

[00:00:00.190] - Lisa Qualls

Okay, well, today I have a really special guest, my new friend and fellow adoptive mom, Jillana Goble. And Jillana is not only an adoptive mom, which I know most of you will find really interesting, but she is also an author and has a new book out called *A Love-Stretched Life*. And we'll talk about her book, but there are so many other things we're going to talk about as well. So thank you for being here, Jillana.

[00:00:26.360] - Jillana Goble

Thank you for having me, Lisa

[00:00:28.210] - Lisa Qualls

Yeah, my pleasure. Can you just introduce yourself to our listeners?

[00:00:32.750] - Jillana Goble

I would love to. There are five children who call me mom. I have two biological daughters and all three of my sons have come to me via the foster care system. My kids range in age from ten to 25 and life is super full. I work part time for an organization that I helped to found which actually partners with our state's child welfare system. So I feel like kind of in this world personally and also in this world of foster care and adoption professionally. And we just got a new kitty yesterday named Clyde.

[00:01:10.620] - Lisa Qualls

I love it. I love it. That's perfect. Okay, so I had the privilege of reading your book and honestly loved it. Just wanted to sit and read and read because it's really beautiful to hear other people's stories of their journey. I mean, this is for all of us becoming foster parents, adoptive parents. This is just really a journey, and we grow and change and our children grow and change, and it's kind of a miracle. And so I would love for you to just tell everybody, first of all, how you even got into this, and then we'll go from there.

[00:01:49.260] - Jillana Goble

Well, my husband and I worked at an orphanage down in Guatemala, and we were really impacted by the kids there. And literally asked the question on the plane, Lisa, where are the vulnerable children here? When we were on the plane from Guatemala, flying to Buffalo, New York, where my husband was going to go to grad school. Looking back, I can remember seeing like, a poster in the gym and kind of having a hazy impression of what foster care was. But to my knowledge, I'm sure there were people that were impacted by foster care that were around me, but to my knowledge, I didn't know anyone that was in the foster care system or foster parenting. And it was just kind of this hazy concept, the kind of sound bites that I would now say are wrong, like, oh, what is foster care? Foster care is offering love to a child who's never had love. Those type of things where I can go back and say, oh, gosh, that just totally shows how much I didn't know at the beginning. But at the ripe old age of 25, with exactly zero parenting experience, someone thought that we would be great, not just as respite parents, which is what we went in for, Lisa, but they were like, you know, you would be great as not just foster parents, but therapeutic foster parents, which is the label reserved for kids whose behaviors manifest in high needs. And so I think Luke, my husband Luke and I were a little bit, like, flattered by the invitation and thought, oh, gosh, maybe they see something in us that we don't even see. At the ripe old age of 25, we were replaced with two brothers, who were out of a sibling set of 15. And that pretty quickly brought me to my knees in terms of, like, my own myth of how self sufficient I was, how I could handle things. It was really kind of my first personal invitation to something that felt beyond what I was equipped to handle.

[00:03:49.020] - Lisa Qualls

Wow, okay. Do you think back now and think, what were those case workers thinking? Or do you think, wow, they must have been desperate? What do you think?

[00:03:56.510] - Jillana Goble

Oh, I think they must have been desperate, and probably, what were they thinking? Unfortunately, as they share in *A Love-Stretched Life*, the nine year old just we couldn't keep him physically safe. He kept running away. It really conjured up for me some feelings of failure. Just that whole notion of

grieving almost like, this has nothing to do with me. This has everything to do with the unjust cards he's been dealt with before he ever walked through my door. And then having the privilege of parenting a six year old for the year. And as I share in A Love-Stretched Life, through a series of circumstances, we transitioned him to a pre adoptive home, that fell through. We asked if we could have him back due to the nature of what transpired. The agency said no, and we were pretty consistently visiting him regularly at the group home he was placed at when he was eight years old. One day we showed up and we were just told he's been transferred. No warning, no official goodbye. I even went as far as to drive to an agency where I thought he might be and left a note for whoever his potential foster parent was, and I just never heard anything. So our story includes parenting him from age six to seven, being in his life from seven to eight and a half, and then all he knows is that one day we did not show up when we said we would. He was transferred, and then we reconnected six years ago when he was 19.

[00:05:25.710] - Lisa Qualls

Can you talk a little bit about the grief you experienced? I mean, I think especially for foster parents, we don't often talk about how hard it is to say goodbye. And you didn't even get to say goodbye, which that happens where you get a call and boom, the child is moved. Do you want to talk a tiny bit about that? What that was like for you.

[00:05:47.020] - Jillana Goble

Yeah, I remember just feeling like, bewildered, like, how could this be? Like, you know, I am the one person that has been the most consistent person. How can he just kind of be ripped away like that? I do remember feeling that way. And as recently as two summers ago, we welcomed a little girl who is nine years old, just very short term, and it wasn't an abrupt goodbye, but it was where we had said yes for four days and it was six weeks and we just really needed to hold our boundaries. But as you and I both know, that can be so difficult because who's the one that pays the price for that? So we would have our family would have drowned if we had kept on, but that meant that the sweet little girl was going to go to a hotel in the meantime. And so it's like these choices that just feel impossible. But I think sometimes we're at this intersection where we can't ram ourselves past where we know because we're all going to kind of crash and burn. Even when I think about as recently as two years ago, I just remember that grief of feeling like, I know this is what is right for our family. I know this is what we need. We set a very intentional yes for this amount of time and it's keeping on getting stretched and stretched. And I think because of the crisis and the constant putting out of fires, I think when a child is in a home, it's kind of like, well, they're good and I'm going to put out these fires over here. And I have a ton of empathy for our partners at Child Welfare that are just kind of held your skelter everywhere, and yet it just felt like we couldn't be taken seriously. So we tried to be as playful as possible, but even with that, it's hard. It's really hard. Nobody wants to have boundaries that are going to impact and she was actually our last little girl that we have. Our hands are more than full, but it's a little bit of a haunting way to go out. Like, I'm at peace with it, but in terms of feeling like, oh my gosh, the need out there is just so immense. And I think this particular little girl had a ton of behaviors, and yet on paper, she was like a virtual twin to my ten year old, who also had the same behaviors. And it's just really interesting when you're kind of in the trenches, so to speak, and you actually know how to engage the behaviors, which I would have never known how to do. It's like, oh my gosh, I almost wish I didn't know how to respond to all of this because I do and I realize how specialized this is. And yet having her would drown us all long term. Those types of choices, I think, are so prevalent for foster parents of, like, looking zeroing in on the image of what's best for this one child. Yes, this is clearly what's best. But then zooming out to the other six people in the picture. It can be really tricky. And I think a lot of foster and adoptive parents feel that tension of like, wouldn't it be easy if what was best for one was what was best for all? But that is not the case.

[00:08:57.630] - Lisa Qualls

I know we have experienced that as well. Okay, so let's go back. So you had your first two little guys and they moved on. And did you at that point think, wow, that was really hard, I don't know if we want to keep going, or were you like, okay, let's go?

[00:09:14.150] - Jillana Goble

You know, we were pretty much like, okay, let's go. We had two biological daughters in New York, and

we moved to Oregon 15 years ago, and our certification was still good. And I made what I thought, Lisa, was going to be like a purely introductory call. I'm just calling to get information, check it in the file drawer somewhere. No. A week later, they were like, we have this six month old baby boy. Would you be interested in fostering him? And so we did. And it's a very long story, but I shared in *A Love-Stretched Life*, just that baby is now 14, and we have had the privilege of walking alongside his first mom for the last 13 and a half years through countless ups and downs and twists and turns. Yeah, we actually became not only did we adopt her third child, but then we fostered and returned her fourth child not once, but twice. And so I really gained a lot of empathy for those that are foster or adoptive parents via relative, and how that's different. It's very different to raise your hand, to say yes to capacity, yes to open handed wonder, yes to desire for whomever comes into your house, versus being shoulder tapped by the state to say you have a person in your family that needs a foster home, and just the exhaustion that can come from not willingly choosing that you want to step in .

[00:10:45.020] - Lisa Qualls

And no preparation. I mean, kinship parents, foster adoptive parents, they really have a unique circumstance. I think it's much harder than those of us who choose it, and I think those of us who choose it, it can still be very hard. But to be kinship and to have not planned it, to have maybe not even thought of it, and then have a placement of these children and still have the family involved, lots of voices speaking into what's happening. It's really complicated, and I think it can be very hard. It can be beautiful, too beautiful, redemptive and hard.

[00:11:24.760] - Jillana Goble

Yeah. I think there is something there, there is all the things. But there is something that's unique about kind of knowing someone's story very up close and personal when they're involved in child welfare, versus kind of welcoming a child and having their parent be unknown, and kind of the process of getting to know them, versus sitting around the table eight years later. Which was what happened in our case, where it's like, we have been around this block many times and I am tired and I don't want to be here. But here I am out of beautiful love because we would never say no to this child.

[00:12:01.530] - Lisa Qualls

Your whole family, now you've got two daughters born to you, is that right?

[00:12:06.260] - Jillana Goble

Correct.

[00:12:06.440] - Lisa Qualls

And then three sons?

[00:12:08.690] - Jillana Goble

Correct.

[00:12:09.440] - Lisa Qualls

All adopted.

[00:12:11.550] - Jillana Goble

Royal our oldest, I just refer to him as the son of our heart. He did not want to be adopted, but we are clearly his family and he's our son. And then my two younger boys are adopted through foster care.

[00:12:25.700] - Lisa Qualls

And they share a mother.

[00:12:27.490] - Jillana Goble

They do not, actually.

[00:12:28.610] - Lisa Qualls

Do not. Okay, before we go there, I want to back up a little bit. So for people who don't know any of your story, tell them who Royal is because you've referred to him earlier. Let's just fill that in for

everyone.

[00:12:41.280] - Jillana Goble

Yes, absolutely. Royal is the six year old that we first welcomed and foster cared, was our very first placement, and he was the one where we showed up and there was no official goodbye. And then we reconnected with him six years ago when he was a 19 year old young man. I share a lot of the details of that in *A Love-Stretched Life*, but I think what is so impactful for me about reconnecting with Royal... Well, first of all, Lisa, I kind of one night got this, what I would call this Holy Spirit/sixth sense/mama bear sense of where is Royal? And he had a very unusual middle name. And so I just plugged that into Facebook and boom, there he was with holding a bottle of hard alcohol with red bloodshed eyes. And I was like, I have a feeling this is maybe not going well for him. What do you say? I kind of backpedaled and my private messenger like, hey, I don't know if you remember us. Totally cool if you don't. Just trying to pad everything. Let's just say we remember you. We have always had your July birthday circled on our calendar, and we still have some photos of you in the house. And we just remember you as such a good kid with a good heart that had a lot of adult stuff to deal with. And the next morning I woke up Lisa, and he just wrote, OMG with all these exclamation points, you're still... My mom in capital letters. And that was striking. One, just because he responded so quickly. And two, he had never called me mom. It was always Miss Joanna, and that was fine. We had no other kids in the house, that was appropriate, but that was really what started our reconnection journey. But it has certainly been a journey of bearing witness to what those that have bounced around and dysfunctional system have to carry, and kind of seeing the negative statistics of what happens when kids exit foster care without that one caring adult. And we have found that to be true. So we have walked a pretty wild and woolly journey with him that has included like, homelessness and incarceration and moving him out. Like, there's just a lot to the story, and yet every day consider it such a privilege that when he was six years old, Lisa, he did not get a choice and who he was placed with. Now he's 25, and every day it is his choice who he connects with. And he calls me multiple times a week to check in. We have a good relationship. I just adore him and love his kids. And it's just a crazy journey of how we've reconnected. It's not been easy. I think it's easy to kind of like, pretty it up a little bit like, well, reconnected. But there have been some really hard things. And yet I'm grateful.

[00:15:33.210] - Lisa Qualls

Yeah. You've chosen to be family to each other.

[00:15:35.700] - Jillana Goble

Exactly.

[00:15:36.200] - Lisa Qualls

Beautiful. And I would add Royal's story is really interesting throughout the book. And also he was 100% supportive of his story being in the book, correct? That's a really important question, right?

[00:15:49.150] - Jillana Goble

Yes, absolutely. But thank you for bringing that up, Lisa. Yes. All of my kids, definitely asked their permission, sat down with them. All of my sons and everything, like the book share some stories. But I'm also intentional about what stories I'm sharing. And there's a lot that the book doesn't share, right? So just really trying to be mindful. And in fact, I have a little disclaimer at the very beginning of the book, so it was so important to me. Like, I would just cringe if any of my kids felt like I was over sharing their story. I would never written the book to begin with. That would have been full stop. So getting their permission was key.

[00:16:28.250] - Lisa Qualls

Boy, as an author and, first as a blogger way back in the day and becoming an author, I've learned that really along the way, when everybody was little and I was just writing to a small number of people, it was one thing, but as time has gone on, I've had to go back and revise things. Even in the final manuscript, I went back and revised things to protect my children's stories and them. And, yeah, we have to be careful and it's not always easy because we want to share and encourage people, and this is how hard it was. And this is where we are now. But still, we can't always share this is how hard it was, because that would be hard for our kids.

[00:17:05.950] - Jillana Goble

That would be an overshare. Yeah, exactly right.

[00:17:07.920] - Lisa Qualls

We just have to find the balance. Okay. So Royal. Now go back and tell us about your two sons now, how they joined your family.

[00:17:16.250] - Jillana Goble

So Micah joined our family at six months old and he never left, although I worked with his beautiful first mom, Jennifer, for about two and a half years because the plan was reunification and she was over at my house this very afternoon. Our 14 year old is just delighted to see her, but it's also kind of been the norm, like he's never known life without her. We have had a lot of ups and downs in our journey. But it all started one day when I showed up to the juvenile courthouse with holding an eight by ten photograph and just said, Are you Jennifer? And she responded, I am. And I just said, Well, I'm Jillana and I'm your son's foster mom, and I wanted to give you this. And I held out the photograph and she just took it and started crying. And I found myself kind of wrapping her up in a hug. I just want to let you know that I'm rooting for you, which Lisa, I had not planned to say that. It was my first interaction ever with a child welfare involved parent, but in that moment, it just was so genuine and so true. And I feel like that I'm rooting for you kind of became the anthem of the next 13 and a half years and counting. That doesn't mean it's always been easy. It is, Micah, my 14 year old's full biological brother, that came into care with us. Jennifer's fourth child, and there's so much that can be said about that. And then my youngest is Charlie, and Charlie and Micah, they're not biologically tied together. And Charlie was our, "can you pick up a baby for the weekend?" hotline call. Famous last words. He is turning eleven next month. He never left. And, you know, looking back, there are all these signs of maybe something being a little bit different about Charlie. But it wasn't until two years he was adopted at age two, and at four he received a diagnosis of fetal alcohol syndrome. He's proved to be pretty severely impacted, and that has profoundly put our family on a very different path. And so I think just the journey of parenting a neurodiverse child that has needs that are different from my other kids needs, even my child that came from a background of neglect. We love him and adore him and would say yes to him a hundred times over. So that's my family. And then my girls are 18 and a senior in high school, and then 15 is sophomore.

[00:19:52.480] - Lisa Qualls

So everybody's still living at home. You have all kids at home?

[00:19:55.070] - Jillana Goble

The four kids underneath my roof are at my home, yes.

[00:19:58.820] - Lisa Qualls

Okay, so this is not really the topic of this interview, but, you know, FASD, that's a heavy diagnosis for many families. And of course, there are also many children in adoptive and foster families who are not diagnosed. I'm curious how you have sort of dealt with the gap between your expectation and your reality of this diagnosis.

[00:20:25.870] - Jillana Goble

That's something that I talk about in *A Love-Stretched Life*, Lisa. I really felt like I was pretty easy breezy about what my family might look like. I never kind of had this, like, solidified idea of like, one day my family will look like this. And so I kind of was like, oh, I'm open. Which I didn't realize the preconceived notions that I did indeed have until I got to the point where I was like, and this is not it. I think a lot of things came tumbling down like domino's. Kind of the myth of what you pour in will be kind of the myth of input and output being equal. The myth of there will be occasionally hard seasons, but not kind of a lifetime of varying intensity of difficulty. The myth that love is enough. And all of those things, I think it just all kind of came tumbling down. And at first, I was very grateful, and I'm still very grateful that we advocated pretty strongly for that diagnosis that allows us to access our state developmental disabilities and different things. However, it was like, once and I was kind of like this detective with this big magnifying glass. He had racked up many different diagnoses, but it always

kind of, yes, fit. It was like a piece of the puzzle, but it didn't kind of show the overall landscape of the puzzle. And it wasn't until I read Diane Malvin's *Trying Differently Rather than Harder* that just a light bulb went off. And I was like I took it back to a team of professionals and very respectfully said, please prove to me that he doesn't have this because we are hitting every single mark here. And they said, it does. So very quickly I felt, like, relieved, almost like I solved it. Kind of all those late night journal medical article, all the things that you do when you are on the hunt to figure out how can I help and how can I advocate for my child? And then very quickly after that, Lisa was kind of this black spiral of grief, of like, oh, my goodness, my precious son is going to be climbing mountains daily for things that are just like walking on a smooth sidewalk for most of us. And just the realization that this is not seasonal, and yes, there are gains and there are strengths and, oh, my gosh, Charlie's sense of humor and his creativity and there's so many strengths that he has. And also his invisible brain based disability makes him a prickly porcupine, pretty darn prickly most of the time.

[00:23:04.430] - Jillana Goble

To just recognize that's not the essence of who he is. And yet giving cognitive assent to the fact that Charlie has fetal alcohol syndrome does not take away the real physical effects it can be from parenting a child where your own body is in fight or flight oftentimes because of the hyper vigilance that's required to read the room at all times and be scanning for things that nobody else would even think to look for unless you know your child. And I think all of us know what those particulars are for our kids. So we're, like, we can see it and we can feel it before others can. Giving cognitive assent to, like, it's not his fault, this is not how he's necessarily wanting to be, yet doesn't take away, I think, the very real effects of parenting him. And I think that's something that I've had to really be honest with my counselor about, because it's hard to hold those things in tension, right? Like, we're still human with, like, we don't have unlimited capacity to just absorb and absorb and absorb. We do the best we can. And yet I think it would be impossible to just say that it doesn't affect me. I mean, as much as I can. I try not to tether my wagon of well being to Charlie. I try not to hitch it totally, but it is impossible for the waves that are created not to affect me in some way. And I think that's just the reality for any family that has a child that can be unpredictable and volatile and difficult.

[00:24:42.330] - Lisa Qualls

You said something that often parents do not want to speak aloud, and that is that when we have a child who's particularly challenging, often through no fault of their own, because of their history, their brains, but really challenging, and they may have challenging behaviors, our nervous systems are very sensitive to that. And we often think of our kids going into fight, flight, freeze, whatever. But actually, it happens to us, too. And the advantage we have is we can learn to recognize it, and we can learn to say, wow, I am feeling really dysregulated. I'm feeling like I don't know quite how to manage this child right now, to be able to see it. And we can learn tools and things to help us reregulate, but it doesn't change the fact that sometimes it's scary. And sometimes in the moment, it may not even be particularly frightening, but I know my brain runs to the future, and it's running with fear on its heels.

[00:25:50.370] - Jillana Goble

Yes, Lisa.

[00:25:51.160] - Lisa Qualls

What is going to happen? Where are we going to be? What's going to be next? What's going to happen when he's 16? 20? 22?

[00:25:57.390] - Jillana Goble

Yes. I do know, and I think that's part of the inverted gift of Charlie is that it is really, I don't want to say taught m, because that's going to sound like it somehow arrived. And I think this is just like a daily discipline for me, because rarely do we have days with Charlie that are comprised of, like, good or bad. It's just a constant intermingling between we're in a safe moment and now we're in an unsafe moment. But it's taught me to celebrate things that, with my other children, I really misstook as, like, a low level behavioral expectation. With my other three kids, I was never like, no swearing today, high five! Staying buckled, let's celebrate! All the things. But those are things that I'm just learning to appreciate when they do happen, instead of just making it like, well, that's how every kid should be. And so I'm not going to celebrate or praise that because that is just the expectation. And I think it's a

game changer, parenting a child with a brain based disability.

[00:26:53.550] - Lisa Qualls

It really is. Yes. What would you say? I mean, I know, like me, you have learned so much. I mean, who knew what it was going to require of us in terms of what we were going to need to learn? And I know so many of you listening are nodding your head, saying, oh my goodness, I've had to learn so much.

[00:27:13.300] - Jillana Goble

Yeah.

[00:27:13.780] - Lisa Qualls

But overall, if you had to choose one way that you've been changed by the experience of being a foster and adoptive mom, something that you've learned that you didn't really know before, what would it be?

[00:27:27.740] - Jillana Goble

Well, I would first say I think it's like God's grace that I didn't get a future glimpse into some of the moments that my life is held because I embrace how life is for me. I think there are times where I just wouldn't have even understood at that time what I was seeing and what it would require of me. I think, Lisa, when I think about the privilege of being a foster and adoptive parent, I really believe that I have been changed through proximity to people who are different from me. I have been changed by having a front row seat to loving a young man that's bounced around in foster care. I've been changed by 13 and a half years of walking alongside Jennifer. And not walking alongside her, I want to be very clear. And her walking alongside me and us kind of developing a mutual kinship, almost claiming one another as family. I'm not the same person I would have been had she not been in my life. I think so oftentimes it is easy to stand at a distance, and to look at a situation or a person and to believe we know, and we are seeing with clear eyes, what's going on here.

[00:28:42.210] - Jillana Goble

But I think foster care has continually extended me an invitation to walk a little closer and to realize it's often not clear black and white. There's a lot of gray. And there's a lot of nuance. And there's a lot of reasons behind the why of people's behaviors, and that just doesn't come in a vacuum. And then, of course, with my dear Charlie, I think recognizing that previously, previously to parenting Charlie. If I've seen a child that acted in public the way my child now often does, I would have made assumptions about what is or is not happening in that household likely to have a child that is acting like that quite so dysregulated. And it's humbling. That child is now my child and we have had him since he was 48 hours old. He has been in a loving home that has just provided all the right kind of, I don't want to say all the right, but just that concoction of, like, love, discipline, nurture, faith that we so want to believe there's some perfect formula, but those of us that have walked this road now. There's not like a perfect concoction to say, and this will somehow bypass all of this.

[00:29:57.990] - Jillana Goble

And so I think I just have an awareness that I'm only seeing a sliver of the story and that we can't peek inside people's brains and see, even if they look typical and are talking in a typical manner, it can just be forever altered from trauma and in utero substance exposure. So I really count it as a gift in a lot of ways, because I think it has moved me closer to people in situations that without foster care and without adoption, I would have never encountered.

[00:30:26.970] - Lisa Qualls

Absolutely. I feel the same. Would you say that that's true for your teen daughters? Do you think that they've been shaped and changed?

[00:30:36.380] - Jillana Goble

They have been shaped and changed, absolutely. And I don't want a sugar coat. It's been hard and it's still hard. And they have been shaped and changed in ways both positively and negatively. And yet they have an awareness, on the positive side, they have an awareness that I did not have at 15 and 18, about others and about acknowledging that there could be so much more than meets the eye that's

going on. And so I just feel like it really has influenced them to be very compassionate. And yet the same exhaustion that I talked about previously and the weariness of just kind of the relentlessness of feeling like, oh, my gosh, and trying to train ourselves to not sprint. I could totally relate to what you're saying about kind of that fear marathon of like, oh my gosh, if we're doing this now, then how is it going to look x, Y and Z and all these things? But again, I feel like that's part of the gift of Charlie is for me, and it's such a discipline because I am very future oriented with like, what is this going to look? I want to plan for this.

[00:31:38.940] - Jillana Goble

And a lot of the things that I kind of thought would be solidified or kind of like, this is the plan. It's very up in the air. From schooling to living situation to all of these things. Just the things that we are engaging now is something that I couldn't have ever anticipated. And yet my three kids, older kids out of the home, really do, even in the midst of the exasperation, even in the midst of none of us handles anything perfectly all the time. They really do rally around their younger brother. And that is something that when a child has a very difficult time making friends, when a child has a very difficult time even talking with other people, when you see your kids offering a glimpse of friendship, there's just like such silky grace to all of that. I'm proud of them for that. At the same time, Lisa, I don't want your listeners to be like, wow, there's some sort of Hallmark family that all rally around. We have our moments, let me say. We have our moments where we all just need to kind of cry and take a walk and blow off steam and pray and talk with a counselor, talk with a friend, and then wash our face, rinse, repeat. It's just kind of what we all need to do to stay afloat so that we don't drown in the next of really heavy, significant needs.

[00:33:05.570] - Lisa Qualls

No, I think for those of you listening, you are hearing some of your own life repeated here that we are so changed by the experience of parenting and loving these children. I'm not the person I was before at all. And sometimes I miss my old life. I mean, I'll just be honest.

[00:33:22.900] - Jillana Goble

Do you miss her?

[00:33:24.840] - Lisa Qualls

Yes, I do. Let me just be honest. But in other ways I think, wow, what a journey the Lord is taking us on, and continues. It's not over. I mean, we're in still, right? And I am quite confident that he is writing this story. And that I just get to walk in as much obedience and grace and love and open heartedness as I can. Well, we could talk for hours and hours, and maybe we will. We actually live in the same part of the country. Nobody ever lives near me. When I almost everybody, it seems like I interview or meet at conferences and stuff, they live so far away from me. So we're almost neighbors. Our states touch each other.

[00:34:04.360] - Jillana Goble

Yes, exactly.

[00:34:06.510] - Lisa Qualls

So really, I want to encourage everyone to read *A Love-Stretched Life*. It is a beautiful book. You will be encouraged. You will learn things. It's just a wonderful book. And Jillana, you also mentioned *Trying Differently Rather than Harder*. Is the author Diane Malbin, is that right?

[00:34:22.930] - Jillana Goble

Correct. Yes.

[00:34:23.540] - Lisa Qualls

Okay. And we'll have both of those books in the show Notes for this episode. So if you're listening while you're driving your car or washing your dishes, don't worry about it. You can go to our website and find the show Notes there. But thank you so much. Jillana if anybody wants to find you, what's the easiest way? Are you on Instagram or any socials?

[00:34:43.490] - Jillana Goble

I am. I'm on Instagram and Facebook and they can find me at jillana-goble.com. I would love to connect with folks.

[00:34:54.090] - Lisa Qualls

Why don't you go ahead and spell your first name, spell the whole thing all right.

[00:34:57.200] - Jillana Goble

Jillana-goble.com so, jillana-gobal.com.

[00:35:05.890] - Lisa Qualls

Wonderful. Well, it's been a joy. Thank you so much for joining me.

[00:35:09.260] - Jillana Goble

Thanks for having me. Lisa it's been a pleasure.