

Divine Tapestry

Welcome back to the Threads of Spirituality newsletter! I am excited to announce that as of August 2026, Threads of Spirituality has been a non-profit for one year! I thought, therefore, that a brief sharing of what I have learned in this first official year might be insightful.

This quote from Henri Nouwen's book *The Only Necessary Thing*, may best embody my journey in this ministry. "Action...can help us to claim and celebrate our true self." (p. 141) My action of giving retreats and offering Spiritual Direction, enables me to see the "who" God has made in me and share it. I suppose here in this newsletter I officially 'claim' it and 'celebrate' it! So, I thank you for this opportunity to 'claim and celebrate' my true self, embodied in this ministry and my writings.



Numerous times this year, God has called my attention to the great financial needs of the retreat groups in the trenches. They are doing everything they can to raise money to pay for leaders and offer scholarships. Witnessing this more and more, I believe God is inviting me to use my platform and this my non-profit; to raise funds to be shared with all, who are trying to help the recovering person find spirituality. For more details on donations see the link to the 'Engagement Letter' at the bottom of this page.

All of this year I have been learning to trust my intuitive. In the promises we hear "We will intuitively know how to handle situations which use to baffle us." (Big Book p. 84) It always sounded good, but I didn't grasp it. Not until I heard the Quakers interpretation of Intuition as 'the whisper of God'. That has really aided me in listening and respecting my intuitive. It has guided and enhanced my ministry as a Retreat Leader, and Spiritual Companion and my own personal prayer life.

To donate via engagement letter click here:



Direct donation via Zelle with email
teatime2912@gmail.com

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Threads of Spirituality Board of Trustees

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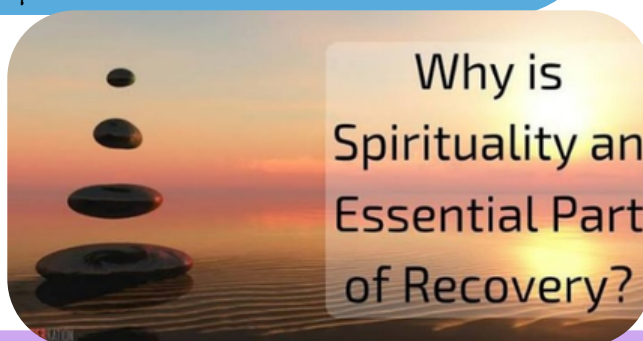
"I am very grateful for the service and insight these board members offer me. I am still in GREAT need of a person with financial experience. If you or someone you know might be interested in serving on the board, I'd be grateful. We meet virtually twice a year and all other communications and voting happen via email confirmation."

Kathleen

ATTENTION!

BOARD MEMBER/VOLUNTEER NEEDED

A Bookkeeper or accountant who can serve, one to two hours a month.



I was shocked when I first came into twelve step rooms to hear that spirituality was such an important part of recovery. Not only leaving me to ask what it was doing in recovery, but leaving me to wonder, 'how am I suppose to figure out spirituality and connect it to my recovery?' It took many years and prayer before I saw and understood the connection. But, now I see the wisdom and benefit of the interfacing of spirituality and recovery. It is my hope that as a Recovery Retreat Leader, I can help others navigate this abstract concept. My retreats are like one-room classroom. There are people in attendance with eighteen days sober or fifty years sober. My goal is to make the message meaningful for each extreme and everyone in between. Because spirituality is so difficult to describe and it is different for everyone; my style is to use stories, music, folktales and such, to help people grab on to something that has meaning. Most of us in recovery following a twelve- step program, using the tools of the steps to progress in recovery. But there is more to recovery and the steps than simply mechanics. We need both. And my specialty is illuminating and bringing attention to the spiritual thread that lies within the steps, taking people from mere mechanics to essence. In the early years of AA, there was more discussion of spirituality, allowing folks space to contemplate its usefulness and/or place in recovery. Today, the subject is a scarcity, unless in a 'God as I understand Him' meeting. So, I suggest to many folks to find a Recovery Retreat near you. Call local Spirituality Centers or Conference centers, they often sponsor Recovery Retreat, or could point you in the right direction. Better yet, start one yourself and we'll get you a retreat leader to start you down the path. Let us help each other, in making spirituality come alive and relevant to our recovery, peace and sanity.



Threads of Spirituality

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www.threadsofspirituality.com

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Sacred Ground Center for Spirituality, St. Paul MN Loyola Spirituality Center Spiritual Directors Workshop May 2026 Bridging Spirituality and the Recovery Process.

Kathleen loves to help illuminate the connection of Spirituality and Recovery. While Kathleen has a 'Broad and Roomy' space for the God definition in people's discernment, she also has a broad and roomy space to help the professional see beyond AA Twelve Steps and Bill W. Kathleen leads all her trainings with readings and theories presented by Carl Jung and other theorist. By drawing on writings from these recognized theorist, Kathleen finds the threads within the recovery process to bridge it together; bringing insight to the practitioners and energizing them in having a clearer understanding of the use and application of spirituality in healing the Whole person. (The goal of all recovery, to be a Whole person.) This was a two hour virtual/ in person workshop given those in various forms of ministry. Kathleen's goal is to equip ministers and practitioners to feel informed and comfortable helping those caught in addiction. Those in attendance expressed gratitude at many levels and here is an email from a virtual attendant:

Hello Kathleen, Via Zoom, I attended your Sacred Ground presentation today. I learned SO much! The 2 hours went so quickly. Your stories were enriching - you have such a deep well from which to draw - it grounded the points you shared. I came away with a deeper appreciation of the wisdom in the 12 Steps. From my perspective, you achieved what you set out to do for us and I have much to ponder and reflect on. Thank you !!

If you know a pastor, clinician, spiritual director who may be interested in this workshop, please connect them to us.

Twelve Step/AA Trivia:

1. **What is the name of 'The Man on the Bed'?** Bill Dotson - Akron OH
2. **What U.S. President received the millionth copy of the AA Big Book?** Richard Nixon April 16, 1973
3. **Is the Twenty-Four Hour book AA approved literature?** **No, it was published by Hazelden Publishing and written by Richman Walker. 1948**



Endoresment

"Kathleen's light-filled and joyful presence made listening to her a delight. Her wisdom, compassion, and knowledge around bridging spirituality and the 12-steps offered a beautiful invitation to open our hearts and understanding toward our fellow humans."

Jessica Sanborn
Program Coordinator, Sacred Ground Center for Spirituality

Keep up with Kathleen and view daily motavtion by clicking the icons below:





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2026:

September 18-20 Lorman MS – God In Action: Steps 3, 7 & 11

Oct. 2-4 St. Anthony's Spirituality Center Wassa WI

November 20-22 Manresa Jesuit Retreat Center – Bloomfield Hills MI

Dec. 3-6 Oshkosh Jesuit Retreat House – Oshkosh WI

2027:

Jan. 15-17 Solomon Retreat Center – Louisiana

April 5 – 9 PASS IT ON RETREAT – Tampa FL

April 16-18 Mercy by the Sea, Madison CT

April 24 Powell CDC Banquet – Des Moines, Iowa. Keynote speaker

May 14-16 "The Outhouse Crew" – Glastonbury Abbey

May 21 – 23 Loyola Retreat House Potomac

Donations/Grants

\$500 grant awarded to Threads of Spirituality from The Federation of Christian Ministries

\$250 donation from anonymous alumni from Trinity Sober Homes.

Endorsement

"Kathleen McCauley is an outstanding leader of our retreats. She's so well-prepared, insightful, generous in sharing her own journey of recovery, steeped in the 12 steps, approachable. I've been an organizer for many years, and she is tops on our list, and why we keep asking her back!"

Kathy Stagg Retreat Coordinator
Madison CT.

Retreat Facilitation

Kathleen has been giving retreats for more than a decade now and still loves the energy, and atmosphere of a retreat. Kathleen started giving retreats in her home, for her AA home group. She could hear in shares a hunger for MORE and she opened her home for day retreats. Her ministry grew from there and now she is called upon to give retreats all over the country. If you know a group in need of a retreat leader please direct them to Threads of Spirituality. Below are a sample of retreat themes Kathleen has created:

- God in Action: Steps 3, 7 & 11
- Care of God, Care of Self, Care of Others
- The Joy of Living in Recovery
- Awakening with Songs, Sounds and Softness of Water
- Healed, Whole and Holy in the Steps
- Beyond Mechanics: Going Into the Essence of Steps
- Thread of Spirituality through the Steps (Good for a four-day retreat)

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Living in Minnesota we have lots of eagles to observe and enjoy. Last month I actually had one come to me while sitting at that lake in prayer. The eagle came from across the lake and actually hovered over me for a few minutes. Powerful to say the least and here is a prayer that has been pecculating in me for some time. This encounter made me put it on paper.

The Eagle

The Bald Eagle, the most powerful and dominate creature to grace the sky. Possessing the classic, elegant colors of black and white. Displaying skill and poise in its' dance to the heaven's. Their presence in the sky is so prevalent, it catches the attention of all animals, humans included. You can watch an eagle dip into the water and snatch its' meal and you can observe all the little birds harassing the eagle in flight. You wonder what an eagle is thinking when these little creatures spin in a whirling dervish after them....

"Child's play." These are the most obvious activities of the eagle. But with closer examination you see the quiet, hidden life of the eagle soaring among the clouds. It is there that the eagle embarks in its' solitude and contemplation; Beyond all the distractions of sustaining self and staying safe. It is at these altitudes that the eagle engages with the mystery of the Divine. The eagle gives itself fully to the thermals and allows the energy of the atmosphere (divine energy) to lift and sustain their flight. Here in complete surrender to a Power Greater than itself, the eagle spends time in quiet contemplation – free of worry and concerns of the earth below. At this time the eagle is able to surrender to a meditative flight that gives glory to the Divine and partners with Its' energy and movement.

Help me to fly as high in the sky as an eagle, so as to be free of the worries and demands from earthly existence. May I abandon myself to the thermals – that lift me to greater heights and closer union with the Divine.

Kathleen McCauley
Forest Lake August 2026



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