**Hard Times & Hope: Trailer**

**Jule:** Hi, how are you?

Fine?

That's what we say, isn't it? And a lot of the time it's true, but sometimes it's not.

*Hard Times & Hope* is a place where I have real conversations with regular people about a real hard time. We talk about what it was…

**Rob:** My hard time is when my dad became ill when I was 14 years old. And he was given probably a few weeks to live.

**Jule:** How they got through it…

**Bethan:** In fact, when I was really unwell, I realized I needed to focus on joy and I started taking down little notes of one joy that happened to me each day.

**Jule:** And something good that came from it…

**Katie:** I mean, this isn't even not warm and fuzzy, but just being the type of person who figures stuff out.

**Jule:** If you're feeling like you're alone with your hard time, you're not. Everybody has a story that matters and there's reason to have hope. I think of hope as a dried-up seed pod on a poppy. A poppy seed pod looks like junk, like nature's garbage. But inside are hundreds of tiny black seeds waiting to bloom into something beautiful.

I'm Jule Kucera your host. Come join me for *Hard Times & Hope.*