

Christy Turner: When we're talking about dementia, it's often centered around practical how-to's, physical abilities, or planning for the future. Something that's often missed is the role of spirituality, which I believe is just as important as all the other things we focus on when we're discussing dementia. And that's why I am excited to have [Dr Sarah Bartel](#) as our guest on the show this week. She's an award-winning columnist; co-host of the popular [Enduring Love radio show](#) on Sacred Heart Radio; holds a Ph.D. in Moral Theology; and is co-editor of the new book, [A Catechism of Marriage and Family Life](#). In this episode of Navigating Rough Terrain with the Dementia Sherpa, Sarah and I talk about the role of faith communities in dementia, the importance of rituals, and float a theory on why grace is so often untapped. Plus, Sarah explains what catechism means for the non-Catholics among us (like me). Even if organized religion has left a bad taste in your mouth, I think you'll enjoy listening in as Sarah brings the Good Stuff and shares it with such joy.

Christy Turner: I am so excited today to have Dr Sarah Bartel with us. I had the pleasure of meeting her in person, gosh, it's coming up on two years ago now, and she is just one of those people you want to be in a room with because of the amazing energy she brings. I mean, you talk about bringing the Good Stuff--she is all over it. But that's not why we're having her on today. The reason that she's on today is to talk about the role that spirituality can play in our lives and in caring for our person and I was just really fascinated when she brought up the concept. I thought this is going to be a great conversation. So, I am going to let her introduce herself and we will take it from there. Go ahead, Dr Sarah.

Dr Sarah Bartel: Well, thank you so much, Christy. It is such a joy to be talking with you. I feel same about you, except can I do double? Like, I'm rubber, and you're glue.

Christy Turner: Thank you!

Dr Sarah Bartel: It was such a joy to meet you in person, and in the conversations that we've had. And I'm just really honored to be on your show and talking with your people. I have a real passion for strengthening marriage and family life. So, I'm a Catholic theologian. I got a doctorate in moral theology from the Catholic University of America, but I'm kind of unique in that I, I work from home. I'm a freelancer, not an academic, and I did work in a ministry, marriage and family ministry, for several years now. And when I put together a book that just came out, that my grad school professor and I edited, we looked at the whole spectrum of family life, from courtship all the way through, you know, the marriage, the raising kids, widowhood, and old age, and divorce. The whole story. So, it was really beautiful when I was working on this project to read documents

from my Catholic heritage and my Catholic tradition, just about the reverence and respect and gratitude that we want to have for the elderly. So, I'm thinking, you know, that might be something we could talk about and share, and then people of whatever background or denomination or religion, you know, we're all spirit--there's a spiritual part of human nature. We're all longing for that something more. And um, and that's really a strength for us that we can draw on, especially with challenges appearing for our loved one who is aging. Because, you know, we, we, we need that, you know, all the strength that we can get. So....

Christy Turner: Oh, definitely.

Dr Sarah Bartel: Yeah.

Christy Turner: I just, I recently interviewed a family care partner, Bonnie Lais, in [episode 80](#) and [81](#) and I asked her, "What did you do when you had those moments where you just didn't know what to do or you were feeling challenged? And she said, 'I prayed. I just said, God help me!'" And I said that, I said, "I think that's a great answer." It's something, I agree, that I don't think we really talk about enough. And I know, like in the work that I do, often it is very much about practicalities, about how-tos, yet I also really am always reminding people, "Bring the Good Stuff, always bring the Good Stuff." And it's really about kind of what's filling us up inside. And then how can we share that with our person? So, I love this, talking more about the spiritual side of ourselves because I say we're all souls having a human experience.

Christy Turner: And um, you know, when it comes down to being human, at a certain level, we're all kind of goobers on the bus. Um, we make mistakes. We, you know, we have those moments where we're not exactly bringing our best. And so something positive that can help us with that is so enormously helpful in any situation. But particularly when it comes to the challenges of caring for parents who are living with dementia or a spouse who lives with dementia. That can be really tough. And I know we have a lot of listeners too who are primary care partnered to grandparents who are living with dementia. So, what was the most fascinating thing that you pulled out of that project, Sarah?

Dr Sarah Bartel: Okay, well, so, the book is called [\*A Catechism for Family Life: Insights from Catholic Teaching on Love, Marriage, Sex and Parenting\*](#), and full of questions about family life. And then we pull the documents from the tradition that can address the questions. So, question 70 in the book is, "How can I best provide care for my aging parents, and what does our Catholic faith say about our attitudes towards the elderly?" And really, so much of this is common to--this is a Catholic book, but this is really

common to Christians of all denominations; people of the Jewish background; people who were raised Catholic and might not be active anymore; people and spirituality. Because the answers--Pope Benedict provided a quote that we used here. And he was visiting a home for the elderly, and when he was there in November of 2012, he said, "The qualities of society, I mean of a civilization, is also challenged by how it treats elderly people, and by the place it gives them in community life." Isn't that beautiful?

Christy Turner: Yes!

Dr Sarah Bartel: It's really, there's this emphasis here, in really being close to the elderly, supporting a culture of closeness to the elderly. And now I'm quoting from--I gotta double check--yeah, okay. So, this is Pope Francis, our current pope, saying that, "There's a wealth of wisdom in supporting a culture of closeness to the elderly, a disposition of warm and supportive companionship in this final phase of life." And there's just, he emphasizes having this collective sense of gratitude, appreciation of hospitality, which makes the elders for like a living part of it, the community. Now, Pope Francis, he's not like the pope that came before him. When I was in grad school, the pope's who were leading the church then, were themselves academics and intellectuals by training. And Pope Francis has a different background. He's really more folksy, and it shines through in his words here. When he reflects on the elderly here, he says this, "Our elders are men and women, fathers and mothers, who came before us on our own road, in our own house, in our daily battle for a worthy life. They're men and women from whom we received so much.

Dr Sarah Bartel: The elder is not an alien. We are that elder, in the near or far future, but inevitably, even if we don't think it. And if we don't learn how to treat the elder better, that's how we will be treated." And so there's really just, um, what I really got from doing this project was that that there just needs to be this great respect and care. And you know, in our society, Christy, like we really value efficiency and getting things done and doing. And what I read when I researched these quotes is really emphasis on human beings. That we're human beings. We're valued and worthy, and our dignity comes from who we are, not what we do. Which is great when we're thinking about people whose capacities are diminishing, you know. That mom or dad or my, you know, aging husband or wife can't do the things they used to do, but that doesn't make them less worthy. And then also, I think that gives us courage. Because as you were saying, we are goobers on the bus. I'm a mom with a bunch of young kids at home and I have this ideal image, the kind of mom I want to be. You know, so loving, little birdies and angels flying around me as I lovingly make up peanut butter and jelly sandwich and get that *other* glass of water. "Oh

no, not that; the milk! Oh no, not that; the orange juice!” while I have my sweet smile. But I have my moments where I lose my temper and don't respond, and care, love, in that situation the way that I would like to think I would. And what this gift of spirituality is, is that there's grace for that. And you talk about that all the time too: to, to be kind and compassionate to ourselves. And, um, and that's really there in the religious traditions as well. You know, all of them talk about that compassion and, and you know, just knowing that we are loved as well, as we, as we lose our patience. I think that's a real gift that we can tap into.

Christy Turner: You said so many important things there, but I got a couple I want to circle back to. One is, since we just ended on that note, is why do you think that there is not more focus on grace when it comes to, I mean, in general? That would make life better, but we are so mean to ourselves sometimes!

Dr Sarah Bartel: Mm hmm. Aren't we?

Christy Turner: When it comes to caring for others. And you know, even as a mom, that's a different experience than caring for an older person in your family, right? Geriatrics is very different than pediatrics. But like, we can't expect perfection from ourselves, and yet we're just, it's like sometimes we act like we've never heard of the concept of grace.

Dr Sarah Bartel: Oh, I'm so grateful that it's there. And I'm not sure why; there must be something in our human nature where we just hold our, you know, we, we want to be perfect. We want to, we want to conform to the image we have of ourselves as being these great people, right? But I think a real, true humility admits that, you know, yeah, we messed up. We might accidentally lose our temper or you know, rush someone along when, when we know they're doing their, you know, they really can't go any faster, or they really need to tell the story for the fifth time, you know, and, and thank goodness that we can forgive ourselves. We can ask God's forgiveness, we can have God's grace and strength and, you know, the studies that I've seen show that when we accept ourselves in our own limitations and, and don't beat ourselves up, we actually recover faster and behave better.

Dr Sarah Bartel: It, it's counterintuitive, but the more we beat ourselves up about it and say, “Oh, I should have done better!” or, you know, “Too bad for me,” and really kind of wallow in that feeling of, of angst and beating ourselves up, then we're more stressed and less patient with ourselves and have less patience to share with those we're caring for, as well. So the Good Stuff-- that I love that you talk about--it really, yeah, it really spreads

around that, you know, when we give it to ourselves then we can give it to those we're caring for. And you know what? This is the perspective I have as a theologian, as spiritual person: When we do that, we realize this is how God is for us. You know, that is, that he sees our limitations and loves us through it, you know, and, and he gives, he is giving us the Good Stuff. It's right there for us all the time.

Christy Turner: Oh, yeah. I love that you said that, and how you said that, and especially the fact that this, we're talking about this, in the context of the spiritual-religious conversation. Because I think so often--and I, I can speak knowledgeably to particular Protestant sects that are just, I mean, the way that they put forth their idea of God is, um--you can draw a straight line between that and poor church attendance, because who wants to be a part of that?

Dr Sarah Bartel: Right.

Christy Turner: And you know, when God seems like the most vindictive creature you could possibly imagine. And also I think, you know, from a, just a practical idea to, to have in mind is when you know, we are being mean to ourselves, beating ourselves up, instead of asking for that grace and, and think about with young children, or think about--I tell people all the time--imagine if your best friend was going through this. How would you talk to your best friend?

Dr Sarah Bartel: Oh, you know, people would be encouraging: "Try little harder. You know, it's hard to do that, but try again, and you'll get it," right?

Christy Turner: Right, right. And when are people more open to correction? When they're being attacked or when they can feel the love that's coming through?

Dr Sarah Bartel: Oh, yeah. Love wins. Every time.

Christy Turner: Every time. Every time. Yeah. So, one of the other things that you said, Sarah, um, earlier when you were talking about the value and worth of people, and I just recorded an episode on the stigma that we so often find in dementia and losing that idea that people have value and worth and, but I think it is something that bears repeating often. People living with dementia have value and worth. People who are 90 years old have value and worth. People who, you know, name the situation. People have value and worth.

Dr Sarah Bartel: Absolutely.

Christy Turner: It sounds to me like in, in your book, there are some go-to lessons in that, in reinforcing that point.

Dr Sarah Bartel: Mm hmm. It's all throughout. Because it is all throughout the life cycle, at every age and stage, that we have value and worth. So, we talk about that. In the dignity of the human person, you know, not, not because of their level of development, or their ability, like I said earlier. And you know, both with the very young, and as well as with the handicapped, as well as with the aged, that it's truly our dignity rooted in being sons and daughters of God and, and that we're just, we're just intrinsically full of worth because of that and not because of how we perform or what we can achieve or what we can do for others.

Christy Turner: I love that.

Dr Sarah Bartel: Isn't it? It's, and there's a word for this type of society that recent popes have been using. It's a civilization of love. And, uh, I just, I like that whole concept, you know? Doesn't that sound like a happy place?

Christy Turner: It does! The word that popped into my mind was utopia. Yes. A civilization of love. That--boy, we would all be better off with that, for sure. And working towards that. So for those of us who are not Catholic, were not raised Catholic, have a passing familiarity. Maybe just got jealous of our classmates who got to go to catechism school after after class and hang out with all the cool kids, the title of your book, it does have the word catechism in it. What does that mean?

Dr Sarah Bartel: Can you hear the word catechism for catechesis? I'm going to nerd out here because I love the ancient languages. The word echo is in there. So, catechesis means echoing from one generation to the next, passing on the deposit of faith. So catechism is about teaching the faith. And when a book is a catechism, it just means it's a teaching tool. So, it's like a summary, kind of like a reference book, like an encyclopedia or a dictionary, like, that you can pull off the shelf when you have specific questions or you want to focus on a specific topic. So that's what we tried to do here, is we, we did the work of mining these church documents and statements by popes and Vatican II documents that are so juicy. I love reading them. But then we get to the questions and put them at the fingertips of the readers so they don't have to poke around on the Vatican website or you know, get out all these different reference book.

Dr Sarah Bartel: And, yeah. So, that's what a catechism is, and it's traditionally like a question and answer style. So that's what this book is. Questions and answers all through the life cycle. Family life.

Christy Turner: Okay, excellent. So is the book, like, you would go to an index and look for a particular topic, or is it like a daily?

Dr Sarah Bartel: Mm hmm.

Christy Turner: Okay, so it's topical.

Dr Sarah Bartel: Yeah. It's not like a daily devotion type of thing. It's like, let's see, one section has about eight questions about the challenges and the bright spots in family life today. And then one section is about figuring out your vocation, finding Mr and Mrs. Right. Um, discerning, you know, whether you're called to marriage or if this is the person to marry and you know, so pretty useful things like that. Things I wish I would've had at my fingertips cause I was going through that phase of life.

Dr Sarah Bartel: Um, so we have a whole section with about 10 to 15 questions on marriage and the wedding day and then a section on raising kids with a bunch of questions in that section, sexuality and then work in finances, balancing those, you know, those demands. And then there's a section on difficult situations too, um, where there's violence or abuse. I think that's something we really need to acknowledge in family life and um, and you know, differences when your grown children make choices that are difficult for you. You know, how it, same thing, how to bring the Good Stuff and love and respect them and stay connected even while maintaining the integrity of your beliefs. And so that's, that's how it's organized here. Um, and it really is a handy reference. We also have a section on prayer in the home, um, and evangelization and the mission of the family. To frame the family as really having a role in building up the Kingdom of God and having and sharing the good news.

Dr Sarah Bartel: And, and part of that isn't just through, you know--it really cuts to the heart of it, which is through the loving care we show each other. Which is definitely what we witness to in caring for our loved ones with dementia or you know, or who are going through the process of aging. Yeah. So that's just, you know, living, signing that love, sharing the Good Stuff is just a way of reassuring that specific person and the world around that God is love, that this is really the heart of it. The meaning of life here is, is loving and caring for each other the way that, that we're loved and cared for. And I have a beautiful quote for all of the all the listeners who, you know, might be from just a broad variety of faith backgrounds from the Old Testament, um, in, in, it's from [Sirach, chapter three, verses 12 to 14](#).

Dr Sarah Bartel: And you may have heard this before, I think it's just so beautiful and so relevant to what we're talking about. Um, in Sirach, chapter three, verse

12, the author says here, "My child, help your father in his old age and do not grieve him as long as you live, even if his mind fails. Be patient with him because you have all your faculties. Do not despise him, for kindness to a father will not be forgotten and will be credited to you against your sins." So I just really think that it's just, it's a beautiful bit of inspiration to, you know, remind us to bring that Good Stuff.

Christy Turner: Right. And if you really need motivation to do it, remember it's going to help you balance the books. I like that. Thank you for sharing that. So, what do you see the role of faith communities playing as people are aging? And in help strengthening the family? Because I think that some do it really well.

Dr Sarah Bartel: Mm hmm.

Christy Turner: And some really don't.

Dr Sarah Bartel: Well, and I--yeah. I feel very blessed because I've mostly just seen and heard, um, you know, anecdotally through people I know. Here's a good example. Like, um, my husband's grandmother is real active in her church and you know, they go to from the Catholic Church, we've not just got Sunday mass, but there's also often daily mass as well. So once you're retired and you've got, got more time on your hands, you can go everyday of the week if you want to. So she, you know, has been really active in that and goes, and then her friends and her go out to breakfast afterwards often and, and chat. And I know my own grandparents do that frequently as well. And I just see, for them, it's not only helping them connect with that, you know, transcendent, the spiritual needs, but also socially. And what I've seen in studies is that those who connect with their community of faith, who, who worship, you know, in whatever denomination or um, or style, but in a communal way, that those who do that frequently measure higher on their levels of life satisfaction.

Dr Sarah Bartel: They report less depression, longer lifespan, you know, a little bit increased health. There was [a nurse's study](#), which I am unfortunately, I don't have that pulled up at my fingertips right now, but I'm sure listeners will Google nurses study, you know, church attendance and aging, that this nurse's study did have some great, um, findings correlating increased worship with increased lifespan, as well as happiness and satisfaction in life. So, I think if I were to try to parse out why that would be, I think it, it has do with the social aspects as well as with you and you're going to a place of worship. You're really connecting with symbols that are imbued with meaning, with meaning that's really positive. Um, and even when our verbal faculties start to diminish, you know, we can still connect on a

symbolic level, especially since a lot of times we learn these very, very young and sometimes that's the last thing to go as well.

Christy Turner: Correct.

Dr Sarah Bartel: So, I spent my junior year in France, which was a blast. I was an au pair for a French family. And sometimes when I couldn't pick up my kids I was babysitting, my little French children from their school, Grandpere would do it. Grandfather. And Grandfather was, um, strong in his faith. And you know, the family that I babysat for, they weren't really practicing, you know, their, their faith. But they honored that, you know, they knew this about Grandfather. And years later, Grandfather was dying and he'd been unresponsive for many weeks. But the mom of this family emailed me and she said, just a few days before he died, he looked up and made eye contact and made the sign of the cross.

Dr Sarah Bartel: And you know, this was just really a beautiful symbol for the family. And again, it's those symbols that really speak deeply to us. And I think something else that's important to remember about the older generation is by and large, they usually are much more religious. You know, they were raised in a time where, um, practicing faith was much more common. And so, you know, even if we ourselves might not be connected to a faith community, it's something to remember that this could be something that could really lift up Mom or Dad or you know, someone in the older generation that um, you know, getting them to their, their place of worship could really give them a, you know, a boost. Even though, like I said earlier, this could be a challenge, to just get out the door and make it all happen.

Christy Turner: It can be a challenge, but it can be done. It definitely can be done. And I just--the only caveat that I ever throw in there is, is if a person has a history of going to some type of faith community that is all about fire and brimstone, I beg of you, do not. Do not. Let it go or cease that. Please don't do it because that is not good for a person living with dementia. It is not good. They need to be surrounded by positive, love, a good energy, not furies. And one of the things that I think is particularly helpful for people living with dementia, um, when it comes to the Catholic faith is that Catholics are so ritualized. A mass is ritualized and that works on procedural memory. So people know when they walk in to stop and dip their finger and make the sign of the cross and they see other people doing it too.

Christy Turner: And so it's kind of amazing how people can still function at a, what you would think was beyond them, but they're functioning at kind of a higher level within that environment because they're just looking around,

there's so many people reinforcing it and there are so many symbols. You look at the stained glass, you look at just, I mean, being in a Catholic church is something that I've loved since I was a little kid because I just always found it was so beautiful and I loved the ritual of up and down and kneeling and, and all of it. I just thought it was all just quite lovely and the lyricism of the language and, and all of that call and response. So, um, if your person does happen to be Catholic, uh, that, that is a great thing for them to do, is to go to mass if they're, um, if it's at all possible to pull that off.

Christy Turner: And if you need some tips on how you can make that happen, I will include those in the show notes. But that is a very positive experience, so I would highly encourage it.

Dr Sarah Bartel: Wonderful. Yeah. And you know, one thing I've been really interested in is that the family is a domestic church because we can bring a lot of those symbols and rituals home. So in a lot of Catholic families, you can have a little holy water, um, you know, like personal holy water dipper by your front door. Or you know, many denominations have crosses on the walls and Bibles in the home, and ways to have touch points to have in your own home environment. Um, and so ways to kind of looking for ways to engage with those can really again be an added boost for your person, I think.

Christy Turner: Oh, definitely. And visual cues are so important. Um, and so I often say visual cues, you know, they will either bite us in the booty 'cause we don't want to have car keys sitting right out there, right? That would be bad. But if it is something like a Bible or a rosary, that's, that's a positive association. And that is something that often brings people comfort. And I'm glad that I just, that just snapped into my brain. Please, if your person doesn't, and again, I'm talking to our listeners who have a Catholic person, please, if they don't have a rosary or it's not readily available to them, please make sure it is because that is such a comfort for people to hold that even if they're no longer able to pray it, it doesn't matter. It is just a comfort to a person to be able to hold it. Please, make sure they have one.

Dr Sarah Bartel: It really is. I am so glad you said that. You know, I heard, um, I think Mother Teresa one time said that, you know, she held a rosary just to feel like she's holding Mary's hand, even if she wasn't actually praying it or saying the Rosary. I find that too, just for myself, if I'm going through an anxious situation, just to reach into my pocket and touching my rosary to help me feel that little bit of peace. But I think you can translate this to lots of other faith experiences as well to create some sort of sacred space in your home where you have something that's a sacred touch point. You

know, whether it's a statute, or image or you know, the scriptures or something that just really helps you connect with God, with God is love and sacred.

Christy Turner: Yeah, absolutely. Oh, I'm sorry. Let me cut you off another time. Go ahead, Sarah, finish your thought.

Dr Sarah Bartel: I just wanted to go back to what you were saying earlier. If it's, um, if going to church brings up anxiety and unfortunately, as it's very clear in the news and our Catholic tradition today, many people have experienced, um, suffering in the church. Um, so, you know, just gauge your own person with that and um, and know if, if, uh, if this makes them anxious, that, you know, find a way to do something at home, to pray with them, um, in a, in a, in a loving way.

Christy Turner: Certainly. Certainly. I think that's, that's absolutely right. I do want to point out though, another benefit and, this has been my experience and I'm sure Sarah will correct me if I'm wrong, but I grew up on the west coast also. So this has been my experience, is that all of the Catholics that I have ever known, and believe me, I am the odd ball by not being one. Um, is it is also, contributes a lot to social life. To people socializing away from church. It's part of the social fabric for Catholics. And so I would say to listeners who maybe were raised Catholic and aren't interested in it anymore for whatever reason or your, your parents were devout Catholics and so your person is Catholic. If you can find any way to reconcile yourself to getting your person to a mass, um, it will be good for your person. The other thing though is that if you, for yourself can, can reactivate that or give it a try, the social support that you will also get, the support from within that, that structure I think is going to be enormous. So that's something else to think about. Not that I'm trying to tell people what to do with their lives, but just saying here is another resource that you may not have thought about.

Dr Sarah Bartel: Oh, absolutely. And that, yeah, I've grown up here on the west coast and that's been what I've seen as well is just a really, you know, it makes me look forward to when my hair turns gray and I get to be a church lady because you know, they're having coffee and donuts midweek, you know, um, just a lot of different activities and you can look online at parish bulletins and kind of get a sense for, you know, if they've got, um, a, a senior moments group, or you know, something like that, um, that has special activities or just show up and, and look around and ask around.

Christy Turner: Right, right. I know there, there are many faiths that have various things going on throughout the week. And some are very, um, I think this is

particularly true of the Catholic Church and maybe some others like Methodist, but where there's a service orientation, a service piece to the faith also, where there are things you could, you could get involved in, uh, like Meals on Wheels or other things that the church may support or, or be involved in that can also help with socializing. Just for you as a care partner or being involved in something outside yourself as a care partner. I know it can feel really overwhelming sometimes. Like, oh my gosh, are you kidding? I have, you know, I'm trying to take care of my mom who has dementia. And then you need to fill yourself up. You have to have something for you where you feel good about yourself and you feel supported in order to be able to give that to your person. So there are just lots of opportunities out there.

Dr Sarah Bartel: Yeah, church really can be that as well in, in surprising ways. You know, not just the worshipping and the, you know, the believing. But yeah, really that, that whole community. And that's what's special about Christianity. Is it really is, it's an ecclesia, we're called together, that it, that we're really, it is a social religion, kind of by its nature. Yeah, that's, I'm glad you pointed that out.

Christy Turner: You bet. Well, I want to thank you so much for coming on the show today and sharing about this. Now, tell us one more time, what is the title of your book?

Dr Sarah Bartel: Oh yeah, it's [\*A Catechism for Family Life: Insights from Catholic Teaching on Love, Marriage, Sex, and Parenting\*](#), edited by me, Sarah Bartel, and John S. Grabowski

Christy Turner: Okay, and where can folks find this?

Dr Sarah Bartel: Well, you can find it on Amazon.com and I'm working on getting it into local Catholic bookstores as well, but um, okay, so go to CUAPress.com and go through their links to find it.

Christy Turner: And we'll get everything linked up in the show notes. And you have a website too?

Dr Sarah Bartel: I do. So I'm online at DrSarahBartel.com, and it's Sarah with an h, Bartel with one l, and I'd love to stay connected to folks who are listening.

Christy Turner: And are you still a columnist?

Dr Sarah Bartel: Mm hmm, I write a monthly column for the, the Northwest Catholic magazine and I have a radio show as well on Sacred Heart Radio, which we were so happy to have you on that, in Washington and Alaska.

Christy Turner: And that's the Enduring Love show. And I was as, as I told all of you, that was my favorite interview of 2018, was being on that show. That was such a fantastic experience. Thank you. I'm so happy that we were able to talk again. All of the resources and the things that we talked about, we'll get those linked up in the show notes. Please go check those out.

Dr Sarah Bartel: I'm going to say a prayer for all the listeners who listen to this recording, that they just will find the good stuff and feel, feel the love today.

Christy Turner: Thank you. I like that.

Dr Sarah Bartel: You're welcome. Great to be with you. God bless.

Christy Turner: Great to have you. Thanks. Bye

Dr Sarah Bartel: Bye.