

TRANSCRIPT FOR PODCAST EPISODE 117-MAKE SOMETHING

I'm Jill Baughan, and you're listening to the podcast called Find Joy...No Matter What.

This is Episode 117.

Hey friend, do you know someone who's going through a tough time right now? And maybe you'd love to be an encouragement to them, but you aren't sure how? If so, I have something for you that can help with that. Just click on the link in the show notes, and you'll get a free gift from me: ideas for making a joy box that will definitely brighten the day--and maybe even the life--of someone you care about. And--bonus--getting that little bit of goodness will automatically sign you up to receive these podcast episodes in your inbox every week. You just might need a boost yourself.

Because if you're in a tough place right now, your joy may seem like it's hiding--or gone.

I understand. But it's still there, I promise, just waiting to be resurrected. And this podcast is designed to help you do just that...no matter what else is going on in your life.

For just a few minutes each week, I'll tell you a story--one that might inspire a way to uncover a piece of joy you've been looking for. Then, we'll consider how it could speak to your life, because even though you'll hear quite a few of my stories during our time together, I believe you'll find your own in every one of mine.

Finally, I'll offer a benediction to send you into your day--or into your night.

So. If you're up for doing joy shots with a friend today...have a listen.

One fall my husband and I took a trip to the mountains of Virginia, and before we left, I was determined to take no pictures of the usual "scenic wonders" this time: no fall foliage, no wildlife, no expansive vistas. I only wanted pictures of the stupid, the silly, and the odd stuff that I would typically glimpse at, maybe comment on, and then pass by.

Only this time, I wasn't going to pass by; I was going to stop, aim my camera and relish the "view."

May I just say, I wasn't disappointed.

We were about two hours into the trip, truly out in the middle of nowhere, when I spotted a sign that looked like it came straight out of Bedrock, where the Flintstones lived. And there, larger than life were the stony letters that spelled "FOAMHENGGE."

"What in the world?" I said to Ben. And then I saw it, way up on a hill: massive gray protrusions that appeared to be a replica of Stonehenge, the famous prehistoric monument located in England.

We were a minute past this landmark when I came to my senses, and asked Ben to turn the car around and drive back so we could investigate. And he obliged because he is used to weird requests from me.

We parked the car at the entrance, just within view of this creative masterpiece, truly agog at the magnificent view. And soon we learned, from the first sign, that it was completed in six weeks using beaded Styrofoam blocks. The next sign told us that Foamhenge has been seen on the Discovery Channel, MSNBC, the Smithsonian Channel and TBS (who knew?). And the next sign was a warning from Mark Cline, the artist, about what might happen if you try to deface his sculpture. It said, *Sometimes I hide and watch. I'll let you scratch on Foamhenge as I do the same to your parked vehicle. Don't be surprised. I'm nuts enough to do it!*

Well now. Any thoughts I had of scratching his stuff disappeared with that little admonition..

Then we walked up the hill and found ourselves up close and personal, in the middle of the mystery of Stonehenge. In Virginia. It was fabulous.

Later I did a little research, and found out that *Foamhenge was created in 2004 by [Mark Cline](#) of Enchanted Castle Studios as an [April Fool's Day](#) stunt to generate tourism. The idea for Foamhenge came to Mark in 1998, when he was inspired by 16-foot-tall (4.9 m) foam blocks that he saw at a local insulation manufacturer. Mark had the concept and materials, but needed a location for his creation. In 2004, he made an agreement with [The Natural Bridge](#) for rent-free land with the intention of attracting tourists to both sites.*

Foamhenge is designed to match [Stonehenge](#), with similarly sized pieces oriented in astronomically equivalent coordinates. The "stones" are composed completely of [styrofoam](#) and painted gray, weighing approximately 420 lbs. apiece. They are stabilized with embedded piping, extending from a concrete footing to the top of each stone. The entire structure was assembled in about ten days, as opposed to Stonehenge's construction period of about 1000 years.

Wow. Not bad.

*Then [The Natural Bridge](#) became a [state park](#) in 2016, forcing Foamhenge to close. The structure was dismantled on August 30, 2016, and placed in storage at Cline's studio. After receiving over fifty inquiries from across the United States, an agreement was made to relocate Foamhenge to Cox Farms, a popular 116-acre family farm, near [Centreville](#), VA, a suburb of [Washington, D.C.](#) After the pieces were repaired and repainted, they were moved and re-constructed, **with help from an astronomer**, for permanent display at Cox Farms. Foamhenge re-opened in time for the start of the farm's "Fall Festival" on September 16, 2017.*

Friends, thousands of people have found joy in this thing that Mark Cline made on a whim. Granted, it was a mighty big whim, and put together as a joke, but still, it's proof that making stuff can bring unexpected and massive delight into the world.

You, too, can make stuff to bless the world. And I can already hear some people saying, “But I’m not an artist,” “I’m not talented,” “I’m too old,” “I’m not creative,” blah, blah, blah.

But consider, if you will, someone who has been making stuff for decades...who says she’s not that talented, just fearless.

Dolly Parton is often known for one thing.

Okay, two things.

But her record of “making stuff” is off the charts.

Writer John Gullion notes that from day one, Dolly was hustling. Underestimated because of her looks, her background, her accent, Dolly happily played her role, set the pieces on the chessboard and checkmated local entertainment impresarios before moving to Nashville, then Hollywood and doing the same thing time and again.

She’s built herself into a conglomerate and Dollywood, her namesake park, has grown from the rinky-dink former Silver Dollar City into truly one of the best theme/amusement parks in the country. (the smokies.com)

Dolly Parton’s Imagination Library is a program that began providing a book a month to children in Sevier County from birth to age 5, quickly grew to all of Tennessee – then the United States. Now, Imagination Library serves Canada, the United Kingdom, Australia and the Republic of Ireland.

She’s made movies, like *Steel Magnolias* and obviously a ton of money, and many recordings, but closest to her heart is writing songs. About 6000 have been catalogued so far.

Lauren Marino, in her book, *What Would Dolly Do?* notes that *Dolly says she gets her ideas from her everyday experiences, things she sees and hears about from her family or friends, things that she reads--like the newspapers that lined the walls of her childhood home--and sometimes, just conversations with other people.*

One of the most famous is the song, “Coat of Many Colors.”

Anyone who has listened to the lyrics--or seen the movie--knows the story. It was late fall and Dolly didn’t have a coat to wear through the winter. A neighbor brought the family a box of rags, and her mother sewed together a patchwork coat in time for Dolly to wear it for her first school pictures when she was just nine.

While she sewed, her mother would tell the story from the Bible of Joseph and the special coat of many colors given to him by his father, which made his brothers so jealous. Dolly felt “so proud, thinkin’ I looked exactly like Joseph in my coat,” but when she got to school, all the other kids made fun of her and in her school picture she managed to smile--for her mother’s sake--through her tears.

Dolly has spoken about it at length: “That was a very sad and cutting memory that I long kept deep within myself. I remember all the pain of it and the mockery. How the kids had tried to take my little coat off...and I didn’t have a blouse on under it because I had done well just to have a little jacket to wear. So when the kids kept sayin’ I didn’t have a shirt on under it, I did because I was embarrassed. So they broke the buttons off my coat. They locked me in the coat closet that day and held the door closed and it was black dark in there and I just went into a screaming fit. I remember all that and I was ashamed to even mention it and for years I held it in my mind.

But she turned that painful childhood experience into one of her most enduring songs. The story became the basis for the TV movie she produced and was nominated for an Emmy. She also made it into a children’s book with a message about bullying. (202-3)

How many children have been heartened by that song’s message?

And at 75, she’s not slowing down in the making of things.

Her most recent project? She has co-authored a novel, *Run, Rose, Run*, with James Patterson, and felt so inspired by the story, she just had to write enough songs to fill an album.

According to Lauren Marino, *Dolly says she wakes up with new dreams every day, and feels like there is still so much for her to do.*

So what about you? What could you “make” to bless the world? And before you say you have nothing of value to make--that you’re not gifted, you’re not special, you’re too old--I’m not havin’ it, and neither is the God who created you. Can you

--bake a treat?

--make a meal?

--set a welcoming table?

--write a note?

--arrange some flowers?

--dip some strawberries in chocolate?

--make some music by playing an instrument? Singing?

--put a family story down on paper?

--sew? Quilt?

Can you

- write a silly (or serious) poem for someone special?
- make art by painting or crafting or sculpting?
- make cards of encouragement?
- turn a block of wood into a treasure?
- set a mood in a room?
- turn a lifeless space into a refuge?

Healing, laughter, delight, comfort and God only knows what else that can be born from your willingness to making something...out of nothing.

And so, my friend,

May you understand that even though you are not Mark Cline or James Patterson or Dolly Parton, that is just fine, because the world doesn't need another one of those people.

And may you understand that the world does, however, need something you make.

And may you be brave enough to share it with the rest of us. We are waiting for the joy only you can offer.

Thanks so much for joining me.

If you know people whose gifts need to be shared, I invite you to share this podcast with them, and subscribe yourself on iTunes, or wherever you listen to podcasts. Or you can go to my website at jillbaughan.com, click on a podcast episode and sign up to receive episodes in your inbox. Just don't miss an episode, because I so look forward to being with you again soon.

Make something, my friend. And always, always remember, if you go looking for joy, you'll most likely find it.

Till next time...