



*Bethany is a published author, a hospice harpist, and choral accompanist. She lives at the edge of the woods in Oregon's beautiful Willamette Valley. She's married to Bryan and is the mother of two young adult daughters.*

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Listen and download interview [here](#).

There is so much that I personally gained in talking with Bethany, here are just a few of my favourite insights from her experience and wisdom.

- It's helpful for our growing, finding-their-own-way-in-the-world kids to watch us find our own way in the post child-raising years.
- Our younger selves might cringe at some of the compromises we make now in our lives, but our older (and hopefully wiser) selves know that compromise is a big part of raising children into young adults and growing up ourselves.
- Each family finds their own way into how to divide the income-earning labor. It's not about how much money we make (more, less, or equal to our partners) but about our family goals and values and if both partners feel that the contributions each other makes are inline with those values and meet those goals.
- Epic family adventures can be a great way to launch the teen years and a portal to midlife changes.
- I loved Bethany's metaphor of our children launching into their own orbits, not revolving around us anymore, and how we will sometimes be closer in those orbits and sometimes farther, and it's ok. As Bethany says, "I didn't have to be the center of my family life anymore and I didn't get to be the center".

*Renee Tougas*

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## Takeaways & Personal Reflection:

One of the key takeaways I gained from this interview is the idea of identifying the through line(s) of personal interest and experience in my own life from my young adult years to my midlife years.

When you listen to the interview (30:56) you'll hear what I'm talking about. Bethany's own life experience beautifully illustrates this concept.

In thinking about my own *Second Bloom* I'm looking for those through lines of personal passion and experience. What are some of the common threads in my life, things that go way back as far as my teen years, that I might pick up and carry with me as I weave a midlife career and vocation?

*What do you think are the through lines in your own life? What can you identify from your own childhood, teen and young adult years as important clues to who you are now, and what you want to do?*

*What are your takeaways from this conversation?*

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## Where you can find Bethany (& her book)

- [Website](#)
- [Facebook](#)
- [The Breath Between: An Invitation to Mystery and Joy](#)

*If you can make friends with uncertainty she will introduce you to her lovely daughter serendipity.  
~ Bethany Lee*



*Renee Tougas*