



Simple, with Tsh Oxenreider

Episode 202

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## Segment One

Tsh: [00:03](#) This is Simple; I'm Tsh Oxenreider.

Hey friends, we're here to kick off our summer series called My Good List where I've asked a few people I find interesting to chat with me about what four things in their life are making everything better right now. Categorized into a thing, a habit, a work of art and a philosophy. It's a thing we do here on the show from time to time and they're the most popular episodes with you guys. In this episode I'm chatting with Anjuli Pascall, a mom of five who runs a fascinating Instagram account called The Moms We Love Club, which is dedicated to raising funds and praying for mothers enduring the longterm hardships. She said she started this account because she's run across stories about moms battling breast cancer or baby loss or family members in horrible accidents and she wished she could do anything, bring dinner, drive them to appointments, that sort of thing to help out. This account was the next best thing to being in the same town. It's a very cool idea. Let's get right into it. Here's Anjuli sharing with us her good list.

[01:15](#) Anjuli, I would love to hear your good list. Let's start off with a thing, big or small that is making your life sweeter. What do you have?

Anjuli: A couple weeks ago I was just cruising around on Amazon as we do and I came across this magical tool that has changed my life. It makes every morning sweeter. I went forward and bought a \$10 frother. Every morning, it just takes my teas the next level and it brings me great joy. It's like me feeling like Starbucks, I don't need to go to Starbucks anymore cause I have my frother.

Tsh: [01:59](#) I have one of those too and those are super fun. Well, I should say I have one and then my eight year old had too much fun it.

Anjuli: It is a really fun toy for four kids. I understand that. Yes, but it's wonderful.

Tsh: Tell me what your tea routine is like. What do you add in it to make it all frothy?

Anjuli: Oh, I'm kind of particular. I go with a black tea and it steeps, you asked so I'm telling you what I do, it steeps for four minutes. Then at the same time I heat up hot water and I put the hot water in a mug, so the mug is warm, a separate mug.

Then I warm up my milk for 30 seconds and then I froth it and then I have this vanilla sugar that you put in a jar and it melds together. Then you put the vanilla sugar in and then you froth the milk and you put it all together and you top it with a little cinnamon and that is heaven for me.

Tsh: That sounds fantastic. Are you a coffee drinker as well or just tea?

Anjuli: It depends on how I sleep the night before. I have five little kids and if the baby or any one of the kids is up, then it's coffee. But if it was a decent night's sleep, then it's tea. I always prefer tea. I might be stepping over to the other side.

Tsh: I love tea. What's your, do you have a like a default brand or flavor of choice?

Anjuli: I love PG Tips. I don't know if you've heard of them?

Tsh: Yes, we travel a lot. In fact, kind of a funny thing is last time, not the last time I was in London, but several times before I got a box to bring home and then I found it like the next day at my local grocery store. Oh, I did not need to bother doing that. They're here in the States, at Target. I love that you picked that as your thing because it's funny how like those little bitty things can catalyst so many other things like you don't need to go to a coffee shop to get the same effect or you can treat yourself in a tiny little way that just makes your morning go a lot better. I love that.

Anjuli: It feels just a little more special. Yeah, that's fantastic. Okay, so that's your thing. The second thing in our good lists are a habit you've adopted. That doesn't have to be any major life changing thing. It can be something as small as going to bed an hour earlier or some habit like listening to a particular podcast or audio book while you're driving around. What's a little habit that you've adopted that's making your life better?

Anjuli: [04:27](#) It's pretty recent so I don't know if this actually a habit yet. What is a habit? 26 days or something?

Tsh: I'm reading a book right now and they say it's much longer than they say, it's something like 66 days.

Anjuli: I'm really only on about day 14 but it's making my life better and I hope I can keep doing it. It is not bringing my phone to bed.

Tsh: Perfect.

Anjuli: We have a TV in our room that's a new thing, but we've brought in our room and we'll be watching The Office or Parks and Rec or any kind of show in bed. And then I would be on my phone at the same time and it would be like this very like

why? Why do I need like eight different devices feeding me before bed? I think there's that desire to check out. What I found is I just got so thin and so I would go to bed feeling so empty, or just scrolling through Instagram or anywhere and feeling like, gosh, my life is terrible. It's miserable. No, it's just because I'm dwelling on all these things right in bed. The past couple of weeks I haven't been bringing my phone in bed or just double tasking. I haven't been doing that. I's been so wonderful. That's so good for my soul.

Tsh: I have like 18,000 things to say regarding that because that is hitting me so much as well in my life. Not only in the research I'm reading about right now, but also practically in my own experience. There is something, the apps like Instagram or social media in general are specifically engineered to not only be addictive, but to give us those dopamine hits that we instinctively crave. That's why we're thinking in our heads like, I need to stop, I need to go to bed and yet you're just still scrolling, while you're thinking, what am I doing? It's because our brains are getting these tiny little dopamine hits and it wants those, and that actually affects our sleep. It makes it harder for us to settle down. Then plus that whole, I don't know if I would call it purely FOMO because it might not be literally, oh, I wish I was on the beach like this person. It might have something to do with a tiny bit more of like I just feel like there's something missing in my life whenever we're scrolling. That's just not a great way to start our sleep.

Anjuli: [06:56](#) No, it feeds that, I think it feeds that place in me at least that's like, oh, everyone else is succeeding or figuring it out but me. Which is not true, first of all. I think there's that doubt that lives inside of me and when I fall asleep and I think about the whole day, it's like, wow, I haven't accomplished anything. I'm not doing anything with my life. Look at these people who are building empires out there and I barely just got dinner on the table.

Tsh: [07:25](#) I find that it's so helpful to remember that, first of all, everyone's showing their highlight reel. Nobody is showing the the sink full of dirty dishes. I've also learned the longer I've done this thing online and just in general getting older, there's always somebody who feels more ahead than you. Like you're never going to get somewhere and think, well I've arrived. This is where I want to be. I'm done. There's always going to be.... I

Anjuli: [07:53](#) Do you think that?

Tsh: Oh my gosh, all the time.

Anjuli: You think there is that one person though that's all head of the pack? Did that person, Usain Bolt, the fastest man alive? Can he say no, I made it, I arrived?

Tsh: [08:03](#) But you know what, I bet Usain Bolt does not make a great pasta sauce and wants to get good at that and so he'll look at The Pioneer Woman and think why can she do it and I can't do it? I'm sure he is doing that in his Instagram feed.

Anjuli: I am pretty sure he is.

Tsh: To me it's this comparison trap where it's like, I just have so many mixed feelings about Instagram because it's both a lovely place to be and a heart wrenching place to be. And actually, oh my goodness, this is such a great segue because you are one of my favorite follows. You do such great work with what you do on Instagram. Tell us more about the moms club and where that even came from. How on earth did you think of this idea?

Anjuli: [08:47](#) It has been quite a journey. If we went back one year ago, I came across a story of a woman named Lindsay Earl who suffers from a disease called status migrainosus and it's probably like the most horrific disease I've ever heard of. She's a mom and basically it's migraines constantly. There's no cure. She just battles with this every single moment of her life. It's this idea of being like in a dark room and being in constant pain and there's no relief. You sometimes hear stories and they just stick to you and you don't know them. They're strangers, they might live in another country and I can't shake this story. It's just so hard. I'd been wrestling with the story and I'm just prayerful. God, what can we do for her? And I looked at my hands, what is in my hands? I have my own personal Instagram feed. I think back then maybe 6,000 followers. Okay, I have that. I have a community on there that I love. I think I just was laying in bed one night and you think about like God putting all these pieces together. Okay, Anjuli, you have this following, you have the heart for this woman. I was a photographer for, six, seven years. I have like the photography eye and I think I'm pretty good at networking people, like rallying people. It was putting these pieces together of what if we can share her story and people could one, be aware that this is happening, this sweet, beautiful mom who's suffering. Two, what if we could raise prayer and what if we could raise funds all through social media? I took my little following and started another Instagram feed and just invited people to join. The whole idea is through social media, we post the same mom's picture who's going through extreme hardship on the same day and we pray for her and we raise money for her. I found that a lot of times when people go through hard things right away, people love to rally, people love to bring meals, people love to give money. But these moms are going through things that you can't fix and it's years and years of pain and hardship and maybe for the rest of their lives. I think it's hard because people want to fix things. My hope with this feed, The Moms We Love Club, is that people follow, they post this mom's picture, they pray for her and they raise money and we as this online community from around

the world, we can be her crutches for a day, a week, a month and remind her that you are literally walking your worst nightmare and we see you and we haven't forgotten about you. We don't want to fix you, but we want to carry you for as long as we can.

Tsh: How do you narrow down who to highlight? That's got to be challenging.

Anjuli: It's really hard. I have a little team of basically some friends of mine. We are the Admin team and people apply and really, truly it's a spirit led thing. There's a few requirements, the mom who's suffering has to have an Instagram feed. That's a requirement. There's just few little like steps that you have to walk through but we wait and we pray, it's hard though. Lots of times friends are applying for their friends and moms have died before. We've been able to feature them or their children have died.

Tsh: Oh wow. I hadn't thought of that. That would be hard. But I love that you are redeeming this thing that we were just talking about five minutes ago that can be so soul wrenching that you have made this a soul gathering, like such a beautiful way to use this platform.

Anjuli: [12:54](#) It's beautiful. Each mom we feature, they wake up that morning, that first Thursday of the month they wake up and they literally have thousands of notifications on their phone of we love you. We're praying you. The mom we were as featuring last week, six kids under seven, a set of twins that are five and triplets that are two and one of the kids has cancer. She was literally in the hospital in these white walls when her daughter's hooked up to chemo and she's getting thousands of messages from around the world saying, we're praying for you.

Tsh: That's amazing thing.

Anjuli: It's amazing. And to these moms who feel forgotten, they are literally walking through a nightmare and it's like, no, we're not going to forget you. We're not going to fix you, but we're going to hold you and carry you to Jesus. Just the benefit of we were able to weight raise almost \$20,000 for her and her family.

Tsh: Oh, that is amazing. Ah, I love that.

Anjuli: It's a beautiful thing and I'm so grateful that that God is using it and that people are on board with the idea. I was so scared that hey, we're gonna support this mom and then only four people post. God, thank you for just rallying.

Tsh: [14:15](#) I think you're a great example of probably an average listener of this podcast. Someone who is on Instagram isn't necessarily using it in a businessy, strategic way, she's just on there and doesn't hate it and has a few thousand

followers and wants to do some good with it. I think that is just such a great example of what you can do when you just have an idea and you go with it.

Anjuli: [14:37](#) Yeah. It's that idea of open your hands. What do you have? It doesn't look like a lot, it's like multiplying the loaves and fishes, that's all I had and somehow some way God keeps using that and does miracles. True miracles.

Tsh: [14:52](#) That's so fantastic. I want to keep asking you about it but let's incorporate that into your good list. What is the third thing, which is a work of art? That can be something huge like Michelangelo's David all the way to some great Instagram feed or a poem you read or a song you like. What's in your life right now?

Anjuli: [15:13](#) I don't know if you started watching the show, but it's the show with Marie Kondo.

Tsh: Oh yeah.

Anjuli: Oh my goodness. I was just scrolling through Netflix and I'll just try this while I'm like doing laundry and it has changed me. I'm so surprised.

Tsh: How's it changed you a little bit?

Anjuli: It is this idea of just like taking joy in what you have I don't feel like I was taking advantage or not appreciating my life or my things, but I think it's that idea of taking a deeper appreciation and deeper joy and trying really to implement that and model that for my kids. We're not cleaning just to clean and get things hidden in behind cabinets. This is a gift. Even these plates. It was so fun. I was doing this the other day with my kids when we were cleaning their room because they're just so messy. Each doll, each toy, each blanket was a gift. I can even remember the story of how we got it. It was so enjoyable just to do that with my kids and talk to them and see if they remember where they got it. Internally it has been a real gift to me.

## Segment Two

Tsh: [19:58](#) Well, I have mixed feelings because I do agree with a lot of her stuff, like I changed the way I folded my clothes after I read her book.

Anjuli: Oh you did?

Tsh: Yeah, it did. It's legit helpful. But I disagree with her on books. For example, I am not a big staunch believer, that's the one area of my life that I feel okay about collecting and not decluttering. I used to write a lot more about simple living and decluttering and organizing and that whole bit. I had strong feelings at the

time. I have less strong black and white feelings are more gray now. But that is one area that I feel okay about collecting because mostly when it comes to children's books, they become more like I don't want to say family members, that's a bit of a stretch, but they become friends. My mom saved a lot of my books when I was a kid, so my kids got to read those and it was so cool that she had done that and that I could pass that down to my kids. Then a few months ago I had boxed up a bunch of them because my kids, my youngest is now eight and a half. We've entered a slightly different stage, more with chapter books, and picture books still just not the early childhood stuff anymore, which was a little bit bittersweet. But I loved that I could just pack them up and put them in the attic and know that they're going to get used again for the next generation. To me, books are a big deal, but otherwise I'm a fan of not having a lot of stuff.

Anjuli: Even when they're not bringing you joy in that moment, you see the future in it?

Tsh: Yeah, exactly. I love that you are getting your kids involved. I think that is key to building that foundation for not raising packer rats. Not saying that our kids are, we don't just come with our DNA hardwired toward messiness or not. I think that's a really good thing you're doing. It's really smart.

Anjuli: [21:45](#) It's changing me and that's been a real cool journey.

Tsh: [21:48](#) Yeah. That's very cool.

We have covered a thing, which is your frother, a habit, which is fantastic, it's not bringing your phone to bed. And then third is your work of art, which is a Marie Kondo's show on Netflix. What is the fourth thing? This is a philosophy, this is the way of thinking, some advice you were given, some idea you've been mulling over a bit and applying it to your life. What's in your life right now?

Anjuli: [22:13](#) One that has really stuck with me and I wish I knew I could credit someone who quoted this. I heard it in my MOPS group five years ago it's just been so life changing. It's this: it's not hard because you're failing, it's hard because it's hard.

Tsh: [22:34](#) That's good. Tell me more.

Anjuli: [22:36](#) I think as moms, especially with little kids, you just are constantly busy. You're constantly overwhelmed, you're dizzy, you're tired, you're not accomplishing anything that's tangible. I think at the end of the day you start to believe that you're failing because you're tired and exhausted. I just don't think that's true. I think it's hard just because it's a hard thing that you're doing. I think that we are just as a society and maybe in this mom culture right now, there is so much pressure and if you're not doing 100% at everything, then you suck at

everything. You know? That's the message I think that we hear. I think that just gives us a different perspective. It gives me a different perspective of I'm not failing, I am just doing really hard stuff, you know? There's a grace in that. I think that's really helped me through some, not just mom days but even internal and working and growing. There's seasons of grief and there are seasons of where God says no to things or all these different phases that we go through and changes and we have such a temptation to be perfect at everything. I don't know, I can take a deep breath and exhale after I remember that I'm not failing, I'm just doing hard stuff.

Tsh: [24:14](#) That is such a good reminder that I needed right now, I've written that down and I'm going to look at that a few times today. I 100% see how it applies to the young moms stage, the mom with young kids. I can see how it applies, like you said, near the end to so many things in life. Those of us who work or for me right now writing a book, that is so true. Teaching, or even being a mom to older kids, I've got a teenager and I can see how this applies.

Anjuli: I'm scared.

Tsh: Well, it's a different hard. It's an emotional hard. Am I doing this right? Am I equipping her to be an adult in just a few years hard. It's a good reminder that if I am struggling through it, in fact, I wonder if the struggle is a sign, that not so much you're doing it right, but that you are doing all you can and you're doing it well. That's a good reminder.

Anjuli: [25:12](#) It's true. We gotta we gotta inhale some grace in our lives.

Tsh: [25:19](#) I love that how that can apply, thinking about you with your mom's club. We're looking at moms who are struggling with some incredibly heavy stuff that most of us will not be able to fathom in our lives and that for sure applies. And yet it can also apply to those of us who are just in the trenches doing the mundane work of just building a family and doing the day to day thing. I just love that it can apply in so many ways. I love that you've shared that.

Anjuli: [25:50](#) I think there's that part too of when I had the idea about The Moms Who Love Club, failure was a huge paralyzing factor of why it even took me a few months to start it. There's so many ways you can measure failure, but if I would have listened to failure and been consumed with that, I would've never pushed the button and said, okay, let's start another Instagram feed. Any risk, anything you do there is the fear of failure. But sometimes it's just because it's doing something hard and that's okay. It's okay for things to be hard.

Tsh: [26:32](#) Yes. I think sometimes as a culture, not sometimes, many times as a culture, we think hard equals bad. That is just not how life works or is meant to

work. I would even argue, take a step further that failure isn't a bad thing just in of itself because we are going to fail in our lives. In fact, one thing we started doing a couple of years ago as a family is at the dinner table we'll go around and ask everyone to say their favorite thing from the day and then several times a week we'll also say, what did you fail at today? We added that because we wanted to convey to our kids that that is a normal, natural part of life and that failing at something means you tried something and so we focus on applauding that. Wow, you really worked hard at trying to figure out that math problem and you still got it wrong but you tried so hard and it didn't come easily for you and you could've just walked away from it but you didn't. You stuck through it and you got the wrong answer. But that's okay because you're still learning it and you'll get there.

Anjuli: Imagine if we can raise a generation of people who can embrace that they make mistakes and they can get back up and keep going.

Tsh: Yeah, I think that would be fantastic. Honestly, I think so many of the things you brought up all smushed together that when we have a tool like Instagram that can so easily show our highlight reels and not our day to day drudgery or our mistakes, it's so easy to think that like you say, if you keep screwing up again and again, that there must be something wrong. That's when a tool like Instagram can be either a hindrance or a help whenever it's all a matter of how you use it. I love that you've brought up things like walking away from it at the end of the day, not being consumed by it yet, using it as a force for good and just how important this is to pass on to our kids. I see this so fervently right now raising a teenage girl and having Instagram as something that she can access at her fingertips. I can't even imagine when I was a teenager having that in my back pocket. Holy cow.

Anjuli: I can hardly handle it and I'm like almost 40. Like with wisdom, so hard.

Tsh: It is hard and having a model that is a big deal so I am right there.

Well thank you, Anjuli. I have loved every single thing you've said. It's been so encouraging and I'm so grateful for the work you do and for the time that you have given us so I super duper appreciate it.

Anjuli: Thank you for having me.

Tsh: [29:11](#) A big thanks to Anjuli for taking some time to chat with me. You can find links to all her things in the show notes of this episode [thesimpleshow.com](http://thesimpleshow.com) where you can also find stuff like links to things we talked about where you can sign up for my short weekly email called Five Quick Things, how you can become a patron and support the work it takes to create the show for just a few

dollars per month, as well as how to connect with me and the people I chat with. The show was produced by Chad Michael Snavely and Jesse Montonya, and thanks also to Caroline TeSelle, Andrea Debbink, and my furry intern, Ginny. Thanks so much for listening. I'm Tsh Oxenreider and I'll catch you back here soon.