

The Caffeinated Kate



An Email Newsletter from Set Apart Pastoral Counseling & Coaching

The Questions that Started it All...

By Kate (caffeine added)

The year was 2007, I was interviewing for a job that I was clearly qualified for until the following dialogue took place –

Interviewer – “What was the last book you read?”

Me – “Do children’s books count? Maybe a Bible picture book?”

Interviewer – “What are you pondering?”

Me – “My meal plan and grocery list for next week.”

Interviewer – “What have you learned recently?”

Me – “How far I can drive after the low gas light comes on in my minivan!”

Interviewer – “What is your favorite quote?”

Me – “A lie can trap you, but the truth will set you free” – Larry-Boy

I will never forget that interview and the crying on the inside and outside that took place afterward in my minivan. Why was my life today not as qualified as my life yesterday? I have spent the last 14 years allowing my today life to become just as qualified as my yesterday life. Some have called this life-long learning – I call it interview-ready!

Here is the spiritual flip side to this.... Hebrews 9:27, “it is appointed for man to die once and after this comes judgment” ...2 Cor. 5:10, “For we must all appear before the judgment seat of Christ” ... John 5:22, “He (Father) has given all judgment to the Son (Jesus)” (NASB). I will not argue the semantics of believers vs. non-believers being judged. Let us just say, there is a final interview coming after death and I want to be interview-ready!

The Caffeinated Kate is my opportunity to share with you exactly how I am becoming more interview-ready. We will read, ponder, learn, and quote together. Are you ready? Interview-ready? Love, Kate

IN THIS ISSUE

What are You Reading?

What are You Pondering?

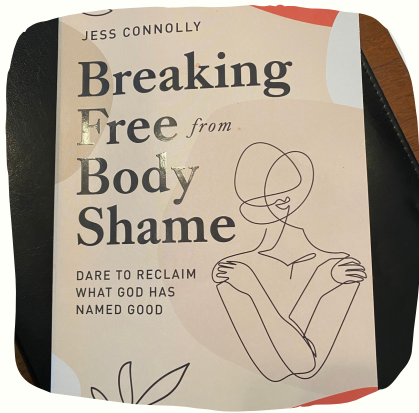
What have You Learned?

Quote of the Week:

What I am Reading?

Breaking Free from Body Shame

by Jess Connolly



"We're getting our bodies ready for the same reason we're readying our souls, minds, and lives of mission. - the answer is **eternity**" (p. 88).

I am adding this to the required reading for the *Metamorphosis* coaching program.

What I am Pondering?

Acts 2:42 - "They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

What does this verse mean for the ministry of WOWSingleMOM?



I am still determined to be cheerful and to be happy in whatever situation I may be, for I have also learnt from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances. - Martha Washington (first, First Lady)

Quote of the Week

What I have Learned!

I studied shame and its antidote grace over the last year. I found a study by Fergus, Valentier, McGrath, & Jencius (2010) to be extremely interesting given the circumstances of 2020 - COVID in particular. The study of shame and guilt-proneness with 124 anxiety treatment patients linked shame proneness with both social anxiety disorder (SAD) and generalized anxiety disorder (GAD). Shame is expressed internally while guilt is behavior or action based and is expressed externally. Shame and shame-proneness result in insecure feelings, a tendency to hide, victimization, preoccupation with criticism, and a need to blame others. The year 2020 brought about a rise in social anxiety, which following the science, will lead to a rise in shame-proneness and therefore a rise in self-focused attention. Sound familiar? The antidote - JESUS - His Grace - and empathy for others!

Here is the link to "Shame- and guilt-proneness: Relationships with anxiety disorder symptoms in a clinical sample":
<https://www.sciencedirect.com/science/article/pii/S0887618510001283>