

## Show Notes - Hidden Manna on a Country Road -Sarah Geringer

Today we welcome our teacher, Sarah Geringer, author of *Hidden Manna on a Country Road*.

### Guest introduction:

- Sarah Geringer is a writer, speaker, podcaster, artist, book launch manager, creative coach, and author of six books, including *Hidden Manna on a Country Road: Seeing God's Daily Provision All around Us*.
- When she's not reading over 100 books per year, Sarah enjoys painting, baking, gardening, and playing the flute. Her daily must-haves are hot tea, dark chocolate, and fresh flowers.
- She is a fifth-generation resident of southeast Missouri, where she lives with her three teens and beloved Labrador retrievers.
- Sarah and I follow one another on social media and I have been on her book launch teams as well.

### Question:

- My intent with *Old School* is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. You and I have followed one another on social media for a while now, however you have eluded to your story for those who have followed longer. I would like to have you share your story.
- I have a sweet friend who has gone to be with the Lord who was always the "prayer warrior". She had been benched by her health, as she put it, and realized her

calling now would be prayer warrior. For one womens retreat she called us to Prayer Walk. Our neighborhoods, the halls of our kids schools and classrooms. I love how you point out this very type of thing in Hidden Manna.

- How did your call to be a writer/coach, etc come about?

### **Sarah's Nugget**

“The power of compound interest. I wish I had been investing much earlier in my life”.

If you would like to connect with Sarah her links will be in the podcast notes or you can reach out to me through my connections as well.

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

#itsthejourney

#oldschoolwithmichelevrabel

#sarahgeringer

#physical

#mental

#emotional

#spiritual

Connect with Sarah:

Website: [Sarahgeringer.com](http://Sarahgeringer.com)

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Instagram: @sgeringer