

# Transcript

Wynne Leon

Welcome to the Sharing the heart of the Matter podcast, where we celebrate the storyteller in us all.

I'm Wynne Leon and in this episode, Vicki Atkinson and I are with Blogger and teacher Beth Kennedy over a big pot of soup. Metaphorically speaking, of course, because we're separated by three different time zones, but otherwise we can really stretch the goodness of soup. Beth tells us why she likes soup so much. To inspire more than 20 posts over the years, we discussed the multicultural as well as the Community aspect of it. Vicky and I asked about how she finds the terrific quotes to go with the Hardy content. And best shares some of the unusual sources that you wouldn't expect in a quote about soup. We laugh about the different concoctions we've made and share the recipes not only for a wonderful meal, but also for community and connection. We also talk about the himalayans do that inspired by the posts and how it's like the melting pot of Everest base camp. This is a great episode that will feed you on many levels. With an accompanying recipe, it's a great inspiration on the literal level. But also on the story telling creativity and collaboration levels as well. I'm confident you'll love the scenic and beautiful places we explore as we share the power of storytelling over a good cup of soup. We know you'll love it.

Speaker

Vicki Atkinson

Hi, Beth! Hi Wynne

Beth Kennedy

Hi, good morning, Vicki. Happy New year.

Wynne Leon

To see you. It's so much fun to be on screen and just laughing and enjoying life across the country.

Beth Kennedy

Yes, and good to see we're making it through the holidays and it's gonna be a new year when. See. So that means we're still here.

Vicki Atkinson

Absolutely. Which really is, you know? Check the box right, OK.

Speaker

Right.

Vicki Atkinson

Yeah, absolutely. But. And I, Beth could not have planned for a better new year kick off a guest than you. We love that you're in full celebration mode. With a Happy New Year tiara, Allen is that what we see?

Beth Kennedy

Yes, yes.

Vicki Atkinson

I love it.

Beth Kennedy

Well, so good here.

Vicki Atkinson

Yeah, I know, but the topic juju you wrote a post last year, you know, a couple months back at this point, maybe just a month, but it was all about soup. And it was like a lightning rod. I think soup is one of those things where I don't know anyone who doesn't love it. There are so many different varieties, and right before we started recording we were, you know, the three of us will be honest. Were giggling about a lot of things. But you confess to us that your post that really inspired this podcast called you know good soup. Was like the 21st post you've ever written about soup. Is that true?

Beth Kennedy

This is true and I didn't realize I had a soup problem. So I went back and looked, you know, you can hit old posts and type in and. One and. It seems to be something I come back too often. One of my favorite. I have it all year round. I don't care if it's hot cold because for a couple reasons. I love it because it's a mixture of things.

Vicki Atkinson

Yeah.

Beth Kennedy

It's always different and. Looking at some of the. You know, and it's a multicultural thing. Has some form of soup, right? And so in looking back at my post, some were very serious. I was ill and this soup helped me feel. Or my favorite soup was a child I called seashell soup and my mom would make it and they were just seashell noodles with butter.

Speaker

Mm.

Beth Kennedy

Bit of chicken broth and I thought it was like magical soup. And then when I was an adult, I said what's the secret recipe for sea salt?

Speaker

Along.

Beth Kennedy

And she said, well, it's noodles and butter. That was a family secret. But it was. As a child, I still make it sometimes, but since then some of my soup has been soup mishaps. You know, because like I say, I like to improv and put different things in.

Vicki Atkinson

Yeah.

Beth Kennedy

One was a soup that took four days to make 'cause. I kept adding things trying to make it better. Was horrible.

Speaker

I get.

Beth Kennedy

Beans that took like 24 hours to soften and it had no flavor, so I added in some herbs. Was still. I put in tomatoes. I kept going. Kept. And finally on. 4th Day I had to put in the refr. And try. We're gonna make the scoop good. And on the IT turned into sort of a thick porridge. Almost. Because of something I added and so. Actually would like cut off a chunk of it and like fry it for breakfast. I mean, wait, wait, wait. You cut off.

Vicki Atkinson

A chunk of soup.

Speaker

College.

Beth Kennedy

It turned into a solid on the 4th day. So I just said. Heat it up by like frying a square of it, because. It's healthy, but it just was not liquid anymore. Oh no, that was a soup mishap. You know. And I try like all kinds of recipes and you know, the one that day was I just used whatever was in my kitchen. Yeah, just kept adding ingredients and it wasn't getting better. Have surrendered, but I was. I was.

Wynne Leon

I love the determination of that.

Beth Kennedy

Even if it was solid so.

Wynne Leon

Never integrates.

Vicki Atkinson

My wife have I heard someone talk about frying the soup and in my head I'm like is this how spam was created? Just keep adding stuff together. But I gotta admit. It doesn't sound appetizing, but I'm I'm trusting you, but I'm like.

Beth Kennedy

Yeah, it wasn't my best. I was determined I was gonna eat. So there were so many ingredients in it at that point, yeah.

Vicki Atkinson

Excellent.

Wynne Leon

It was all she put it all in the pot.

Speaker

I.

Beth Kennedy

Have my. He almost making. And then I was working on a collage like an art project in another room that was cooking down and. And he smelled. They went in and the pan, you know, was down to like nothing. Was very, very hot. Took it and I used hot pads and put it in the sink and it was so hot when I tried to think it pulled the ceramic out circle.

Vicki Atkinson

Oh, no, no.

Speaker

It must've been.

Beth Kennedy

Like when you're blowing glass like that. Heat. Yeah. Whole lot so. And then use the epic of trying to clean that pan. So I.

Wynne Leon

Mm.

Beth Kennedy

Throw it away. Pan. But Wow, most soups turn out to be good. And, you know, comforting. And we have soup parties sometimes with my friends for everybody too.

Vicki Atkinson

Ah.

Beth Kennedy

And then you just some of the host would just have like bread and drinks and it's really nice and everybody has. Kind of a signature soup that they like to make, and so it turns out really nice.

Wynne Leon

That's great. You know, Vicki and I early on, had a bonding moment because I was eating chili for breakfast and she's like, oh, I love chili for breakfast. Right. And in fact.

Beth Kennedy

And in fact, other foods for breakfast.

Wynne Leon

Yeah, Vicky, you just wrote a post about chili for breakfast.

Vicki Atkinson

I love savory for breakfast. I'm a sugar. And if I start with like traditional. You know have pancakes or waffles or something like that. Just my furnace, you know, metabolism. Why? Why? It just goes more, but if I eat something a little bit more savory and I will confess I don't like eggs. So something like chili is really good, but I'm going to tell and when I'm sorry you guys have me giggling so much. Never in my life have I written down. She had to slice the soup. I just. I'm having a little bit of a hard time recovering.

Beth Kennedy

I just have.

Vicki Atkinson

But when I'm going to tell on you, we not only do we like soup at anytime, Beth, but when not that long ago was on a little family vacation and she had made soup and had. It along and there is some leftover and you know one of her. Fellow travelers had the gall to ask whether or not the leftovers could be his, and when it was like it was like, you know, the headline news, like you won't believe what he said.

Beth Kennedy

Why did you keep the chili?

Vicki Atkinson

Yeah, like how dare he?

Beth Kennedy

Small suits taste better leftover, they've.

Vicki Atkinson

But it's good.

Beth Kennedy

Out for. Flavor and the spices kicked up a notch.

Vicki Atkinson

Yeah, yeah, especially anything tomato based, I feel like is just, you know, better if it can hang out. But you're cracking us up so much.

Speaker

Yeah. Right.

Vicki Atkinson

Much. But across those like 20 something posts it what you described.

Speaker

Mm.

Vicki Atkinson

You know they it was. You know the laughing, the crying, the good, the bad, but but still to look back at blog posts and to know that 20 times more than 20 times you wrote about that really tells us as we think about like New Year. And self-care and you know, little mini rituals that we can have that just. Fill us. Both literally, but also kind of our our like soul boost soup must do that for you. It just must, yes.

Beth Kennedy

Well, they think it's even the process like some people like to make bread in that process. For me it's. And. I'll often just gather whatever I have here and try to make something, or I've had something somewhere and I'll try to recreate it. Just I like the process and seeing it come together and like this delicious mixture, you know? Know. We've talked about quotes before. The same thing, yes. So I looked up who I used for quotes for some of my soup. Posts because I like to just like mixing soup. I like to mix a person that you wouldn't expect their quote to go with what the post is, but some of the people I had were Kate de Camelo, Alice Walker, Beethoven.

Vicki Atkinson

Yeah.

Wynne Leon

Wait, wait, wait. Do you have that quote the Beethoven quote in front of you?

Beth Kennedy

I can look that up for you.

Wynne Leon

OK, I haven't.

Vicki Atkinson

I have it because I love it. I think it was.

Beth Kennedy

OK. Oh, Owen Curry.

Vicki Atkinson

This post Oh yeah.

Beth Kennedy

That one.

Vicki Atkinson

Yeah, only the pure in heart can make good soup.

Beth Kennedy

I mean, you know, so that's great. I have a Darwin quote HL Mencken, and let's see Adam Rickman, Julia Child, of course, Christian Dior.

Speaker

Mm.

Beth Kennedy

Check. Many people have weighed in, right? Something to do with soup or they use it as a metaphor for something. You take this and then you. Oh my gosh.

Vicki Atkinson

Oh my gosh.

Beth Kennedy

Look.

Wynne Leon

I gotta say about that Beethoven quote, which has gotten me fascinated. You know, an orchestra and super a little bit of like a. It's me making music and to put you put a lot into the pot there.

Vicki Atkinson

I like it.

Wynne Leon

Yeah. And that's because it's part right.

Beth Kennedy

They thought of like making the soup. You put all these. Together and yeah, so.

Vicki Atkinson

I saw a spoof the other day on. Some young man who was pretending to be Stanley. You know who does his little if you've seen him where he does his, you know. Are we rolling? Right. He does.

Beth Kennedy

Oh, OK, yes.

Vicki Atkinson

You know, cooking segments, but apparently his one of his favorite soups is pasta fajit. And this kid who was impersonating him, it was quite hilarious, was demonstrating how to make his soup. And I realized that's my favorite soup. I love that even more than chili.

Beth Kennedy

OK.

Vicki Atkinson

The spices and some noodles. I'm hungry now.

Beth Kennedy

Right. And you know those kind of soups, you know, they would call them peasant soups.

Speaker

Because.

Beth Kennedy

You just added chunks of bread to make it go further to feed your.

Vicki Atkinson

Mm.

Beth Kennedy

But I seem to love those peasant foods.

Wynne Leon

Ditto. Yeah. Again savory.

Vicki Atkinson

Yeah.



Wynne Leon

There, there, there feel curative.

Speaker

Right.

Beth Kennedy

Yes, like.

Wynne Leon

Yeah.

Beth Kennedy

In your. Like not only like your stomach, but like your body. Your spirit is kind of fulfilled like warm soup and you know.

Speaker

Yeah. So.

Vicki Atkinson

Well, and I think for people that try not to eat a lot of meat, it gets a little tiresome sometimes with salads and I'm I'm not a big salad person. But a a big bowl of.

Speaker

Right.

Vicki Atkinson

You know, because like you said, Beth, it sounds like you really cooked your beans and lentils down quite a bit with your food slicing.

Beth Kennedy

Right.

Speaker

This is.

Vicki Atkinson

But I mean.

Beth Kennedy

It could be a \*\*\*\*\* girl for brick too, like. Yeah. Oh, my gosh, right.

Vicki Atkinson

Oh my gosh. But that's what makes it.

Beth Kennedy

Day 5.

Vicki Atkinson

And so I think, you know, beans and lentils, legumes and soup, it gives you that, that satisfying feeling where.

Beth Kennedy

Thanks.

Vicki Atkinson

Where maybe your mom's seashell soup with? I have to really. Hard to say that without tripping over. That was probably light and for a little girl with an upset tummy or, you know, trying to feel better. But those heartier soups, like you said, there's so much variety where it is. It's a meal.

Beth Kennedy

Right, absolutely.

Speaker

Yeah.

Beth Kennedy

Yeah, yeah, sure.

Wynne Leon

And I love the. I mean, you talked about your soup potluck, where everybody brings a soup and then it just it. It's a great metaphor for community as well. Then you describe the kind of community event of of soup.

Vicki Atkinson

Yeah, you're.

Beth Kennedy

You're. Well, I think it used to be. Remember, everybody would bring like way back, like their casserole or their jello salad or whatever called. I love you. So fascinating, but I don't want to. Most of it. But everybody you know, like Aunt Martha had her carrot Raisin clear Jello that she was going to bring every time or whatever. And so this kind of like that will suit like you will see within. However, small or larger group as kind of you learn a little bit about that person by their suit.

Vicki Atkinson

Yeah. Yeah. When I loved your mention of kind of the multiculturalness of it. Really. Every culture, you know it, you know, across I think so many different geographic locations and and cult.

Beth Kennedy

Means.

Vicki Atkinson

Soup is something that we share, you know, and or porridge if it's a little thicker or the stews, but it's use what you have. Be thrifty, take care of your family.

Speaker

Right.

Vicki Atkinson

A lot of those, I think intentions, you know, ring true going into the new year and trying to just be thoughtful about. Consumerism and you know, using what we have, it makes sense.

Beth Kennedy

Right. When I think like one of my post was about when I was a single mother of three daughters and we did not have much money, I was going to school and working. And so I would make up names for my foods to make them sound more fun. It's four of the speed. Which was like tuna casserole with potato chips. But all of those casseroles that I made in name. Had soup and if the base was like the Campbell Soup forever recipe, you know. And so when they got married, I gave them the like, little recipe cards with, like, their soup casserole.

Vicki Atkinson

Yeah, yeah.

Wynne Leon

How? Well that's.

Beth Kennedy

That we. Like I know you're going to make. You know. But even that was like. Kind of like made it go further for. Us and. Made it into a meal, yeah.

Vicki Atkinson

Yeah.

Wynne Leon

You know. Nikki Giovanni just passed away and she was oh, yes, poet. From Virginia Tech, I think was and she had this wonderful podcast. I heard about her. Her in a couple years ago and she talked about her grandmother, made use of everything that came into the kitchen. I mean, she never. Threw anything away? And that's often what we do with our soups, right? Take. The bits and

bobs that we have lying around and we make something good about it and it is the metaphor for writing is so, so powerful there.

Beth Kennedy

It's true, like you. And if you think about anything you write comes from either a life experience like you've heard a word or you've seen a situation, or you've lived that situation or someone told you a story and that all comes together in your writing.

Wynne Leon

Yeah, 'cause, it's all. Yeah.

Beth Kennedy

Faved in there somewhere?

Wynne Leon

We're making use of our experience, right?

Vicki Atkinson

I love that.

Wynne Leon

Yeah.

Vicki Atkinson

So good. I'm also still thinking about. What you said about like, there's poetry and all of what you just said, even right about who you are and how you choose to live your life.

Speaker

Yeah.

Vicki Atkinson

When?

Wynne Leon

Yeah. No, it was. I was just gonna ask if Beth has a favorite suit for the New Year.

Beth Kennedy

Well, OK, I guess I do. Oh, you.

Wynne Leon

OK, good.

Beth Kennedy

But I instead of seashell soup now as an adult, I usually. Get the Greek like lemon chicken soup. We have a lot in Detroit area. Coney Island restaurants are Greek because we had a lot of Greek people that immigrated here and they for some reason bought Coney Island restaurants with like hot dogs and Greek combo. And so one of the things you can always get there is lemon chicken rice soup and again, it kind of thickens up over, you know, the day.

Speaker

Hmm.

Beth Kennedy

It's very soothing, but there's one that I make that I love which years ago I was in a group. Where like weight loss, healthy eating and we always shared recipes and this woman said like if you it's called crock Pot Buffalo Chicken chili and she said if you like. Chili's, which I. All of them, even white chilies, she said. Gonna really, really love this one. And even if you're vegetarian, you just don't put the chicken in because there's in it. You know, enough like.

Wynne Leon

Yeah.

Beth Kennedy

And I'd like that I can just throw it in the crock pot and. Think about. So I usually will take like chicken breasts, you know, and just cut them up.

Speaker

It.

Beth Kennedy

So I'll tell you what's in it. So chicken breast, Buffalo wing sauce. You have to like a little spice. Pinto beans, tomatoes and chilies. And then onions and. Carrots, chicken broth, chili powder, garlic powder, or the real thing. Then some herbs. I'll send you a copy of it. Cream cheese. There's the real or the fat, I think if you're going with this recipe, you might as well just go real and then the secret ingredient. Again, is the dried Hidden Valley ranch dressing.

Wynne Leon

Oh.

Beth Kennedy

So and it was so, so delicious. I've made it over and over. Each time modifying a little. Again, depending on what herbs and spices I have or how much of something, but it's that same basic basic recipe all the time. And I just love.

Wynne Leon

It's. Do you have a? Have you given it a fancy name like you did for the casseroles when your kids are little?

Beth Kennedy

Like jewel? The sea and \*\*\*\* the people doing the same recipe with chicken.

Speaker

You could either.

Vicki Atkinson

And then.

Beth Kennedy

How? We wound. Casserole was the same recipe with hot dogs chopped up. Oh, and then we left over, OK?

Speaker

I.

Vicki Atkinson

Love it.

Beth Kennedy

No, I. But I do need to. Of personalizing that, a. Bit, yeah, yeah.

Vicki Atkinson

Well, yeah, 'cause, we'll put it in the, you know, the blog post that this podcast drops.

Wynne Leon

Oh, OK, alright. Yeah, OK.

Vicki Atkinson

We'll yeah. Give it that, Beth, spin and I. I'm so glad you're going to send us the recipe because I was writing frantically.

Beth Kennedy

I actually have a name right now. I just.

Vicki Atkinson

OK.

Beth Kennedy

OK. Because I was. Talking about all the spice and things. About some like it Hot Chili.

Wynne Leon

Oh, that's so good. OK.

Vicki Atkinson

Marilyn. Right. OK.

Beth Kennedy

Yeah, I like it.

Vicki Atkinson

Oh well, and I think this might spark like a little recipe exchange, right?

Beth Kennedy

See what these?

Vicki Atkinson

Yeah.

Beth Kennedy

Has everybody or everybody's tell their favorite soup and why, you know.

Wynne Leon

Yeah. What's so funny about the story that Vicky told about?

Beth Kennedy

They love that.

Wynne Leon

Making chili when we were on a trip. Is that my friend Eric? Every time that I make the chili, he's like, you're gonna have to teach me to make this chili. That's it. Time. And I'm like. Well, you know, I don't really have a. It's like brown Turkey and I put in three cans of tomatoes and onions and garlic and chili powder and I go. Yeah, sure. It's just this is this. Show you any. But the fact. If he doesn't want me to teach him, he just wants me to continue to make the chili.

Beth Kennedy

Yeah.

Speaker

Absolutely.

Vicki Atkinson

Yes, I know.

Speaker

Yeah.

Vicki Atkinson

But that's such a great point. About what you both were talking about with the gatherings, you know, and bring us people together.

Beth Kennedy

Yes.

Vicki Atkinson

And with your girls, Beth, you know and coming up with silly.

Speaker

Run.

Vicki Atkinson

You're thinking I'm stretching my grocery budget and it's something they've had before, but I'm gonna. Put like a new veneer on top, but all of that? Yeah, all of.

Beth Kennedy

Make it fun, yeah.

Vicki Atkinson

You know the making of it, the fun of it. You know, the celebration aspects, the being together. Food is love.

Speaker

It is.

Beth Kennedy

Well, and I feel like this kind of and it ties in a lot with the bread making people again, like it's kind of a caring, symbolic thing. You're physically, like making this to share with someone you don't usually eat your whole loaf of bread, although that's a couldn't.

Vicki Atkinson

Yeah.

Beth Kennedy

But like you would generally. Share it and soup. You would generally share with people.

Speaker



But.

Beth Kennedy

You know, so kind of lends itself even the what poster talking about with the. When I went to the Himalayan restaurant, the good soup one, the story bad is I met this gentleman who was a Sherpa who moved here and he and his wife started this restaurant and. Talked about. This is what they serve at base camp. So people are gathering there is dangerous. They need to be. It needs to be a hearty meal, but yet they've integrated a local recipe with all of their spices and herbs, and it's almost like a tradition for them before he would hike with them up the mount. Ain to have this meal together.

Wynne Leon

Well, the other thing that happens so much at base camp is that people get sick and then they start coughing. And if they can't get rid of that cough and they crack ribs, I mean it.

Beth Kennedy

Right.

Wynne Leon

It's and it's just so uncomfortable.

Speaker

Oh. Yeah.

Wynne Leon

So a little bit of soup. That warmth, I mean it just it makes a difference.

Beth Kennedy

And maybe all of the spice too would help with, like clearing things. Don't know. When you were there, right at basic.

Speaker

Let's.

Wynne Leon

I did go to base camp. I was. I stayed for a night.

Beth Kennedy

Like.

Wynne Leon

It's, I mean, it's and I'll talk about multicultural, it's a multicultural community, you know, tense from each group. It's one of the loudest places that you've ever heard because. The mountains are calving snow on a continuous basis.

Speaker

Oh.

Beth Kennedy

Yes.

Wynne Leon

So there's, you know, you it's and it's not just. It's loads and noobs and they're all you're in this big basin of right of mountains and. And it's it's shifting because it's on a glacier. So even as you spend the night in a tent, it the ground is shifting underneath you.

Speaker

Mm.

Wynne Leon

It is one of the most unique places I've ever been. Not only for the all the people that come together and the Sherpa and you know, they look like they're walking on air even at 17,000 feet. Just have this way of gliding. Through the mountains anyway, it's a.

Beth Kennedy

Amazing. Wow.

Wynne Leon

It's a magical place.

Speaker

Wow.

Beth Kennedy

Oh, So what?

Vicki Atkinson

I like your observation.

Beth Kennedy

Gathering. Yeah, before you go on this journey. Yeah, right.

Vicki Atkinson

Enough, right? But dude, the connection that you 2 just made, you know about the comfort of soup it, you know, kind of being the thing, right? Base camp would be known for. There's something there about the power of soup. And when your description of just being in the environment.

Speaker

Right.

Vicki Atkinson

Not. Nope. Yeah, I'll. I'll be far. Exactly. I'll make the soup. Serve the soup. Right, I'll. I'll do all of that, but I and I'll wave to you and I'll wish you well. Just your description when of like the ground.

Beth Kennedy

No. Yeah.

Wynne Leon

No. Yeah, well.

Speaker

It's good.

Beth Kennedy

You know such. Personal commitment to do that and. You know, there's a lot, yeah.

Wynne Leon

Yeah. Yeah. Well and and and if you think about all the things that make up teams, I mean that's what's really interesting about base camp is there's a lot of ambition and ego and. It's. Different stories and. I mean it it is a a melting pot and a soup in and of itself.

Beth Kennedy

Right.

Vicki Atkinson

Yeah, but in the end, everyone comes together around the same circle. Fire. The croc of soup or whatever. Maybe kind of a good equalizer, right?

Beth Kennedy

Yeah, well, think about back in Shakespeare, the witches stirring in the big bubble bubble toil in trouble.

Wynne Leon

Oh, right.

Beth Kennedy

Their soup was probably not nourishing, but. It was the same thing. The witches in their group were, you know.

Wynne Leon

Working.

Beth Kennedy

The soup of sorts.

Wynne Leon

Great job.

Vicki Atkinson

Yeah, I depend.

Beth Kennedy

Stone soup. And then so if they all like, put them to use like real little knives and they would cut the vegetables and they all say like, I hate vegetables. I hate soup, you know. And their parents are like they're. Going to eat? So anyway, they would go through the process I wanted them to see, and then I'd say like we're going to put the stone in and we're going to put the carrots all this and then. Again, a lot of mazavers about the soup, but usually if they make anything themselves, they'll eat it quite often. So they would have to recess. And then I took the stone out and I replaced it. Bought alphabet soup, the old camp.

Wynne Leon

Yeah.

Beth Kennedy

With all the veggies and yeah, so they came in and I said, look what this turned into. They're all like, I'm not eating. So we put it in little cups and they said, oh, this is delicious. Guys are such good cooks. And then, like, one brave soul. Tried it, he. Oh, this is so good. Then of course. Everyone said this is the best best soup ever. Made this so I told. Parents and they. Like they never eat soup. So other than like chicken and noodle usually so. They said, well, what was your recipe? I said a stone. Campbell's alphabet soup.

Speaker

It's all my fault.

Beth Kennedy

But it was just a thought. I wanted them to have the communal activity of making soup and then tasting their cooking and to be a pleasant experience.

Wynne Leon

Oh, that's so sweet.

Beth Kennedy

It was so big and cute, yeah.

Wynne Leon

I love that.

Vicki Atkinson

No and. And you know the the teaching moments right that are that are all there a little sleight of hand on your part. But for really good reasons, right.

Beth Kennedy

That's the magic.

Vicki Atkinson

That's the stuff, right? God. Yes.

Wynne Leon

And it's so fitting that we end on that Community note because, again, soup brings us together.

Beth Kennedy

In many ways.

Wynne Leon

So so many ways. Beth, thanks for coming on and bringing in the new year with some hearty soup and laughter.

Beth Kennedy

Absolutely. I'm sure I'll have some more soup. It looks like. The future based on my pattern. So OK, OK.

Wynne Leon

I would love it. We look forward to posting your some like it Hot Chili.

Beth Kennedy

Alright.

Vicki Atkinson

Yes. Oh my gosh. Right. And and to both of you happy new. I can't think of a better way to greet the new Year than spending time with both of you so.

Beth Kennedy

Which New York? All.

Wynne Leon

Right. Take it out. Bye. Thank you for listening. Our music is composed for sharing the heart of the matter by the exquisitely talented duo of Jack Canfora and Rob Koenig for show notes and more great inspiration, please visit [oursite@sharingtheheartofthematter.com](mailto:oursite@sharingtheheartofthematter.com).