

# CONTENTS

FOREWORD BY NORA MCINERNEY . . . . .	IX
INTRODUCTION . . . . .	XIII
1. JESUS IS NOT YOUR BFF . . . . .	1
2. SHEEP ARE DUMB . . . . .	9
3. PRAYER WORKS. GET LIFE INSURANCE ANYWAY. . . . .	17
4. GRIEF HUMOR . . . . .	25
5. YOUR KIDS NEED YOU TO HEAL, NOT DIE FOR THEM . . . . .	33
6. HOW TO TRAIN YOUR DRAGON . . . . .	43
7. OUR LADY OF HOT MESSSES . . . . .	49
8. GIVE EVERYTHING TO GOD, BUT GET YOUR LIFE TOGETHER . . . . .	57

9. DOOMSCROLLING AND OTHER WAYS WE NUMB OURSELVES . . . . .	63
10. NOBODY GOES LIVE WHEN SH*T HITS THE FAN . . . . .	69
11. KIDS CAN DO THEIR OWN LAUNDRY . . . . .	75
12. LAVENDER IS THE NEW DRUG . . . . .	83
13. THE G CODE . . . . .	89
14. CUSSING IS NORMAL . . . . .	95
15. HOLINESS IN DIVE BARS . . . . .	103
16. YOU ARE NOT A MACHINE . . . . .	111
17. 2020 . . . . .	115
18. POPPING THE CATHOLIC BUBBLE . . . . .	123
19. PRAYING THE ROSARY LIKE A LOSER . . . . .	131
ACKNOWLEDGMENTS . . . . .	139
NOTES . . . . .	141