at their girls night or at their next coffee date.

And that's the most important thing. Our relationships can't live online. They can start there. I've made all kinds of friends in crazy ways like Instagram, but that's not where they live. That's not the best place for them to live. They have to be people who can come over and who can eat Olive Garden at your table that you've set nicely and the candle in bathroom. I mean, it's the in-person relationships that matter most and they're really hard to make and they're really scary to make but I think showing up and start with a small group. It could turn into you making one friend that introduces you to a great friend. It could be practice or it could be a group of people that you're still meeting with 30 years from now. You never know.

**Kathy:** Yeah.

**Stephanie:** Kathy, thank you so much for letting me talk you into this. I mean, listen, we had to record one of them.

**Kathy:** Good meeting.

**Stephanie:** Good meeting. But yeah, thank you. Thank you for caring about our generation as much as you do. You do a really good job of setting a great example for us and

teaching us and loving us and cheering us on. And thank you for sharing your wisdom with us today. Love you.

**Kathy:** Oh, you're amazing. I love you.

[01:10:26] <music>

**Outro:** You guys, isn't Kathy amazing? I just love her and I love this conversation. And I'm so happy I got to share it with you.

One thing I wanted to mention quickly is I know we talked about a lot in today's episode. So if you want to find the links to any of those things, all you have to do is go to our website. It's [girlsnightpodcast.com](http://girlsnightpodcast.com). And for every episode, we have a blog post with the show notes. All the links are there for everything we ever talked about in our episodes. Again, that's at [girlsnightpodcast.com](http://girlsnightpodcast.com).

The other thing I wanted to mention is if you haven't had a chance yet, it would mean so much to me if you would take just a second to leave us a rating and review on iTunes. We've gotten so many amazing five-star reviews from y'all and you've left the sweetest comments. I can't tell you how much it means to me. And it also helps out the podcast more than you can imagine.

So if you haven't yet, please take just one quick second to leave us a rating and a review. Thanks so much.

All right, friends, that's all we have for today but we'll be back next week with another episode of Girls Night. And trust me you are going to love this next one. We'll see you then.