

## Pam's Journal Entry

2009-02-06 Crazyness - I know I've been here since then... anywho. How are ya doin? What's up and I haven't heard from you in a while. Seriously, I love the notes you all have been sending and it's cool to keep up on your lives. I'm incredibly blessed by you. The new cd is shaping up and the songs are really cool... I'm loving them. Fo sho. You know, they are about some of the notes you have sent, the things you are going through, the stuff you are dealing with. We don't write so radio will play us, we write for you. So, yeah. We love ya... don't ever forget that.

2008-10-05 What a blast ! We are so excited about the tracks we recorded on Tuesday. Jared, you were amazing as a producer and director of sounds, ideas, and funny dances at the board. The man has skills. A major shout out to Catamount and Travis.... seriously... he's good. Real good. I think it was a great experience and it raised the bar on our expectations for future cuts. We will keep you up to date on the tracks and will have them available for download asap. We are scheduling dates for the fall and would always love to come to your neck of the woods. Drop us a note and we'll see what we can make happen. To our fans and fams... we love you all and please keep in touch with us.

2008-08-26 What a crazy summer but it was amazing to meet you guys. I can't say enough how appreciative we are for your hospitality and your hearts for what God wants to do with you. How cool ! A quick shout out to my Sisters in Sioux Falls.... what up? We were simply in awe at everything that was accomplished in Muscatine at the work camp. Houses got painted, rebuilt people's homes, sand bagging and more sandbagging... don't let God be finished with you! To everyone we met on the road, a major thank you! We are getting ready to hit the studio again with the help of some amazing producers. Keep us in prayer that God give us the songs He wants us to share. That it be totally Him that speaks. It's busy for everyone and we pray for you ! Take time to read His word and really let it speak to your heart. Happy back to School !!!!

2008-07-02 Hey guys ! Wow.... has anyone seen where the first half of the year went? I have no idea. Man, there's so much to say. I guess just keep praying for us. God has given us some great music for the new project and we can't wait to get in the studio to start laying it down. Pray for our travels and for God's plan in the middle of the busyness. We got to be home with family in South Dakota over the weekend and there' s nothing like it. The statement of the day is this: Beautiful people aren't determined by how they look, but by how they make other people feel about themselves. Peace.

2008-05-08 Mother's Day is this weekend and I'm gonna do the right thing and give a shout out to "me mum". Yeah... time changes things. I asked the junior high counselor if I could put my parents up for adoption when I was in 8th grade. I was not happy with their performance and thought a different set might do better. I later found horrible joy in testing her patience about different teen girl things. But God has a way of pulling things together and I can truly say that he blessed me with a great friend in my mother. And like all great friends, she doesn't always tell me what I want to hear. She's honest in love and slightly crazy, but a woman who will dance in the rain with me can't be all bad. So here's the deal. Even if your mom wasn't the mom you'd hoped for... or didn't do the things you needed her to do... she's still your mom... and God still has a plan in the middle of all of it. There's no testimony without a test. Be blessed friends.

2008-03-17 I love get togethers. Having company is always fun for me. First of all... if they are truly my friends they know that my house isn't spotless... we actually live here... it isn't a museum. But I think about Jesus and the homes He visited on His journey... they were shacks. He didn't go to the elite, because they didn't understand. We have new music on the way... and it's all about life. It's about God seeing us where we are and loving us enough not to leave us there. It's about God seeing us at our worst... our deepest level of sin.... and still seeing the hope for us and the purpose that we were created to fulfill. That's the difference with Him. He knows everything we aren't and can still use us anyway. So if you're there... thinking that you have nothing to give... let Him give you everything you need to make it through. And He will.

2008-02-16 Is anyone else sick of snow? Okay... those of you that have any... are you? I love the stuff to look at... but I

think I'm done now. I say this all right before we are supposed to get pounded with more. But anyway. I Just want to thank the cool people that drop us notes about our music. Yeah, saying you like it, or even if you don't, but more importantly... we get to know you. And that's why we are here.... to meet you... and expand God's family. Just a bunch of less than perfect people searching for the One who is. So we hit the road in the near future and we can't wait to see you all. Drop a note and let us know how you're doing. And you'll love meeting Dale and our other sort of newbie, Nic. God Rocks.. .! Forever. Peace

2008-2-6 Okay... I'm sorry... I don't get in here as much as I should. Thanks for sticking with us. This has been so amazing. God always gives us options. When life gets hard, we can give up or get down... on our knees. This Christmas season was harder than I any before for me. Finances and different things really tried to rob our joy. The great thing about our God is... He's bigger than circumstances. He brings people into our lives exactly when we need them, and never, ever drops us. How great and awesome is He... that He loves us enough to not give us everything we want... but everything and I mean everything we need. Amazing.

2007-11-05 Wow... what a weekend. I love how God shows up just when we need to see him and not where we expect to find him. What a whacky guy. So our first weekend with Nic, our new guitar player, rocked the free world and we got to see God in the lives, faces and acts of kindness in the people we saw. If you want to totally see God work, minister to a homeless person or a drunk who shows up on Sunday morning to church. Go completely out on a limb and put your church right next to a liquor store and work with people that are battling addictions of every kind. I got to see people this weekend who don't just have a church... they are the church. Nothing rocks harder than that. That's Set Free, baby.

2007-08-29 Good morning and welcome to August ! Life gets crazy sometimes.... especially when school gets going. And we seem to make time for everything but God. We start feeling like life went nuts and we can't stop it. The key is to find time to listen to what Christ is saying about what you need to do and what can be taken out of your schedule. What is necessary and what isn't. When life feels out of control, make sure you put Christ in control.

2007-08-05 Heard a great thing this morning. It was all about how there are a ton of things that can make us lose our focus in life. Whatever we were created to do, we need to focus on that, and walk that way. Listen to God and walk. But the world and other things will try to make us lose that focus and we will start to doubt all sorts of things. Our ability to do it, whether we should do it in the first place. All sorts of things like that. And it's all lies. If you were created for something, the rest of the world doesn't have to understand it or approve it. God did, and that's the end of it. I think about the people that have tried to stop me in my ministry for about every reason they could think of... and even though there are days where I really wonder why God picked me, I'm just glad I was picked for something. I'm not perfect and I'm not going to get everything right.... but I'll continue to learn and continue to work, and continue to listen to Him and read His word... and I'll keep doing my job. I can't do yours and you can't do mine. So we'll pray for each other and try to keep our focus.. Peace.

2007-08-04 Hey ya'll ! First of all... the tour so far has been amazing. I thought Memphis bbq was awesome until I had Gates bbq in Kansas City. Yeah... more than wonderful. But I can not forget the wonderful people we met in Muskogee, Tahlequah, and Oklahoma City. Great things going on with great people just doing what God has asked them to do. And that's all that we can do. Whatever God asks. Sure... we can try to be things we aren't... and look like idiots. But why go there? Just be who God created you to be... less mess... less stress.

2007-07-22 Just a note from Memphis... great things are happening in Midtown.... never underestimate the power of God's love. And in that spirit... I have to daily remember to lay down my situations in front of God and deal with the love that only He can give me. I'm nothing without Him... and nothing without his love. I can't do this on my own... and I'm tired of the people who refuse to see that God is bigger than the past. As for me and my house... we will choose God.

2007-07-20 Okay.... this is sooo much fun. For the record.... El Dorado, Arkansas rocks the free world ! Just in case you needed to know. Great people, awesome bar-b-que (thanks Mike) and we even saw a goat grazing in someones yard. What could be better. But yeah... the people were better than that. Lance, Phillip, Brother Mike and the whole crew.... thanks a million. And eXtreme uno reigns forever !!!

Hey yo! Just a note... we are getting ready to head out on tour and we are sooo pumped. There is nothing that is more cool than getting out and meeting you. Really. That's why we do this.... because Christ made a change in our lives and we want to tell you about it. It's the most important thing to ever happen to us. Not winning anything, or getting any sort of promotion... Just meeting Christ. Hands down. And since we became friends with Him, He has never backed out on us or left us hanging on anything. Never. So yeah... it'll be great to meet you... and if we don't see you in person... please drop us a note...

2007-06-02 I am totally blown away by Paul in the bible. The man that wrote a big chunk of the New Testament said that the most important thing was not to speak with words.... but more importantly with power. I'm just blown away by that. But that's what I feel deep inside me where I keep my life. Everything we do as a band, and I do as a person and a Mom.... has to be done with huge conviction. If your words have no impact.... why bother? I love that when we speak as God directs, we have His power... not ours... because by ourselves, we are nothing. I'm okay with being nothing... because when I step into the Plan... I'm what God asked me to be. Just me... with a purpose... and a desire to do every day better than the last. And God blesses my nothing with His everything... and He'll do the same for you. Peace~

2007-05-15 Hey guys... I just finished the tracks for Anyway and really like how it fell together. As in ... the second take. I knew my slippers were a necessity for recording. yeah... leopard print that are blown out in several places. But I can't replace them....they're like family. God is just doing some awesome things now in our personal lives and in the band... and we are soooo blessed to have a great fan-family like you. Take Care and Stay in the Light.

2007-05-08 Happy Tuesday ! It's another great day in the neighborhood... even when things are tough and a little crazy. The cool thing is that even when things seem too much for us.... they are never too big for God. Which is always a bonus... because some days things seem a big overwhelming. Just keeping talking to Him and get to know who He is as best as you can and watch Him do incredible things in your life. 2007-04-20 Hey guys! Happy Spring! I'm sooo excited about warmer weather, grilling, and better yet.... BASEBALL ! I love warmer weather and getting outside.... if I could just get rid of the neighbors barking dog, life would be choice. Seriously... I want to thank everyone that has dropped me a note and kept me in prayer. Sometimes life gets hard, and things don't go the way we prayed they would... but God answers every one of them. Sometimes he can't give us this prayer because there is an even better one down the road and we just have to keep believing. And a boatload of prayers to the students and staff at Virginia Tech. We're praying for you... 2007-04-04 Okay.... I truly believe that the bible studies we do as a band really have helped our song writing. It's been awesome to see God lay down some of our latest stuff in merely an hour. And song writing is usually someone has an idea and we listen, work on it, throw out ideas, and as the structure is ironed out, I ask listen for whatever words God gives me for the lyrics. And it's cool to watch God work it out in all of us. There isn't an ego to deal with or an "it's my song and I didn't hear it that way" type of problem. When you are in the presence of the true Artist, you make the music the way He gives it to you..... and it's sweet. So look forward to the new cd, pre order it through the site if you wish, but it's always good when it's all His. 2007-04-02 Hey there !! Happy Monday and all that. I just want to encourage anyone that is going through a tough time... and you don't know where God is in all of it....you aren't alone. This has been an absolutely insane month... and even longer. And nothing ended up as I had thought it would. But when I look at it and I'm totally lost on the how and the why... I have to call out to the one that does. When you are standing in the middle of a pile of life... and you don't know how to get out or where to even go....call out to the One who does.... I can tell you... HE always shows up. Never fail. And don't be afraid to drop a note... don't try to go through it alone. I may not always have an answer... but I always can pray and cheer you on. Sometimes that's what I need. A cheering section. If you need one... let me know. Ya just gotta let me know. 2007-03-30 Okay... I have done several posts since Feb and they didn't post. That's not good... ! Just a note to let you know I'm still among the living and doing fine. We had a great show in IC last weekend and met some great people. Thanks to all who have pre-ordered the new cd !!! That totally rocks !!! And to anyone who has sponsored children with Food for the Hungry.... you will never be disappointed. It's awesome gearing up for the summer tour season and we hope to be near you !! If you don't see something close on the schedule... give us a call and we'll get something planned. Hey... who needs a special occasion to rock out ?!

2007-02-14 Happy Valentines Day !!! Just a note to let you know we cut one of the last songs for the cd last night.... and we're pretty excited... we are finally seeing the light at the end of the tunnel in the project and can't wait for you to hear it. Don't miss the hidden tracks... our engineer last night was an absolute riot and we got some lunacy on tape. totally rocks to know other people are as strange as we are. Be blessed and I hope you are staying warm.... and in the faith. 2007-02-12 I totally love God's sense of humor !!! First of all... I guess I had it comin' with making fun of Chris and Brandon for their flat tires... cause I got one yesterday and the bolt that holds the spare in was rusted.... so it wasn't even a quick fix.

But even more Hi-Larious.... Acts 19 talks about Jewish leaders that even though they refused to believe in Christ, tried to perform miracles in His name .... and as they were trying to cast a demon out of this guy, the demon spoke to them and said "I know who Christ is, and I've heard of Paul, but who are you?" I first can see the Jewish leaders wetting themselves.... and I can also see God splitting a gut laughing about it. But there's a lesson. Anyone who speaks in God's name for their own glory will get called out.... make no mistake. We had a great time at Sundown Mtn. in Dubuque over the weekend. CROSSED played an all night ski for groups and had a great time. If you get the chance, check the place out. Great place, great snow, awesome people. Mike Evans rocks the free world !!!! Be blessed, brother ! 2007-02-06 Happy Tuesday and welcome to life !!! I can tell you that have been making time to do devotions and it has been awesome. I confess, sometimes I thought I just didn't have time... but the more I have been able to clear my mind of the other "stuff" that ruins my focus, I have been able to get more done and be more productive. And I'm one that likes to read books on peoples interpretations of what the bible says, but I'm going straight to the source....the Word itself. I have several different translations (okay... I spy with my little eye....3...5...6 different bibles in my office right now...) but I make sure I can understand what it's saying... and it's been amazing. I really encourage you to read a little every day... or start with every other day...drop a note if you don't know where to start and I'll give you some places that were good for me....but there's great things that are for you that you just can't afford to miss. Be Blessed !!!!!!! Jan 22- Hey yo... how you don'? You know... a major thanks to those who have dropped a note to the band givin a low down on what's goin down in your life. We truly love hearing from you. We are pumped with the way the schedule has been filling up and we will be posting those dates soon. Can CROSSED come to your town?.... have your people give a cawl... we'll tawk. A lot of new songs hitting the cd.... so it may not get released as soon as we thought but we are soooo stoked about what God has been doin with our music. Our engineer/magician is just amazing to deal with and we are blessed to have Tim and Dave on some of the tracks as well. An incredible gift all the way around. Jan 13- Just checkin in... if I don't get anything else posted this weekend I apologize in advance. It's going to be insanely busy... absolutely crazy keeping up on the NFL playoffs. My favorite team is already in... which is anyone that drops the Cowboys like last years prom date. woo hoo !!! Major thanks to the wonderful women at last nights conference in Albert Lea. Be blessed more than you ever knew possible and I'll be seeing you around....count on it. Jan 12 - Happy Hallelujah Friday ! I have been given the great opportunity to lead worship at a Women's Conference in Albert Lea, Mn with an incredible group of women this weekend. It's awesome how God puts people in your life at different seasons to show you cool things. The band is still rockin and keep checkin back for more dates. We will also have a link soon to preorder the cd. We have several things in the works that show that only God can pull all of it together. How awesome is He ! Peace Jan 10 - Hey yo! A huge shout out to the amazing crowd at Onefest ! No... you rock ! There is sooo much that is in the works now for the band... stay tuned. We have the title cut "Without You" going out for national radio release and we are way stoked for the New Year. Our purpose is His pleasure and our plan is His gift. Drop a note and be blessed !

Peace

Pamela