

Episode #177 Show Notes

Lightning Round with Carolyn Haas

Carolyn's Bio:

Carolyn Haas is the co-lead Pastor of [Substance Church](#) In Minneapolis, Minnesota. Carolyn and her husband Peter planted Substance in 2004 and love pastoring the Substance community together. Carolyn serves on the executive team at Substance as well as the board of One Hope (www.onehope.net).



Carolyn is passionate about women in ministry and leadership and speaks regularly at Substance as well as various women's conferences and retreats. She loves traveling the world with her husband and connecting with pastors, church planters, and other leaders. Carolyn is a mom to three kids and in her free time likes to spend time with her family, shop for deals at Anthropologie, and drink good coffee.

Connect with Carolyn:

- [Substance Church](#)
- [Twitter](#)

Links Mentioned in this Episode:

- [Super Dry Shoes](#)

- [Necessary Endings by Dr. Henry Cloud](#) (Affiliate link)
- [Hope Delivered](#) (Affiliate link)
- [Carey Neiuwhof Leadership Podcast](#)
- [Voxer](#)

Links Mentioned in Episode #176:

- **Peter Haas's blog:** www.peterhaas.org
- **Peter's two books:**
 - <http://www.pharisectomy.com/>
 - <http://www.brokenescalators.com/>
- **How / When & Why to leave a church (3 part series)**
 - <https://www.peterhaas.org/why-when-how-to-leave-a-church-part-1/>
 - <https://www.peterhaas.org/why-when-and-how-to-leave-a-church-part-2/>
 - <https://www.peterhaas.org/how-to-leave-a-church-part-3/>
- **Social Media blog**
 - <https://www.peterhaas.org/are-you-a-social-media-puker/>
- **Church Attendance**
 - <https://www.peterhaas.org/the-jaw-dropping-benefits-of-church-attendance/>
- ***This I Believe* / part 5** (church attendance/communion of the saints / I believe in the Holy Church)
 - <https://vimeopro.com/substancechurch/this-i-believe/video/233236960>