

**Kate Long's songs open spiritual and social issues in a down-to-earth, storytelling way. She stirs thought, laughter and discussion.**

**More information: [www.katelong.com](http://www.katelong.com)**

*"Kate's wise, funny songs portray the struggles of everyday people. She combines the sounds of country, blues, ballad and folk for a unique sound that teaches, soothes and strengthens. Her storytelling is funny, and she weaves a common thread that relates to all our lives. She manages to do this in a way that lets a listener become a participant, because her stories – spoken and sung – touch us all with their common themes."*



Kate Long

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- Gaye Evans, retired director, Appalachian Community Fund

- **I Ain't Got Much Money, So What Did I Do Wrong?** About preachers who claim money and prosperity mean God approves of you. ("What was my sin that the cash ain't rolling in?")
- **Little Girl God.** A little girl soaks up Sunday School stories about Jesus as a boy, then wonders how come there isn't a little girl god ("Might I? ...").
- **I'm Saved Again.** A hard-working woman with 10 kids gets saved and hugged every year and keeps plugging away.
- **What Is Past Is Gone.** An a capella round. "I will lay down all my unresolved pains and woes. They will be paving stones toward peaceful mind and healthful soul..."
- **Don't Tell Me Just Pick Up and Leave.** A 4-minute education about domestic violence. Each verse features a different woman's story and a different reason why it's hard for many women to leave. One verse: "I want to be a good Christian. I've tried to be all of my life. And I know that it says in the Bible to submit and stand by as a wife..." Gets people thinking and talking.
- **Lift Me to Heaven before I Turn Mean.** An earnest prayer: "I'm scared I'll be vicious. It's in my genes. Carry me home before I vent my spleen..."
- **Revelations Roll.** Severe Appalachian old timey style, from the point of view of someone who worries about Revelations horrors, hoping the New Testament trumps the Old.
- **Ain't I Been Punished Enough?** For people who suspect bad luck means God is punishing them. Written while Kate was working flood recovery, but useful in all disasters, big or small.
- **When I Meet You in Heaven, I'm Gonna Give You Hell.** You have to hear this one.

- **Where Will I Go from Here?** Easy to sing along. Questions about life, with the repeating line, “I no longer have all the time in this world.” (“Where will I go from here? ... How will I face my fears? ... What do I hold most dear? ... How will I use my years?”)

Many of Kate’s songs illustrate social issues and can be used to spark discussion. Examples:

- **Strange, Ain’t It Strange?** ... how a color can make a man hate?
- **Time Has Slipped.** A wife watches her beloved husband slip into Alzheimers.
- **Who’ll Watch the Homeplace?** Loss of homeplace. An International Bluegrass Music Association Song of the Year, this song speaks even to people who never had a homeplace.
- **McNamara’s Tear.** The lasting cost of war, in a capella Appalachian ballad style, with audience humming.
- **Safe at Home.** From the point of view of a woman who escaped domestic violence.
- **Root Hog or Die.** Scrabbling to make a living.
- **Go Try and Dump It When Nobody Is Around.** A guy is caught between the need to make a living and the need to have a clean, safe living situation.
- **Lift Me to Heaven Before I Turn Mean.** An earnest prayer about growing old.
- **Lift Up.** A prayer for the mountains endangered by mountaintop removal.

Kate Long aims to stir people to laughter and tears and stir them spiritually. She mixes her songs with stories about a young girl pondering religion and politics. Guaranteed to have an audience laughing out loud.

For more information: [www.katelong.com](http://www.katelong.com) and [www.robinandkate.com](http://www.robinandkate.com)

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