

Podcast Notes: Virtuous Family Values with Trudy Cathy White

Episode Summary

In this insightful episode of *The Extraordinary Marriage*, host Connie Durham sits down with Trudy Cathy White, the daughter of Truitt Cathy, the founder of Chick-fil-A. Trudy shares heartfelt stories and lessons about growing up in the Cathy household, emphasizing the importance of family values and gratitude. She also delves into the humble beginnings of Chick-fil-A and how these foundational principles have contributed to the success of their business.

Key Points Covered

1. Family Life in the Cathy Household

- - Trudy describes her family as loving and close-knit, with strong bonds that emphasize mutual respect and support.
 - She shares anecdotes about daily life, highlighting how her parents' instilled values of kindness, integrity, and hard work.

2. Teaching Gratitude and Value

- The Cathy family placed a high importance on valuing what they had. Trudy explains how her parents taught her and her siblings to appreciate their blessings and practice gratitude.
- She discusses practical ways in which these lessons were imparted, including family traditions and everyday practices that reinforced these values.

3. The Origins of Chick-fil-A

- Trudy recounts the story of how her father, Truitt Cathy, started Chick-fil-A from a small diner to the renowned fast-food chain it is today.
- She highlights the challenges and triumphs of the early days, and how the family's core values played a crucial role in their business philosophy and growth.

Call to Action

For more inspirational stories and insights on building a strong family and a successful business grounded in virtuous values, be sure to subscribe to *The Extraordinary Marriage* podcast. Share your thoughts and favorite moments from this episode in the comments below!

Contact Information

- **Host:** Connie Durham
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- **Podcast Website:** www.theextraordinarymarriage.com/podcast
 - **Follow on Social Media:** <https://www.facebook.com/TheExtraordinaryMarriage/>
 - <https://www.instagram.com/theextraordinarymarriage>
 - **Additional Resources**

- **Book:** *Climb Every Mountain: Finding God Faithful in the Journey of Life* by Trudy Cathy White
- **Website:** [Trudy Cathy White | Own Your Legacy](#)

Trudy Cathy White is the youngest child and only daughter of Chick-fil-A founder Truett and Jeannette Cathy. Following closely in her father's footsteps, Trudy has become nationally known as an influential leader, speaker, philanthropist, and author of several books. Her favorite roles, however, are that of wife, mother, and grandmother.

At just 19 years old, while still in college, Trudy opened Birmingham, Alabama's second Chick-fil-A restaurant at, making her one of the youngest Operators in Chick-fil-A's history. While running this location, she hired fellow Samford University student John White, and the pair soon traded waffle fries for wedding rings.

Throughout their 40-plus-year marriage, Trudy and John have actively sought opportunities to connect with and invest in the lives of others. Their shared passion for spreading the gospel led them to Brazil in 1984, where they served as missionaries for the International Mission Board (IMB) while raising their family. After serving 10 years abroad, the Whites returned to the States in 1994 for John to accept an executive leadership role with the IMB as Trudy reconnected with her Chick-fil-A roots.

Leaving their work with IMB and relocating to her hometown of Atlanta in 2003, **Trudy and John co-founded LifeShape and Impact 360 Institute,** established to cultivate followers of Jesus by serving our global neighbors. Always up for a new challenge, **Trudy also accepted an offer to serve as the Director of WinShape Camps for Girls,** a summer camp founded by her parents in 1984, a role she held for 13 years.

Partners in life and ministry, John and Trudy are committed to offering life-changing experiences and serving those in need around the world. They are the proud parents of four children and the grandparents of 17 grandchildren. Whether speaking to a crowd of hundreds, writing a new book, or fixing a peanut butter sandwich for a hungry grandchild, Trudy is led in all things by her commitment to be used by God to invest in relationships, influence culture, and inspire godly character in the next generation.