



Simple, with Tsh Oxenreider

Episode 191

thesimpleshow.com

Segment One

Tsh: [00:02](#) This is simple. I'm Tsh Oxenreider.

Hey friends! In this episode, I am chatting with contributing writer Katherine Willis Pershey. As always, we're talking about what we wrote about this week. I'm actually going first this week. Something we don't usually do. You'll see why in a bit and I am riffing a bit off of what I wrote this past week, which was about time and I'm sharing with you a practice, a little practice I've been doing the past few months to help my weekends go much smoother. I call them on and off ramps and hand to anyone around me, it probably looks like nothing, but to my brain it's been a game changer. You'll see what I mean. Then in the second half of our chat, Katherine gets into Easter. I mean, how could we not? She's not only a local pastor in her community, but this is also Holy Week by golly, so for those of us that are Christians, we get into what this means when it comes to sitting in discomfort, letting ourselves feel all the things instead of rushing from the weirdness of Palm Sunday into the colored Easter eggs of Easter Sunday.

[01:14](#) Even if you're not a Christian, which I know is a number of you, don't skip past this part of the chat. I found it very encouraging, especially in light of this week's heavy news of Notre Dame in Paris. This has personally been pretty emotional for me as well as for Kyle, not only because we've been there several times and we love this cathedral, but because of what it symbolizes that there's so much beauty around us that gets destroyed and is prone to ashes because of our temporal nature here on earth, and yet the story is not over. I mean, I really can't think of a more haunting symbol for Holy Week. It's been seared into my mind pretty much nonstop this week. I know it sounds crazy, but this conversation is actually really encouraging and hope filled, so don't miss out on it. Let's get right into it. Here's me first chatting with Katherine about creating on and off ramps to help me transition from my week into my weekend.

[02:22](#) Well, Katherine, we usually lead these conversations with me asking you guys about what you wrote about this week but for reasons we'll get to whenever we get in the second part of our chat, I think it's good that we start off with what I've wrote this week and what I wrote this week was about time, and that sounds really vague and broad and it is in a way because my post was a

little bit vague and broad, but it was reflective on really the past week and really the past few weeks of how I dropped the ball on a few things in my own life. Not anything life altering or earth shattering, but enough to where I really felt the disconnect between what I wanted to do and what I actually got done and my post that I shared this past week was literally my reflections on how, not so much how to do it better, but more what does it mean in terms of in light of my calendar and how I handle my day to day. When you read the post, you'll get a little bit of what I mean linked in the show notes. I thought that I would segue that well into something that I do feel like I'm doing a decent job of even though I'm dropping balls and other ways. That's something that I've been calling weekend on-ramps. Katherine, you are a multi-vocational person, so I don't know if you have this, but do you at all struggle with ending your weekend and starting your workweek or with you as a pastor, does it all bleed seamlessly into one another?

Katherine: It bleeds, but I wouldn't say seamlessly. Is that a fair answer? One week does go into the neck and reading your post, I thought, oh, there's so much more intentionality I could bring to how I engage with my calendar and plan the week. To just wrap my mind around what what's happened and what's coming and have a moment of pause even if it exists organically in my calendar, that's something that could be created.

Tsh: I feel exactly the same and I'm definitely someone who as the boss of myself, like literally in my work, I could decide when I start work and when I end work. And yet at the same time I think because we all tend to wear several hats when it comes to being parents or having some other interest in our lives, things tend to bleed into one another. What I had found is I would be sitting at church on Sunday morning and my mind would start low key drifting towards what was coming this next week and it would just trickle in a little bit. I would push the thought out of my mind so that it can be fully present at church. But then I would find almost a little mind battle going on back and forth between, no, just because you're sitting here, it doesn't mean you need to like drift off to your to-do list. That's silly. But then, just depending on whatever was going on in my head, sometimes what was happening in the week ahead would win and before I knew it I started feeling stressed just by thinking of what was going to happen the next day on Monday and on. It was silly because when I think about it, I actually like my work. It's not that I struggle with this, oh no, Monday is here, I hate my day to day. I really love what I do. Yet at the same time I was starting to dread what was next and really miss out on having a fully restful weekend or specifically Sabbath on my Sunday.

I felt this need to create a simple little on-ramp and off-ramp to the weekend and weekday that honestly probably doesn't look like anything. If anybody was

just looking at my calendar or looking at my life, they wouldn't even notice I was doing this because I think it's all in my head or it's mostly in my head. I figured I would just unpack it a little bit and if it helps somebody else who's maybe feeling that burden of wanting to be fully present during your weekend when you are not working, that this might be a benefit to you.

What this means for me, this is how it looks, about late afternoon on Sunday, I'm talking a little bit before dinner, but definitely after I've had a good nap or just a restful afternoon, I pull up my calendar for the next week and I just take note of anything out of the ordinary. I don't mean something huge. I can mean something as simple as like, oh, I'm having coffee with this person on Tuesday. That to me signals the start of my on-ramp to the weekday. The reason this is helpful for me is that whenever I am battling that thought Sunday morning at church or whenever I'm otherwise trying to relax, even Saturdays, sometimes I will be able to tell myself, no, no, no, you've got your on-ramp coming up. You will be able to deal with that. It's not like I'm waiting until Monday and then everything is completely reactionary because I'm already in the thick of it. I have purposely given myself space to think about this, so you don't need to right now it'll come. Whenever I start it, I start by simply taking a look at my calendar and noticing what's there. No judgment, no, oh my gosh, I've got this crazy week. It's just taking a look and I take out my bullet journal and I just write out my week's to-do list based on that, based on what's on my calendar and based on what's in my mind, a little bit of a brain dump. From that master weekly to-do list, I just pull out the few things I would like to accomplish on Monday, literally the next day when I do this Sunday, late afternoon. For me, Monday tends to be what I call a deep work day. I don't know Catherine, if you have work that you can designate as deep work in shallow work. Yeah. But okay so deep work tends to be my Monday focus where I'm like working on my book or I'm writing something that otherwise is not like just checking email or whatever it is. So I like to already decide late Sunday what I'm going to do the next day.

I also menu plan for the week and I could do a whole episode about that. In fact, I might have one coming up in a few weeks, about menu planning. I'll get into the specifics then. But in general, I menu plan for the week ahead. It sounds fancier than it is because it's really not.

Katherine: Do you do all the meals or just dinners?

Tsh: Just dinners and I don't even assign, we don't assign them to specific days. That's what I'll unpack later. What I found is we felt a little constricted by this whole, but wait, on Thursday we said we were going to make chicken tortilla soup and now we're not, oh no, which is silly because we're the boss of us. What we did was we make a list of six dinners and we just decide that morning which one we're going to do. The six dinners dictate the grocery list from earlier wo we

at least have the stuff, but we're not saying we have to eat it on Wednesday or something. We just eat what works for that day. Does that make sense?

Katherine: Yes, so much sense.

Tsh: That's what we do. I do that with Kyle, my husband, because he tends to, he's actually more of the cook these days than I am. I love cooking when I have the time for it in the space for it. But in book writing mode, it just works for our life right now. He's definitely part of that. I meet with him to discuss the week ahead. This is way more casual than it sounds. It's not a capital M meeting, it's a chat. Sometimes it's over dinner. It's sometimes sitting on the front porch, it's whatever and we're just talking as we do life. It's 15 to 20 minutes and we're just talking about the week ahead. This is just us connecting. We're meeting, we're talking about what's on the next few days so that we can then say, okay, we did that and now we're going to go back to just being here on a Sunday and relaxing. It's just so that whenever we wake up Monday morning, the week has begun with getting kids out the door and starting work. We at least have already had that conversation of expectations. Honestly after that, I do my usual evening routine on Sunday. The only thing that's helped me the past few months as I've been doing this is that I'm a little more intentional about getting to bed earlier. It is the weekend. yes, but really for me mentally when I start thinking about it as a weekday starting late Sunday afternoon, it helps me to get in the space of no, it's good to go to bed early.

Then, just fast forward ahead to Friday. The same general routine happens late afternoon as part of my work shutdown routine. It's an off-ramp system. A huge thing for me, that's been a game changer and I am still working on this because this is not intuitive for me is that I am trying a to-done list or a to-did do-list. I don't know the right verb tense for that. But generally what I mean is, I reflect back on the week and notice what I did get done. And the reason I do this is because I am really great at noticing what I did not get done instead of acknowledging no, no, you did get stuff done. I don't know what that says about me, my personality. If there's something, I don't know if that's an Enneagram thing or what, but it's very easy for me to reflect on, okay, sure, maybe I did actually get quite a bit done, but look at all these things that are still on my plate and that's not healthy.

That actually can really affect my mood. And this little shift has been really helpful just in terms of my mood. I don't know if you've ever done anything like this before in your work.

Katherine: No, but it makes a lot of sense.

Tsh: Yeah, it really has helped. This is how I start off ramp system or business, whatever you want to call it, is that I look at my bullet journal from the past weekend and I acknowledge I got these big things done, that was not half bad. Then I do my usual evening routine to shut down, which is I empty my inbox as best I can, but I'm not a purist. I'm not die hard, inbox zero, I do what I can. Then I just close it out and I'm done with email. I just finish off the little, swat the gnats out of the way, just get those off my plate. Then as part of my work shutdown routine, I do a simple brain dump. I basically think about what's ahead in the next week. I'm getting a quick leg up on what's ahead. I don't do it thoroughly or completely, but just enough to get that stuff out of my brain. I clean up my physical workspace. I put things back where they need to be. It's not perfect because it's in our bedroom right now as we remodel, but it's enough. Then, this is key for me, is that I have been completely shutting down my computer, as in all the way off where I go to the top left corner and my MacBook and I go to shutdown. If I do end up needing my laptop for non-work reasons, like I want to watch something on Netflix at night, that's fine. It just means I will reboot it. But there's this weird psychological game for me because I use my laptop is 99% for work, that shutting it down somehow helps me think my work is done for the weekend. When I start it back up to do something like Netflix or I want to search something for our home remodel because we're doing something on the weekend, it just feels like a different machine. It's so silly. But that's just a thing that's helped my mental space more than anything. In general, these on-ramps and off-ramps really are a mental mind game more than anything. It helps me leave work during the week and then just be better present for the weekend. Like I said, you very well may do these things anyway. Maybe it's particular to those of us who are entrepreneurs and our own bosses, or maybe it's just those of us who love our work and so it's hard sometimes to leave our work at work and be fully present. It really is just small little things to help us wake up to Monday feeling like we did prepare it without a commandeering our Sundays. Then the same with the Friday to Saturday as we off-ramp.

Katherine: This is a lot for me to think about because I really need to do some of this and my week doesn't have a normal weekend. I work on Sunday, I'm off on Monday and then I feel like I always have to hit the ground running on Tuesday, but I'm definitely going to think about some ways that I can bring some of these intentional practices in to set myself up to not walk into the office on Tuesday and like I was on this Tuesday surrounded by last week's tea cup, for instance. That might make me feel like I'm ready for the week. Not that I would ever actually ever leave that last week's tea cup out.

Tsh: [14:53](#) Right. I'm curious as a pastor, does that mean with Sunday being an official work week, are your weekend days, Saturdays and Mondays?

Katherine: [15:02](#) Yes. But that's new. I didn't use to take a full week day off. It just made more sense when my kids were littler to work shorter days but work everyday. I got to the point where I really needed to start having some more solitude time. I've written about that a little bit on the on [inaudible] lately and just a little more time away where I wasn't here six days a week, almost every week. Sometimes I do work on Saturdays if I have a wedding or a memorial, then I can realize that I haven't had a day off in a really long time.

Tsh: Yeah, for sure.

Katherine: I'm still learning how to use that Monday and I don't want having a day off to cause more stress than it relieves, and I think this is all really helpful for me, thinking through how I can just be more intentional so that it actually serves me, serves my family, serves my church, and doesn't just set me up to be frantic on Tuesday.

Tsh: [15:59](#) Yeah. To me, it's as simple as just being proactive instead of reactive. That's all it is. I might be literally doing the same thing come Monday morning than I would if I hadn't thought about it Sunday afternoon or you know late Friday afternoon I might still be checking email finally but I'm just doing it was a little more proactive purpose then a reactive ah, into the inbox or ah let's just get going on the day on Monday because it's time to do all the things. It feels a little more like I'm in charge of my time because I am in that way.

I am curious, as a pastor, I've actually wondered this before, on Sundays when most of us are thinking or most of us are in weekend mode and for those of us that are Christians, we are at church as a form of worship and as a form of our being with our local community. Is it hard for you to divide that line between work and just as a human that is as part of this local community church that you are also at church?

Katherine: That's a really good question. I am able to feel like I'm experiencing worship. I don't know if that's like when I'm leading worship, I still feel like I'm worshipping and that is not always the case. I certainly have colleagues and friends who intentionally seek out other worship opportunities where they have no responsibility so that they can experience worship. I honestly, I don't know if I'm experiencing it the same as other people because for my entire adult life, this has been the path I've been on, but I think it's been really nice being in a multi-pastor congregation. I'm not always the one preaching. I do get to hear other preachers interpret the Bible and I'm not always in the same role. I think that helps. Definitely, Sunday is a work day and I'm working, but I still feel like I can engage in the community as a human being too.

Tsh: That's good. I've wondered that before. And I know, like you said, people have different experiences based on their own parishes and based on their own roles within their communities. That's good to hear that you feel at least that you are not just this on robotic monkey like I have to work in order to just do my job and I'm not really here fully as a parishioner that you can, am I hearing you right that you can go in and out of both at the same time?

Katherine: Yeah, I am certainly always thinking, and the next thing is I'm going to stand up and say let's sing this hymn, I have to be on. I have found a way to be both on in the pastoral role and my own heart is engaged in it. That's one of my absolute favorite things, leading worship. I'm in such a place of joy and meaningful work that even if I do feel like I'm working, it's not like, oh I'm working. Like you were saying when you show up at your desk on Monday morning, you're not feeling dread. You love what you do and I think that's part of what really helps. I love what I do and it's so meaningful that I can still be working and fully engaged.

Segment Two

Tsh: [22:22](#) That was a great segue to our next part of our chat, which is normally where you began our episodes, I wanted to end our chat with your thoughts based on your post this week because it is about Easter because you are a pastor. In some ways, I feel like you're our pastor in-residence on The Art of Simple. I just would love to hear your thoughts, this being Holy Week as we are recording and combining Holy Week with the news that we have just recently heard about the Notre Dame that just feels so heavy on so many of our hearts and it just makes for me personally Holy Week feel, I don't want to say even heavier as though we're not always dealing with hard news, but it felt very symbolic and very visual. The reminder of the hope we have and that things will one day be fully restored. I'd love to hear from you. Maybe I'm just saying Pastor Katherine, let us sit at your feet while you share with us wisdom. What's been on your mind during Holy Week and what we have to look forward to this weekend? Christian or not, whoever's listening.

Katherine: It is Holy Week and it's so easy to hopscotch over most of the week and go from Palm Sunday, which is in its own way, celebratory, in this way that's foreshadowing what is to come that Jesus goes Jerusalem with the crowd shouting and waving branches and saying, here's the king. Hallelujah. Hosanna. He's walking to his death and he knows that. I used to reflect on that at the beginning of the week at Palm Sunday, that it's like looking at a photograph that's been processed with the wrong chemicals back in the day when we actually used chemicals to process a photography. It's like an off-key song. There's something off because it's like a little mini Easter only it's not at all because we're not there yet, something's wrong. It's very foreboding. So often we jump ahead to Easter and everything's fixed and happy and I love all the

trappings of Easter Sunday. We do small Easter baskets and our favorite event of the year is our little neighborhood Easter egg hunt. All of that is wonderful, but I think this year in particular, I've really been reminded how important those days in between are and how the whole story is part and parcel of why redemption and resurrection unfolds as it does. I know I'm using total Christianese word, but you had mentioned the cathedral. This morning, my dear friend Ellen Painter Dollar, she's a writer, she wrote a really amazing book about disability in theology a few years ago. Whenever she writes any sentence about anything, I want to read it because she's just that wise. She was talking about how, wondering why she was so moved by the cathedral burning. She's never been there. She doesn't have a personal connection to it and she wrote this,

"The world can be so cruel to beautiful things, they are so vulnerable. Destructive forces so ready to overtake them. It just feels like one more way that everything that really matters, art and beauty, kindness and hospitality, songbirds and honeybees, rivers and ice caps, and blue skies, truth and wisdom. These are all threatened."

She goes on to say,

"In Holy Week, when beautiful things like justice and mercy and compassion are murdered and Easter is something that hasn't happened yet, watching the cathedral burn feels like that."

That hit me so hard that the cathedral, it does feel like an image of Good Friday and why it is that Good Friday is so critical that this message that God stepped into the world and experienced everything, even death, all of the suffering, that this feeling that God understands and is with us, it doesn't mean that everything is always going to be okay. I think that's this lie that we like to tell ourselves that everything will always be okay, but that's not at all what Holy Week tells us. It tells us that God is going to be with us when things aren't okay and there's this hope in the end, there will be restoration and resurrection. I was thinking about how from the outside looking in, it looks like the story of Holy Week is totally about failure. They kill him and he dies. I mean, spoiler alert, that's where this is going, but the even bigger spoiler alert is that death doesn't have the final word and that the power of that only becomes fully real when you are willing to sit with the uncomfortable parts and listen for the whole story.

Tsh: [27:46](#) I remember as a kid and always being confused why they called Good Friday, Good Friday because we would go to church or go to a service and it was about the death of Jesus, about the execution of Jesus and in my mind, still as an adult, even it, it's very paradoxical. How is that good? How can we possibly call that good? One thing our parish does that I so appreciate. Good Friday is my favorite service of our entire year. What we do as a body as we get

together in the evening and we go through the final words, the seven final phrases that Jesus says on the Cross and somebody from the parish goes forward, this is pre-planned, this is organized, but they go up and they tell a story about their life that is hard about something where they have lost something or that is very dark or whatever it is. And it's both community building but it's also just a very, it feels like a raw wound that we then as a body, we slowly turned out the lights and when we leave the parish hall, it's dark and they ask us to leave in silence. It just struck me as so visceral that maybe compared to my upbringing and the different church experiences I had, there was there was no effort to tie a pretty bow around it. We are left, what you were saying, it feels really uncomfortable because we're so used to things having a resolution and we're left with this open loop, and that's just it, that's hard. But everything ended up okay in the end. There is not that a lot of times people are saying, and this is it, my mother died or something really hard happened. And it's just what you said, Katherine, and God is with me, but that's it. Things aren't any easier and it's very real in this in between, like you said, between Palm Sunday and Easter.

Katherine: Yeah, to be clear, I do believe that it makes a difference to a trust in God and to believe that God is with you in this powerful way, even palpable way at times, but until we see the fullness of time, we may still very much feel like we're living in that in between time. If we don't have the courage to really open ourselves to the depth of this story, the depth of one another's stories, we might as well just stick with only the Easter bunny and the Easter eggs because the story doesn't have any weight unless this story is telling us that even in your absolute worst moments, I'm there and I know.

Tsh: I don't know if this is true, but I know we talk a lot in Advent about it's both an already not yet paradox and it feels the same at this time during Holy Week, there's this already, not yet. We do know the ending. There is a spoiler alert that death does not have the final say. I think it's so good for us, especially those of us who live in very comfortable societies and cultures like the U.S., where we are not used to dealing with suffering or discomfort, to be okay and to sit in that, and to lean into that and not just try and rush right away to the Easter egg hunts and the pies and the happiness of Easter, that this Holy Week is supposed to be a bit rough.

I love your friend Ellen's thoughts here about the cathedral and how that ties in and I think that really hits on why it feels so heavy to me. It's not because I think the Notre Dame is more important than the many local churches who deal with hard things. The other smaller, lesser known churches that have burned just this past week. Those are just as important. But I think the Notre Dame is so symbolic to beauty and to endurance. It has been around since the 1300s and if

it can crumble, how much more can we all, how much more is everything else in our lives, dust and yet how much beauty does it all hold, just like the Notre Dame, just like that stained glass window and the organ and all the relics inside that endured. To me, it's just so symbolic of the world at large and what we live in through Holy Week and just in our day to day lives.

Katherine: [32:25](#) Speaking of a symbol. I realized one of the things that has made this particular Holy Week a more poignant one for me, as I read earlier this year, James Cone's, *The Cross and the Lynching Tree*. Are you familiar with James Cone at all?

Tsh: Not at all. Tell me more.

Katherine: He's a black theologian. He passed away a few years ago, but he was a really influential liberation theologian, working in theology from the context of the African American church. The whole book is about the lynching tree as, practically contemporary. I mean, it's such a short time ago that that the lynching era is not that far past, that as a symbol of crucifixion and how the church just totally ignored that, the suffering. The book itself, unpacks all of the connections between the public crucifixion of Christ and the public lynching of so many black people during the lynching era. The white church just brushed it, looked the other way and failed to learn the lessons of that symbol. He weaves in a lot of reflections on different theologies, different movements and the civil rights, and certainly, the spirituals and how they weave this whole theology that is very much coming from an oppressed perspective. When you said, for those of us who are living a very comfortable, fairly privileged life, I mean we can very easily look away from suffering and just jump ahead to the good part. Some communities don't have that option. I highly recommend it. It was good for reading.

Tsh: [34:19](#) We'll put it in the show notes, I'm very intrigued as well as a person. Those of us who are Christians and if you're listening to this on Good Friday, there's a good chance you will be going to a Good Friday service. Or even if you're not a practicing Christian and you were intrigued, you might go to a Good Friday service as well. For the next few days, we will be leaning into that discomfort. I would love to end our chat on this podcast with the hope that Easter does symbolize and we do recognize and remember. Katherine, what does Easter come to mean to you? Maybe first and foremost as just a human being as a person and then maybe even more broadly as a pastor, just what do we have to look forward to, to Easter and beyond, after Holy Week?

Katherine: I just brought up *The Cross and the Lynching Tree*, as though to look at the cross as a symbol. It was the instrument that was used to kill people that it becomes

this symbol of redemption. One of my favorite practices in my church is the flowering of the cross.

Tsh: We do that too.

Katherine: We have across that a dear, recently deceased member of our congregation, I literally told him, we used it as this thing when I was growing up. You take a cross and you put flowers on it. Do you think you could make one for me? Two days later, I had this cross wrapped in chicken wire. It's now one of our churches beloved tradition. We've maybe done it seven years now. He passed away this year. I keep thinking about how meaningful it will be to walk up and take those daffodils and lilies and place them on the cross. This really ugly symbol literally and figuratively ugly cross will become absolutely beautiful.

How particularly meaningful that is this year because as I've grieved the loss of Chuck, the man who made the cross, grieve some other losses this year, the promise that again, death does not have the final word and beauty will come from ashes to quote a relevant biblical text for this week, God does amazing things and I can very easily forget that. My tendency is to dwell in the hard things. I'm an Enneagram 4, we like melancholy.

Tsh: We do, don't we?

Katherine: To be reminded that beauty and truth and love will prevail. I mean that is everything to me.

Tsh: [37:04](#) It reminds me, I did not even think of how our to chats would even connect, but when I was talking about looking at what I did get done, there is something to be said about the practice of gratitude by looking back and that backwards prayer that I believe you've even written about before on The Art of Simple, this idea of looking back and seeing where God has been in your life. I think there is a lot of beauty to that, that maybe the flowering of the cross represents in some small way a remembrance of the beauty that we do have, even in the midst of the Cross and the ashes. You're right about it being ugly, both literally and figuratively. Kyle has made our parish's cross and they asked him to make it ugly on purpose. Don't use good wood, don't stain it and sand it, make it work but don't make a big effort and put the chicken wire on it. At first I thought, well that's weird. But then when I saw the flowers on it and how stunningly beautiful it was, I thought that was such a great symbol of the hope we do have. Just as something as simple as gratitude for me personally has made all the difference. Maybe that's a four thing as well, where we do tend to sit in melancholy but to remember the many, many, many good blessings that we have in our lives.

Katherine: [38:29](#) It'd be interesting, there's all those Instagram accounts for Enneagram stuff, telling all the favorite TV shows or whatever. It'd be interesting to see a Holy Week for the different Enneagram numbers...probably somebody has already done that.

Tsh: I was going to say, I feel like I saw that not on Instagram, but somewhere else that is the different reactions to those services. I'm going to have to look that up. And if I do find it, I'll put it in the show notes because I remember it being hilarious for the fours. I think that is a little bit of why I love Holy Week is because of how visceral it is and so much of the tangible, real time things we walk through during this week, it's not a feeling thing. It is a feeling thing for me, but it's an artful way of looking at the beauty that comes from the ashes of Jesus's death and resurrection.

Katherine: Fours cannot abide by inauthentic, fake approach to life and you can't really do Holy Week inauthentic and fake, if you're really going to show up for it's real. Four is my own holy week. That's terrible. I didn't really say that out loud.

Tsh: I know what you mean though, I feel similar.

Tsh: [39:57](#) You can find a Katherine at KatherineWillisPershey.com and on Twitter @kwpershey. And keep up with me, I'm on Twitter @Tsh and Instagram @TshOxenreider and of course TheArtofSimple.net where you can find my writing as well as Katherine's. Head to the show notes for this episode number 191 at TheSimpleShow.com where you can find all sorts of things, links to things we talked about, where you can sign up for my weekly email called Five Quick Things, how you can become a patron and support the work it takes to create the show for just a few dollars per month. This is not a free endeavor, y'all, as well as how to connect with Katherine and myself. The show is produced by Chad Michael Snavely and Jesse Montonya and thanks also to Caroline TeSelle, Andrea Debbink, and my furry intern, Ginny. Thanks so much for listening. I'm Tsh Oxenreider and I'll catch you back here soon.