

**Preroll:**

Hello and welcome!

This podcast is sponsored by BetterHelp. These days I am certainly not...wanting for things to be anxious about, but sometimes the anxiety gets so overwhelming that I can't *do* anything and that doesn't help anybody. Therapy helps me with that. BetterHelp can assess your needs and match you with your own licensed professional therapist. It's not a crisis line, it's not self-help - it's professional therapy done securely online. You can login to your account anytime and send a message to your therapist - you'll get timely and thoughtful responses, plus you can schedule weekly video or phone sessions, so you won't ever have to sit in an awkward waiting room again.

Visit [betterhelp.com/toafn](https://betterhelp.com/toafn) - that's better h-e-l-p and join the over two million people who have taken charge of their mental health with the help of an experienced professional. Once And Future Nerd listeners can get 10% their first month by using our link - again that's better h-e-l-p dot com slash toafn.

If you missed the announcement last week, this month is kind of an interstitial thing between chapters. So we've got two minisodes for you today and then on May 29th we're gonna post the cleaned up audio from our #AskTOAFN livestream that we did the other day. And then we'll be back on June 26 with the premiere of Book 2 Chapter 8.

OK onto our first minisode. This one is called "On The Origin of a Song." It's written by Paul Notice and myself. It's performed by Matthew K. Addison, Paul Notice, Gregory M. Schulz, and myself. Editing is by BriElle Achterhof, with foley sound design and post mixing by Matthew Boudreau. Heads up DEFINITELY some heavy stuff in this one so check the content warnings if you have concerns. With that said, on with the minisode...

**Midroll:**

That was "On The Origin of a Song."

Before I play you the next minisode, I wanna tell you about Tab for a Cause. Tab for a Cause is a browser extension that lets you raise money for charity while doing your thing online. Whenever you open a new tab, you'll see a beautiful photo and a small ad and then part of that ad money goes toward a charity of your choice! Join team Once And Future Nerd by signing up at [tabforacause.org/toafn](https://tabforacause.org/toafn)

Our next minisode for today - a lighter one - is called "A Holiday Dinner." It's written by Dirk Hampton, performed by the one and only Anya Gibian - that 'one and only' is important here for reasons that will soon be clear to you. Editing is by BriElle Achterhof, with foley sound design and post mixing by Matthew Boudreau.

Also, this is not directly related but also kind of is related to everything and extremely important - If you'd like to help people in the United States access abortion care, there's a link in the shownotes that will help you find an abortion fund in all fifty states, Guam, and Puerto Rico.

This minisode will be all for today, and then we'll talk to you again on May 29th. Enjoy!