

Cathay Reta Bio

Cathay has a diverse background with a B.A. in music, a 40-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 is taking life's experiences and observations and writing them into relatable lessons for others.

Cathay began her literacy journey as a volunteer tutor in 1984. Within a year, she stepped into the role of program coordinator and soon advanced into leadership positions at the local, state, and national levels. Her deep involvement in programs that change lives has been a constant source of inspiration and continues to fuel her mission.

That mission is 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 becoming 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 dream of being an author and speaker.

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