

Basic Detail Report

Title Interview with Kelly

Date 11 July 2025

Medium born digital audio file

Description Audio file of interview with Kelly. She was interviewed by Keara Lyons on July 11, 2025 in Fairfield, Connecticut. Kelly was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. In this interview Kelly shares her journey of transformation through faith, healing, and self-discovery. Reflecting on her past, Kelly opened up about the pain of an emotionally taxing relationship and the subsequent path she took to reclaim her life. She emphasized how stepping away from that relationship and embarking on an eight-week solo trip to Europe was a critical moment of personal awakening. During this time, she began to lean deeply into her faith, surrendering control to Jesus and finding in that surrender a sense of peace, purpose, and protection. Kelly described the pivotal role that her spirituality now plays in her day-to-day life, from morning gratitude rituals to reading daily devotionals and relying on faith during moments of uncertainty. She highlighted how gratitude was the starting point of her healing, even before her travels, and how this mindset opened her to moments of joy and glimmers of divine presence in nature and everyday life. Throughout the interview, Kelly emphasized personal responsibility in change, acknowledging that growth begins within. She now embraces both joyful and painful experiences as part of God's greater plan,

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finding strength in trusting divine timing rather than forcing outcomes. Kelly

also discussed the impact of her transformation on her relationships, with

others and with herself. She spoke about regaining confidence, learning to set

boundaries, and transitioning from being a people-pleaser to living with genuine

joy and purpose. Her current relationship and job opportunities, she believes,

are blessings that stemmed from trusting God and letting go of past patterns.

Dimensions Duration: 45 Minutes, 17 Seconds