



Simple, with Tsh Oxenreider

Episode 225

thesimpleshow.com

Segment One

Tsh: [00:04](#) This is Simple; I'm Tsh Oxenreider.

[00:12](#) Hi friends, and welcome to the final last episode of Simple. It's really bittersweet me even saying those words because I'm both excited about what's next around the bend for my work, but a bit sentimental right now. I've been doing this podcast in some iterations since 2011, which is a long time in podcast years. It's changed a lot as has the podcast landscape, but I've loved every minute I've been part of it and I'm excited to still be part of it. As I say, I'm still driving on the same road. I'm just changing lanes and getting a different view is all. In this final chat, I'm chatting with my dear friend Katherine Willis Pershey. It's apropos I'm talking with her because she's been a long time contributing writer of mine and has been such a cheerleader and encouragement for me the past few years. She's also a pastor and she embodies that title so well. Her pastoral spirit was just what I was craving to hit record on this final episode, which feels emotional and even a bit vulnerable. I was glad she was willing and able to be here for this final, final episode of Simple.

We'll get right into it, but first a reminder that this is not the last time you'll hear from me. Not at all. I'm starting any podcast called The Good List and the first episodes will drop in early January, 2020 so if you don't want to miss them, head to the show notes of this episode or at thegoodlistshow.com where you can drop your email and I'll send you a quick note to let you know when the show is live. If you don't want to miss the new show, this is your official call to action. That again is to go to thegoodlistshow.com and you'll know when The Good List is ready for your earbuds.

Alrighty, so let's get into it. My final chat here on Simple as I talk with Katherine about change, when to know it's time to say goodbye to a good thing and what to do to still enjoy that thing you know you're gonna miss.

[02:24](#) Katherine, I'm so glad that you in particular are joining me for this final episode of Simple because you've been around a long time. Even if a podcast listener has only heard you this past year, you have been on The Art of Simple a really long time, plus you're a pastor so I feel like you've got this pastoral quality

to the show that I'm going to miss, but I also think is really great for a grand finale of sorts. I'm really glad you're here. Thank you for that.

Katherine: I'm glad to be here and I feel really honored to be in conversation with you for this final recording.

Tsh: It's funny because I've been curious how people have responded and it's 99% been really good in light of what I'm moving on to. It's not like I'm saying I'm quitting the internet, I'm just doing something new and yet I do wonder sometimes how people feel regarding change because people have very mixed feelings about it. Usually negative. A lot of people don't love change and it's easy for me to forget that sometimes because I actually thrive on change, for the most part. I've talked about that on the show from time to time, in fact we've got a number of episodes about change, which we can put in the show notes, but for some reason it's just something that actually energizes me or lights a spark in me whenever it's changed that I am in control of now uncontrollable change, it's a whole other thing. But for the most part I thrive on it. How about you Katherine? How do you feel about change?

Katherine: It's interesting because as you say, I have been around for a long time and I do tend to, if I like something, I'll keep on keeping on. I've been serving the same church for 10 years, almost 10 years, which is really rare for associates to stick around that long. I think about this a little bit in terms of, do you know the Benedictine spirituality very well? The concept of stability?

Tsh: Yes. The vow of stability. I actually wrote about that and *At Home in the World*.

Katherine: Oh, that's right. Oh my gosh, I loved that chapter. This is like one of those funny meta moments. That's probably where I first encountered it and here I am, have you heard of this thing? I just read more on it recently. I do think I'm a person who is called to be in place. But the other side of that coin is of course the conversion and being open to even if there's certain circumstances that aren't changing, recognizing that if we get stuck and in a rut and we aren't open to internal changes and growing, I mean, really what we're talking about is, is being open to growth even if it means giving up certain chapters and grieving those chapters. There's both and for me, stability and and conversion or change.

Tsh: I really liked that phrasing and that that is really apropos for what we're going to talk about. The idea of growth versus change in the means of lighting a fire behind you and walking away and instead actually moving toward something, which is very much what I feel like I am doing here. I wonder too, for many people listening and especially for you Katherine, whenever you think of liking stability, I wonder if part of that has to do with the fact that your job is so varied.

You as a pastor, you've been there for 10 years, but I'll bet you every week is different.

Katherine: Absolutely.

Tsh: The people you're working with and the projects and the tasks and what's on your mind in terms of sermon. I would imagine that adds a lot of variety and change to your work within the scaffolding of something stable.

Katherine: Exactly. Actually, my mother is a retired librarian and I remember she said something, a long, long time ago that she loved her job because it was so interesting. Anytime she got tired of doing one thing, she could go and do something else and she was still doing her job. That has always been my experience of ministry. That variety within the scaffolding, as you say.

Tsh: I really like that and I think there's something valuable to that and is more meaningful to me maybe the older I get and I value the idea of grounded-ness, staying put. Yet at the same time, like what you said, that Benedictine spirituality, the value of stability is something I personally need. I think I would need to take a vow that I promise to stay put even when life gets boring or hard because my natural gut inclination is to let's go travel to a new country because not to escape, but just more to add interest and sensory input in my life. That's not always healthy. That is okay. I don't issue that. I think that's how God made me. But at the same time there is real value in staying put and some of us need to take a vow of sorts. Maybe not a literal one to do that and yet at the same time, I would argue that some people might need the opposite. Some people might need, I don't know whether over that is a valid risk?

Katherine: A valid risk. That's a beautiful phrase.

Tsh: Doing something that feels maybe uncomfortable but you know is what's necessary in your life in the name of growth. That's what I wanted to park on a little bit with this final episode, both to use my example of ending the show and moving onto a new one as what we're talking about, but also just largely how to apply this in regular life.

Katherine: [07:58](#) Part of what it comes down to is that whether it's, whether you need more of a pull toward risk or stability moving through these, moving through life, change is the definite in life with intentionality. It's not about a matter of blowing up your life because you're bored or never making a change because you're scared but moving with intention.

Tsh: Yeah, that's really good. In fact, I think part of why I know it's time to move on is because I have tried several years now, I don't want to say tried like tried and

failed, but I have attempted to tweak things here and there without a full on, flat out new change. While it's worked to some degree, it just no longer is working or I can sense that it will no longer work. For me, even though I thrive on change, this does feel risky and this does feel a little uncomfortable.

Katherine: [08:54](#) That's when you know it's time.

Tsh: There's, there's a few ways I've been mulling over this this week, why I know it's time and I wonder if listeners might relate to this in other areas of your life. Now this is work centric because this is my work and perhaps those who are dealing with this in work can take mental notes here and apply this to their own work. But you know, I would say this applies in our personal lives as well. For me when I know it's time to change, it sounds really basic, but it's honestly that I'm simply not personally as interested. That means specifically when I'm in a creative kind of work, I have to have enough interest from which to build a creative business or create something like a book or podcast or art of any sort. I have to have a vested interest. To me that's a one-on-one foundation. I remember reading about certain novelists and you'll read these plots and think where on earth did they come up with these ideas? Usually it started from just a flat out interest in the topic. Anthony Doerr, when he wrote *All the Light We Cannot See*, it started off with just an interest in radios. He was interested in both the workings of a radio and the history of radio. From that he ended up creating this whole amazing epic tale taking place in World War II on the concept of radios. Things like that, I just have to have a vested interest in it. If I find my interest waning to some degree, to me that's just a sign, that doesn't mean that's a definite reason to end because there is also such a thing as responsibility. I think those of us who are working adults whose job literally puts food on our table, we can't just say, well this is boring. I'm out of here whenever we feel like it. I'm not at all saying that, yet at the same time there is this weird tension whenever you make money, your livelihood is dependent on your creativity that is this weird catch 22 where you have to be interested in order to create that thing. Yet that created thing is what keeps your lights on so that you can live in a way that you have brain space to be interested in things.

Katherine: [inaudible] from a time clock.

Tsh: Exactly. For me, step one is I'm not as interested as I once was, but that is not the final nail in the coffin at all. That's just something to be aware of. Maybe if perhaps you have been long interested in, I don't know, architecture, and you've been an architect for a long time and you've just noticed the past few years, maybe your interest is a little bit more distracted or waning. That doesn't mean stopping an architect, but just pay attention to that. Maybe it means something else. Maybe just a slight shift in the rudder to where you're angling somewhere else, but you're still in that or your skillset. I don't know. Just a thought.

Another one for me, and this all again has to do with communication in my work is that the person I want to connect with has new and or different interests. Now I have long had a fictional person in mind when I connect with my work. This is common in my niche of podcasting or writing or whatever that you create a reader or a listener and you create her with a whole back story. It's one person, but you write out what her name is, where she lives, how old she is, what her family is like, what she likes to do for fun. What's her job? How does she feel about her job? What does she like to wear? What books and magazines and TV shows and music does she enjoy? The questions, what keeps her up at night? What really bothers her? What is she thinking about whenever her mind just wanders or daydreams? What does she wish she could do if time and money were not obstacles? All those kinds of things. You create a fictional character or a person and in a way it's an amalgam of several people you might know or imagine are listeners or readers based on the actual feedback. Somebody has told you they loved your show, they love your book, whatever.

You create them and you do your work for that person. And yes, other people outside of that write up are going to listen and read. That's just how it works. But in order to have a point of view, in order to write from a unique perspective and to talk with specificity, you target that one person. You keep her in mind as you do your work. Now this fictional person in my mind who is based on real people, I promise I'm not just living in la la land, she is interested in different things. She might have found me at one point interested in maybe what I was originally talking about, which in the case of all of this is simple living, but now she's not so much not interested in that, she's just broadening her interests or maybe thinking about other things more than that. I want to talk to her about those things because I'm interested in those things as well. Basically along with my interests are waning, so is my fictional person who is based on reality. Her interests are changing too.

Katherine: I love this. I think a couple of years ago you actually shared the link to your fictional person write up with the writers, the contributing writers. I remember reading it and just thinking it was this like amazing, well first of all, it showed what gifts you have for fiction. I hope you're going to write a novel because we need your novel. But also, this fictional person was so delightful and I wanted to be friends with her and I had this sense of disappointment that she wasn't actually real. But I get it, she was real enough in that description you shared with the contributing writers. I get that she was real enough to change too and to grow with you.

Tsh: [14:56](#) Right. I think that's helpful for us to remember that at the end of the day we're people talking to people here and that's not just related to my kind of work, I would say that's in most work, most vocations, you for sure as a pastor

and even in your work as a yoga instructor and other people's work. As a barista, as an accountant, all these different hats we wear. We are people talking to people. And while yeah, we have a "target market", whoever it is that we're connecting with, but these are real people with three dimensional lives. It's not just this flat, faceless person who fits this particular demographic, makes X number of money, has this many kids, blah blah blah. It all has to do with our quirks and our interests and like I said, the questions that keep us up at night and it's good to think about those things.

[15:47](#) If you're a creator listening or if you're even just a person that wants to thrive more in their work, perhaps consider who it is you're actually trying to reach with your work and keep her in mind as you created it. It adds some humanity to it, especially since so many of us do our work through screens. It provides a literal face to an idea.

That's another way I know it's time to change. Another one is honestly the numbers. I'm not a numbers person really, meaning statistics and traffic downloads and all those things. Yes, I need to care about those. But those also aren't what seals the deal for me. Clearly everyone likes this thing because we get a lot of downloads or we get a lot of page views on that post, I'm just going to keep writing about that. That's not me because I still have to care about whatever that is and fun fact, to this day, I mean we're talking 2019, the number one post on The Art of Simple is something I wrote in 2009. Literally 10 years ago, not a week goes by at that post is not in the top 10 according to Google analytics. It just makes me laugh. Really? People are still finding that silly post I wrote back when we lived in Turkey and apparently is what people find from searching on Google. That's great and all, but it's not like I suddenly decided I'm going to create an entire podcast or blog or book about that one thing. But it's also smart to not just ignore all those things and do whatever the heck you want based on your interests.

I look at the numbers and I see, okay, what's happening here? What's interesting is our Good List episodes, you've had Katherine, everybody's had one on our show and we have occasional guests on that show, their Good Lists as well. Those are always the highest downloaded episodes, which I just think is interesting because that's also one of my favorite types of episodes to do.

Katherine: They are so good.

Tsh: I genuinely like talking about them and listening to them. To me that was just something to listen to. My people who I'm already connecting with like these things. It's not like I want to talk to someone brand new. It's like I'm going to talk to maybe someone somewhat similar about something else more in depth. That's the shift here specifically. Maybe for someone listening, keep in mind your

numbers or your statistics, whatever metrics you use in your work, be it via the internet or some other, I don't know what metrics you would measure as a pastor. I don't know if that matters. Maybe that feels icky or weird.

Katherine: I know I've noticed they're counting the number of people who are in worship. The usher will go up to the balcony and I'll be like, oh there they are counting. I guess there's metrics everywhere, but obviously you can't be driven primarily by numbers no matter what. I guess maybe some industries have to center them more. I hear you that it's on the list, but it can't be what primarily motivates you.

Tsh: I think all of this is kind of a soup, these are just different ingredients that when stirred together equal a soup that when I taste it tells me, okay, this is time to move on. It's just one ingredient. Same with whether I'm interested. Same with the other person being interested, I'm talking to.

Then the last one, and this is probably the most Vegas thing of all is when it's hard for me to explain what it's about. The thing I'm working on, when I find myself just at a loss for words, literally to explain what it is I'm doing. Whenever someone would ask, oh, what's your podcast about? I would find myself stopping because I'd have to think what is it about these days? It's had a number of iterations over the years where it's always been or around the idea of simplifying life but in different methods or different ways, formats. I found myself this past year just saying, what is it about? We've always had this broad idea of living well and ignoring the rest. I think that is what the show is about. But when I found myself hesitating, that was just a sign because maybe it's not so much, an obvious thing in my life to want to talk about and so when I have to think about it, yeah, that is a bit of a challenge. In some ways it is a matter of taste. I maybe don't love talking about the idea of simple living is as much. You know Katherine and other people that are friends have known that I have wanted to keep the show going yet maybe change the name or change the topic and take away the word simple, but it just doesn't work that way. The way podcasts work, the way iTunes crawls feeds the way people find what they need to find, blah blah blah, boring stuff mostly, it just doesn't work to just completely change the topic of a podcast.

I don't want to belittle or sully the work that we have been doing the past few years because I think it's good. I would rather book end it and put it on a shelf. This is start to finish what in these years, what we talked about and then start a new bookshelf as opposed to trying to tweak it.

Katherine: One thing I really appreciate when you made the announcement about ending The Simple Show, you said you want to end it on a high note. I think even though your own personal interest has been fraying, that hasn't even remotely shown in the conversations that you've been having with the co-hosts and

guests. I think it's been as good as ever. Ending on that note, as you see this pattern within yourself makes so much sense.

Tsh: [21:39](#) Yeah. It's funny, this past year we've done this new format where you and I and the other contributors, we'll talk about what we wrote about that week. I have loved that. To me, that has felt so good and right and exactly what I've wanted to do. As we wind down, it is not at all, like you said, anything to do with me no longer thinking it's good or the numbers showing us otherwise. The numbers are great on the show, which in some ways feels weird about why we're ending it. But I think it's still good. To me, the example I think of is The Good Place, the TV show. I don't know if you watch that?

Katherine: I'm not caught up to current, but I love that show.

Tsh: Okay. I do too. We love it. The creator said a year ago I think, that there are four seasons of The Good Place and that is it. We knew probably over a year ago, I think maybe midway through season three that the show would end at the end of season four. While there was disappointment, everybody was sad about it. I think there was still something nice about knowing it was going to end almost a little too soon. You want to end wanting more as opposed to ending thinking finally put that poor thing to rest, you know? And so that's what I want very much to do.

Segment Two

Tsh: [25:03](#) I wanted talk a little bit about how to embrace change even when you don't want it. Maybe some of you listening are thinking, but I don't want the show to end. I'm one of the few that, while that's all well and good that you're doing something else, I'm going to miss Simple. I get it.

Katherine: I might actually be in that camp, but I want to be a supportive friend. Talk to me about how I can embrace change when I don't want it.

Tsh: I know, I know. I get that. I don't know if you were a Design Sponge reader at all.

Katherine: Just a little bit here and there.

Tsh: I loved that blog and I loved her podcast too. When she announced in January 2019 that they were going to end the blog in August 2019, meaning she gave us eight months of a leeway to know, I was genuinely sad but thought, okay, good for her. Obviously this is intentional and specific and she's thought it through. That's what I hope people are hearing here. That there is a way to just fully enjoy this before just being sad and going into a corner or whatever.

Here for me is how I embrace change when I don't want it, when it's out of my control. The first one is I enjoy what I have left and re-enjoy my favorite. That's one of the great things about the internet is that so many things just live out in the internet and we have access to them in so many ways again and again for years. That means like whenever you've got a show and it's ending, you most likely can go back and rewatch your favorite episodes. I think that's just amazing.

It wasn't that long ago, when you and I were kids when the show ended, it just ended and you were just left like, well, bye. I remember watching the final episode of Family Ties and being genuinely but wait, I'm going to be so sad. I'm going to miss Michael J. Fox and this family. I loved that show and it just felt like a loss. We don't have that as much anymore. We can actually re-enjoy our favorites from that universe that we love.

Another way is to enjoy something similar. Something that's within the same spirit of things. We are in a golden age of television, books, podcasts, movies. We have way, way more than we can ever possibly enjoy. I don't know how you feel Katherine. There were times when I open Netflix and I just freeze. I don't even know where to begin. I guess I will watch the same thing I know to watch because I at least know what it is. But there are so much good stuff out there.

An example I can think of is The Crown. I don't know if you were into The Crown, the season three that just came out not too long ago.

Katherine: I haven't watched it yet.

Tsh: Okay. It's fantastic. I loved it. But if you watch the last episode and you think, oh man, it's over. There's so many other good historic period dramas out there. What comes to mind is Victoria based on Queen Victoria. I loved that show. That's something you could watch after The Crown or one that I haven't seen that I keep being told I would love is Outlander. Do read Outlander?

Katherine: [28:15](#) I read one. I read the first book and I petered out on the second and I think I've seen some of the show. I mean it's good. It's really intense. Really intense.

Tsh: Okay, well I am not endorsing nor criticizing it because I don't know what it is. But that's just an example. In fact, when I Google searched, what do I watch if I like The Crown? That was one that kept repeatedly showing up.

Katherine: It has some really good moments and great ending.

Tsh: That's cool. Things like that or if you love The Good Place and you're sad that it's over when it's done. There's so many other good, great comedies done by the same guy even. Brooklyn Nine Nine is one of our favorites and it's done also

by Mike Schur. Veronica Mars, which I never watched but I want to is also Kristen Bell and I hear it's fantastic and specifically cultural adjacent. There's plenty out there in other words.

Then the third thing is I enjoy something adjacent with the same, I guess within the same universe. There is a Crown podcast, there is a Good Place podcast, there are infinite numbers of articles about the actors, about the history behind the things, about the philosophy behind The Good Place. There's books written about stuff like that. All of those things. There's plenty to deep dive on within that universe of things. If you like Harry Potter the books, there's Harry Potter the movies obviously. But there's also the theme parks, the websites, the 1,000,001 different fandoms. There's ways to deep dive on things you like, even if it's not literally the thing you love the most. Obviously I am not comparing this little podcast with things like Harry Potter or The Crown.

But what I'm saying is we can apply this to all sorts of things in our life.

Katherine: Yeah, absolutely.

Tsh: In the case of this podcast, Simple, you can do these things too. You can re-enjoy, you can enjoy something similar and you can enjoy something adjacent. I thought I would just share really quickly, do a rundown of my favorite Simple episodes over the years that we've been doing the show. I'll put all the links in the show notes so you don't have to write this down. But just as a quick recap.

Just a few months ago, Crystal Ellefsen and I did one that I loved called Art Well and Work Well.

Andrea, another co-host, we did one on Tech and Family and Creativity and what it looks like to be more offline and to use the internet well relating to our family relationships and our own creative space.

Christina and I did an episode I loved called Loving our Forties because she and I are, I think we're the same age. We talked about what it felt like and meant to be 40 in our forties when you still feel like you're in your twenties basically.

There was a really good, good list episode I did with Jacqui Skemp who I don't know personally, but I've really loved over the internet and loved everything she shared and suggested in that episode.

I want to say a little over a year ago, Haley Stewart and I did a deep dive on the liturgical calendar. We did a three part series and to this day that one gets a lot of downloads. I know you guys are interested as well in that.

Bethany Rydmark who is a lovely friend and supporter of the show she was on and we talked about the food swap, she started the Portland food swap and that was really fun to talk about.

Stephanie Langford and I did a four part series, I don't know, year and a half ago called Making the Most of Two Weeks Off. She is a hardcore traveler even more than me and yet we talked about what does it look like whenever you're, like most listeners where you only have a few weeks off of vacation time, how do you make the most of it?

For our 100th episode of this show a current co-host at the time and I did a love where you live episode where we talked about why we love specifically where it was we were living. That was really fun.

Stephanie and I also did a travel themed episode called The World's Most/Best. We went through and talked about what we thought were the world's best, just different superlatives, like cleanest cities, most expensive places to visit with family, most bang for your buck, different things like that. A lot of categories. It was really fun.

Quite a while ago, early on in the show I had Robin Dance on and we talked about raising kids on Harry Potter and what that looked like, how to incorporate the world of Harry Potter in your parenting. That was really fun.

And Katherine, just to show how long you've been connected in some ways, you are on early. I don't know if you remember, we talked about everyday spiritual practices and that one was such a balm for me talking with you about that because a lot of what you had talked about was still sort of new to me. We talked about examen as a form of prayer, memento mori, things like that, that I was just not as immersed in at the time. I loved it. Do you even remember doing that?

Katherine: [33:22](#) Oh, I remember. That was the first time I ever did a podcast conversation and I was so nervous. It was so much fun, but I was like, you clicked record and I was shaking in my boots.

Tsh: Well you could not tell. Then one that I still think about all the time was talking with my dear friends Brady and Amber Black who live in Lebanon. We podcasted about their life there. It was called Hot Mess with Hummus because I think that's what they called themselves. But they run a home for street children in Beirut and are just fantastic human beings. I loved every single thing they said and shared. That was a great episode that got a lot of feedback from listeners about how much they loved.

Katherine: [34:05](#) Can I just add one of my favorite? I loved when you talk to Jerusalem Greer. I had sort of heard of her before that conversation, but I just loved her and then I actually reached out to her not long after to invite her to come lead our retreat for my church because I could tell listening to her talk to you how perfect she would be for my context. I loved that one.

Tsh: That is perfect. I love that you did that. Yeah, she's fantastic. I really, really like her a lot in the work she's putting out in the world. That's the thing I really have enjoyed about podcasting so much is connecting with people and that idea when you think about your listener being a human and you're human, it's also the other people you have on the show. These are just people and I think sometimes that's why we love, I mean I love blogs and I don't want to see them go away. I don't want to see Instagram kill them off like it seems to be doing, but there's something just great about podcasts because it feels like you're listening to real people and the nuance and the voice and the character behind, maybe the Twitter profile pic or something like that. Jerusalem was one of those for me.

Katherine: Did you read that recent New York times article about podcasters on how the sort of depth of relationship and connection that listeners can make with a podcaster.

Tsh: No.

Katherine: Oh it's so good. It was talking about how like the intimacy, now granted it can be one sided. If it's one of the celebrity podcasters who doesn't really engage with readers the way that I always feel like you've been really present and responsive if people leave comments on the blog or whatnot. But they were talking about, you're literally whispering in their ear where while they're doing the dishes and a pretty intense connection can be made. It was a fascinating article.

Tsh: I will have to look it up and we'll put it in the show notes because I love stuff like that. That is so true. There's something really connecting about podcasting that you don't find in blog posts or even YouTube videos when you're still hearing somebody, but you're watching. I actually was reading up on, Alex Bloomberg who started Gimlet media, a podcast network. He is talked about how studies have shown that auditory connecting is the most intimate connection you can find. There's something about listening without seeing that feels really intimate. That's one of the powers we can wield for good as podcasters when it comes to connecting with people and embracing causes or ideas or whatever it is for the greater common good. I love that about it.

I'm gonna put a link in the show notes. I'm gonna look it up. Thanks for that.

Speaking of which the next way you can embrace this change is enjoy something similar. Perhaps you are listening to this because you like deep diving on things related to simple living. There is tons out there. Trust me, there is no shortage of things in this niche. I'm going to share a few things we'll link in the show notes as well.

My friend Joshua Becker, he's been a long time blogger at Becoming Minimalist, but he has a YouTube channel of the same name and it's really good. He puts out videos twice a month and then he's got a really good course that I pretty much now send people to whenever they are feeling overwhelmed about decluttering or simplifying their homes. It's called Uncluttered. It's really good. I'll put a link in the show notes. I don't think it's open right now, but I think it will be soon. If you are listening to this as it goes live, it tends to open up several times a year and obviously around the first of the year is a hot time for it. Put your email there if it's not open yet and he'll let you know whenever it does.

Another one is Courtney Carver. Her website is Be More Wwith Less and she does really good work. She has the specific thing called Project 333 and it's all about simplifying your wardrobe and your clothes and how you think about your clothes and it's really good. I'll put a link to that as well.

A longtime friend of the show, Brooke McAlary. She has been on the show several times. She's a former contributor. We stayed at her house in Australia many moons ago when we were on our trip around the world. We house sat for her outside of Sydney. She has a podcast called The Slow Home and it's fantastic. I'll put a link to both her show in general and a recent episode that I was on this past fall for her.

Another show I like is Hurry Slowly with Jocelyn Gleib. I don't know her personally, but I really admire her work. This is really good, especially if you work outside the home or you have some kind of business because she talks a lot about what does it look like to in a way get more done by slowing down. It's really good.

Then the last one is a guy named John Mark Comer. I think it's Comer. Do you know him?

Katherine: I don't.

Tsh: [39:03](#) I'm not sure if I'm saying it right. He is a pastor, but he writes a lot about not hurrying, slowing down, living simply. I loved a book he wrote a few years ago called Garden City and I loved it. I read it in like two days and he's got a new one out that's called something about hurrying, *The Ruthless Elimination of Hurry*.

Katherine: I was literally just gonna toss out that quote that's from that John Ortberg article, isn't it? Or maybe Dallas Willard, is that it?

Tsh: No, it's John Ortberg because John Ortberg ended up writing the forward to it. I think Dallas Willard quoted is that the great enemy of spiritual life in our day, hurry.

Katherine: That's one of the best articles I've ever read, so to know there's a book on this topic, I'm having a moment.

Tsh: [39:56](#) Okay, well I'm going to have to look up that article. I don't even know about it. He wrote a book. I want to say it's either just out or not even out yet, about this thing. If you like this topic, I bet you would really like that book and his other stuff that he does. In fact, I believe last week, Christine even mentioned a recent sermon of his on his podcast that she absolutely loved regarding this whole topic. We can link to last week's episode so you can hear that.

Katherine: I like this topic because I relentlessly fail at this topic. I need to ruthlessly eliminate hurry. Putting that on my to read list.

Tsh: [40:41](#) Perfect. I'm glad. The last thing, we've got re-enjoy old Simple episodes, we've got enjoy something similar, those people I just mentioned and then enjoy something adjacent. This is the sounds like a shameless plug, but it's just kind of true. Just like there's a podcast for The Good Place. I do other things besides podcasts. My books are actually my sun of my universe. I think of myself first as a writer and then as a podcaster. If you like the show, you might like my books. I'll put a link to those in the show notes. Obviously the blog that has been around since 2008 you can read our essays there, including yours, Katherine. Then honestly my new show that I am moving on to doing in 2020, it's going to have the same flavor. It's still me. I'm not going to suddenly be a different person. If you have enjoyed The Good List episodes, especially here on Simple, I think you'll really like the show.

It won't be 100% the same, but it's all in the same spirit. Like I said, I'm not anywhere, I'm just, I'm even on the same road, I'm just changing lanes a little bit, but we're going in the same place. I think you will still really like it.

Katherine: I'm so excited about the new show. There's the combination of to go back to the word you used earlier, scaffolding, but like so much more capacity to have a broad conversation. When you say like, what is your good list, your philosophy, that just opens up so much expanse of computation. But with that really clear, framework, it's going to be great.

Tsh: Yeah, I agree. I'm very excited about the open ended-ness of it that we can go in a million different directions, that not only can I share what's on my mind, but I can occasionally have someone else on it can be just me. I want to have my daughter on. I think that would be really fun. There's infinite variations that we're going to explore this idea of a good list while still being something that if you like simple, you would like the good list. Be looking for it.

I think I just want to end this chat with you, Katherine just saying thank you to everybody listening, thank you to you and the other co-hosts, but just thank you so much for all the years of listening to the show. It's been really and truly a labor of love. I've truly enjoyed it. I feel quite honored to even be a podcaster. You mentioned that whole idea of intimacy. I really truly feel that way with listeners that in a way that I still love writing and I think I'm a writer first and foremost, but there is something to be said about hearing someone's voice, remembering that you're human and connecting. I feel genuinely close to so many of my listeners that I've met over the years or have met via the internet. I'm really grateful. Thank you so much for listening.

Katherine: Can I speak on behalf of the listeners and say thank you to you?

Tsh: Sure.

Katherine: You have been such a gift to us, so thank you.

Tsh: Thank you Katherine. That means a lot to me.

[43:38](#) You can find Katherine at katherinewillispershey.com and on Twitter @kwpershey, and to keep up with me, I'm on twitter @tsh and Instagram @tshoxenreider and of course at theartofsimple.net where you can find my writing as well as Katherine's. Again, head to the show notes for this episode number 225 at thesimpleshow.com where you can find all sorts of things, links to things we talked about where you can sign up for my free weekly email called Five Quick Things, how you can upgrade and become a supporter by work for less than \$2 a week, as well as how to stay in the loop about The Good List so you won't miss the new episodes. As they have been for awhile, this show was produced by Chad Michael Snavely and thanks also to Caroline TeSelle, Andrea Debbink, and my furry intern, Ginny. And I couldn't give the final farewell without thanking each one of you, the listeners, the show literally couldn't exist without you, and I'm so, so honored to have been part of your lives here on Simple. You're some of the best people on the internet and I'm so glad to know you. Keep being awesome people. Thanks so much for listening. I'm Tsh Oxenreider and I'll be with you soon over on my new show, The Good List. I'll see you there.