

Cathay Reta is on a mission to help people who struggle to find or recover their passion, to know their purpose and to live fully. It's something she knows about because a few years ago life shook her foundation enough that she started to question everything she had believed. Listening to her inner voice, she took a walk – a long walk – on the *Camino de Santiago* (the Way of St. James), a 483-mile pilgrimage trail across northern Spain. Traveling alone, at the age of 64 after her husband's death left her widowed, she got to know herself again, and to fall in love with that self she rediscovered. On the *Camino* she also found the courage to pursue her dreams.

Cathay has diverse background with a B.A. in music, a 38-year career in adult literacy spanning local, statewide (California) and national levels, and a lifetime of co-ministry with her late husband David. Her greatest strength and passion are highlighting life's experiences and observations into relatable lessons for others.

Whether speaking or writing, Cathay's message comes through loud and clear. Her goal is to inspire you and to encourage you. Her mantra is YOU can do anything. YOU are unstoppable. YOU are amazing! Now learn to live it!