This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_50\_\_\_. We were made for relationship, but so often our relationships are broken. And when our relationships are broken, *we* are broken. One of our deepest human desires is to be known, but we often have lost ourselves along the way. This is a podcast to help you get your relationships back to a place of wholeness. A place of authentic connection, where you feel truly known.

So come on in and sit a while. Let’s exchange fear for love and finally see what good relationships are made of.

\*\*\*\*\*

**50: Reflections on Turning 50.**

I’ve always been a reflective person, maybe sometimes to a fault because I can get lost in my head. But I have journals that date back to when I was a kid. The first journal I ever had had Pocahontas on it. Some of the entries were silly, “dear diary” type of entries. Dear Diary, so-and-so was mean to me today or today I decided to wear this outfit that I liked. Or we went to the store today, diary. You know, those super deep kind of reflections. And others were poetry and lyrics and heart-felt prayers and thoughts. And those journals matured as I did.

I remember as a kid how I would play and play by myself with my barbies or baby dolls, making up all kinds of stories and worlds. I would even write fictional stories sometimes in my journals. I loved playing with others, but I could also be found lost in my head a lot.

Reflection is a huge part of my life.

And today, this podcast has reached its 50th episode. (No, Kerrah is not 50. Sorry for that confusion in the title. :))

And I thought, what better way to celebrate than to simply reflect on this podcast journey so far with you, my listeners?

Those of you who’ve been listening since the beginning may remember a little bit of the story behind this podcast, but I’ll share it again briefly today.

In college, I started out as a Biology major, and then God changed my heart half-way through. And I began working toward counseling. But somewhere deep within me, that I only spoke out loud to my closest people, was a desire to write for you. I’ve always been a writer. Writing has always been home for me. I knew my occupation would be a counselor, but I also knew God was asking me to write. To not just write in my own journals anymore, but for others. I had this dream to be a published author and teach people truths from a platform of some sort.

I could almost feel the pull of doing that. It was something I couldn’t ignore.

But I did ignore it, for a while.

I graduated college, moved to New Orleans, battled a deep depression and loneliness. Started graduate school for counseling, got married, got my degree, began working. Writing for you had taken the back seat.

The first time I wrote anything for more readers was a blog post after my first miscarriage. And something came alive in me. Something I hadn’t realized was missing.

See, I had buried the call on my life to write for a reader for years. And God didn’t want me to ignore that anymore.

So with guns blazing, I started writing. But I had no clue how to truly write for a reader and get my words in front of people. So I joined hope\*writers, and created my own website and began writing there. I became more intentional on social media. I joined the hope\*writers Mastermind in 2020 to get more personalized help with my work. I tried to get an editor to sign with me a couple of times so I could write books, too. But that didn’t work out (at least not yet).

And I was getting discouraged.

But for a few months, I kept sensing God trying to show me my next right thing. To start a podcast.

I was like, really, God? This isn’t a book. This is completely different than what I know or what I’ve felt called to do. What I’ve longed to do.

But for months, he wouldn’t let me let it go.

And so last year, in August 2020, I launched *Be Known.*

And goodness, what a journey the last 50 episodes has been.

There have been moments when I’m like, “YES! This is working! More and more people are listening and responding and this content is helping people and I know what I’m doing.”

And then, if I’m honest, there were a lot of moments when I was like, “I’m failing. No one is listening. I have no idea what I’m doing. Should I even keep going with this? What if I’m trying to force something to work that may not be working anymore?”

There were a lot of really hard personal moments for me outside of my writing life in the past two years, too. The loss of a job. The loss of a place I loved to call home. And a renovation of a new one. And a small, dark apartment in the meantime. The loss of a church family of a decade. Another time of great loneliness. And the beginning of a new church family. The beginning of a new job. A hurricane. Covid. Family stress. Financial stress. A publishing rejection. Depression.

All while getting these episodes out to you nearly every Monday.

And here’s what I’ve learned.

I’ve learned that it’s vital to listen to my relationships, my body, my soul, my spirit, my work, my finances, my spaces. When those things aren’t healthy, and some even so unhealthy they are screaming at me for attention, I need to step back. And that’s okay. *Stepping back doesn’t equal failure.* But it does allow space for healing and wholeness and reflection. It allows me the room to fill my empty tank, so I can pour out to you again. And so I took some breaks this year from the podcast. Some unexpected, like after Hurricane Ida. Some built in for times of the year I traditionally step back, like Advent. I may have lost some listeners because of those breaks, and maybe those breaks are frowned upon in the podcast world. But if I don’t listen to what my life is trying to tell me, I’m going to crash and burn and be no good to any of you. Because I know that, there will be more breaks built into the show over the next year. A break during Advent is coming up!

I’ve also learned how hard it is to remain consistent at something. To give you an episode and a Monday Minute and posts on social media week in and week out. This work is no joke! It’s another job in and of itself. But having an episode due every week has helped me create more healthy rhythms in my life and have something to look forward to. It’s a way for me to allow God to use my gifts on a regular basis. And that feels life-giving to me.

I’ve learned that I enjoy speaking to you as much as I love writing to you. Getting to talk with you almost feels like we are sitting in the room together. It feels more intimate and personal than a blog post, and I find, I’m enjoying this kind of writing much more. It’s why I haven’t published many blog posts here lately. I love feeling like I’m getting to have an actual conversation with you. And I’m floored you would allow my voice into your world. Thank you for that. Seriously.

I’ve learned that I can’t rush the next right thing God has for me. I just want to rush to the thing. Is that so much to ask? I don’t love the long game. In junior high, I ran track. I was pretty fast for a little shrimp. But I told my coach I would only run the shorter sprints, not the long distance. I hated long distance. But sprints? Heck yeh. I could do that all day. I even told him I would quit if he put me on the 800 or mile. And he didn’t. He put my on the shorter relays and sprints. I just want to get to the thing. I don’t like the waiting or the in-between or the not yet. I told myself I would give this podcast a year. One year. To grow and do what I hoped it would do. And if it didn’t, I would call it quits after that year. And even though I felt like a failure sometimes on this podcast, I knew God was telling me to keep going after that year was up. And so I did. I committed to the longer game. And though I still feel impatient, I am going to faithfully bring this podcast to you as long as God tells me to.

This podcast has grown me and shaped me and matured me in ways I never knew I needed. It’s taught me to listen more, to reflect more. To attune to myself and to others and to God more. It’s taught me to release the outcomes and trust God with the journey. I don’t know where this podcast will go. Who will keep listening. And who will stop. I don’t know how long it will go on or if one day God will tell me it’s time to move on. I don’t see that happening any time soon, don’t you worry, friend. But I’m not the one at the helm. I tried to be. But that ship got lost so quickly.

I’m letting the captain be at the helm.

No matter how much that feels like failure to me. Or how scary that feels because I have no idea where he’s taking us.

But I’m sitting back.

And doing the next right thing.

(ENTER music)

I thank you every week for sitting a while with me, but I’m genuinely serious about that gratitude. I truly am thankful for you. I wish I could sit in a room and have these conversations with you, looking at your actual face, into your actual eyes. But if I can’t, I love getting that conversation however we can.

May this podcast continue to speak life and light into your brokenness. Into those broken relationships. May you find grace and kindness here. A nonjudgmental approach here. May you be gently led back to wholeness and to the feet of your Father God. Any may my authenticity inspire you to be authentic and vulnerable in your relationships. And may you finally begin to see what good relationships are made of.

\*\*\*\*\*

To celebrate #50 this week, I’ll enter your name into a giveaway for a $25 gift card to Amazon when you share your favorite episode of Be Known on social media. Don’t forget to tag me in your post so I can enter your name into the giveaway! On Facebook, it’s Kerrah E. Fabacher and on Instagram, it’s @kerrahfabacher .

To finish up, the transcript for this episode (and all previous episodes) is on the podcast page on my website, [kerrahfabacher.com](http://kerrahfabacher.com).

A big thanks to my friend Robert Hargrove for creating the music for the show, and fellow hope\*writer, Alana Dawson, for being a great editor.

Until next time friend, I’ll see you soon.