Catherine Brubeck Yaghsizian was born in California in 1953, the only daughter in the musical family of Dave and Iola Brubeck. In 1960, the family moved east and she grew up in Wilton, Connecticut among her five brothers in a busy, boppin' household. Catherine studied art, dance, and theater at Interlochen Arts Academy, and later received her BA from Sarah Lawrence College. She was influenced by her father's piece The Light In the Wilderness and became fascinated by the life of Jesus. She pursued a degree in Theology (1979) and met her husband, Arne, while doing Christian service work in California. In 1984, they moved back to Connecticut to start a family. While raising their three children (Elana, Daniel and Mariel), Catherine and Arne co-founded a church, and together facilitated couples and youth ministries, along with overseas missions. She was able to bring her mixed experience in performing arts to all these endeavors. In 2006, they started Jazzed4Life, a charity to help support a K-12 mission school in Haiti and also inner-city children in the U.S. At present, Catherine's children have 'flown' so she keeps happy singing in a gospel choir, supporting her church and local area arts, and enjoys having time for writing. She presently has a novel in the editing stages. Since 2002 she has been working as a massage therapist, and has named her business (with a huge nod to Dad): “Time Out Massage.”