

Divine Tapestry

Welcome to Threads of Spirituality first newsletter! Threads of Spirituality is the new non-profit that I, Kathleen McCauley, founded with your support and encouragement. Most of you are receiving this newsletter because you signed up to be on my distribution list, many moons ago – when I did not even know what I was to be doing with a distribution list. The non-profit was formed to help me deal with the growing needs of those in the recovery community. As the name implies, there are many spiritual threads in this ministry; now let me tell you about how God has brought about the weaving of these threads. In addition to my retreat ministry, I am a Spiritual Coach for Trinity Sober Living Homes in St. Paul, and I offer Spiritual Direction to many in recovery from all over the country, thanks to Zoom. I offer Continuing Education Classes for practitioners and clinicians in the SUD treatment profession, as well as offer lectures to Spiritual Directors requesting clarity about the intersection of spirituality and recovery. We now have an Instagram account and I post there three times a week, hoping to inspire and support folks in recovery. In early 2026 Threads of Spirituality was awarded its' first grant from the Federation of Christian Ministers. This grant money will go to grassroots organization who are trying to get recovery retreats started in their area.



Introducing the Threads of Spirituality Board of Trustees

*Richard Cullen, Hilton Head SC
Kate DiMedio, Norristown PA
Joseph DiMedio, Norristown PA*

"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."

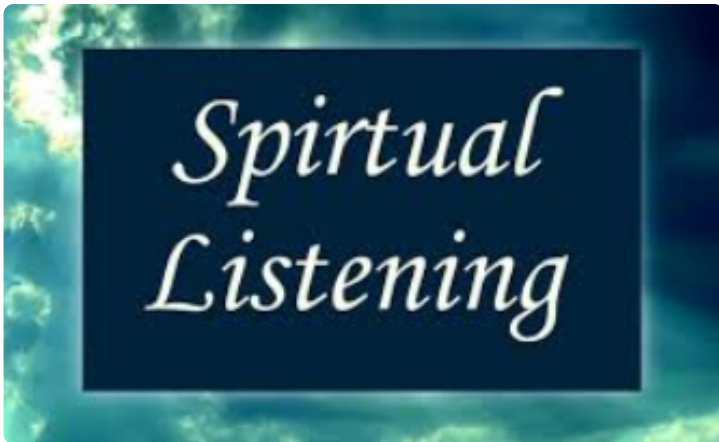
Kathleen



Divine Tapestry

What is Spiritual Direction or Spiritual Coaching?

It is a very exciting time in the recovery community for more people are hungry and seeking the essence and application of spirituality to their recovery journey. Spiritual Direction/Coaching with those in recovery, is a specialized ministry that Kathleen offers with great joy, humility and grace. The expansion of our spiritual lives is a main pillar within our recovery process, but often we are not sure how or what that looks like. Spiritual Direction is not for 'holy rollers'. It is a casual sharing of life and reality, where-by we try to see where we might grow in the everyday. If you think you'd like to explore what it is or how it might work, do not hesitate to reach out to Kathleen for an appointment. Follow that nudge....it might be the MORE you have been searching for. PEACE.



Endorsement:

"I have been incredibly fortunate to have connected with Kathleen during one of the most difficult times in my life. Her insight, guidance and prayer has kept me connected to God during a very dark time. Kathleen has been the light and face of God in my life, and I will forever be in her."
- John from MN

Recovery Joke Jar:

How does an alcoholic get to the moon? In a Fellowship!

I keep trying to make protein shakes, but they keep coming out as margaritas!!





Threads of Spirituality
501c3

www.threadsofspirituality.com

Divine Tapestry

Helping Professionals BRIDGE 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 writing 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.) Recommend and/or connect

Retreat Schedule for 2026

- March 3-6 Santa Cruz Beyond Mechanics in the Steps
- May 15-17 Boston "Out House Crew" Glastonbury Abbey
- May 19th Presentation at Sacred Ground at St. Thomas University, St. Paul
- June 12-13 Hazelden Betty Ford Foundation Retreat for Alumni
- July 24-26 Mercy Retreat Center, Auburn CA
- September 11-13 Lorman MS - God In Action: Steps 3, 7 & 11
- September 18-20 Lorman MS - Balance of the Mary and Martha in Us
- October 2-4 St. Anthony's Spirituality Center Wassa WI
- October 9-11 Matt Talbot Cape May NJ
- November 20-22 Manresa Jesuit Retreat Center - Bloomfield Hills MI
- Decemeber 3-6 Oshkosh Jesuit Retreat House - Oshkosh WI
- January 15-17 (2027) Solomon Retreat Center - Louisiana

Keep up with Kathleen on social media! Scan the QR codes below.



Retreat Leader Endorsement:

"I had the pleasure of attending one of Kathleen's women's retreats last spring. That weekend turned out to be one of the most positive, uplifting and spiritual experiences that I can recall. That retreat stirred my faded connection to God and helped guide my way back to an evolving spirituality. I would recommend anyone to attend if presented with the opportunity to join a Threads of Spirituality retreat."

Lisa B., Stevensville, MD

Divine Tapestry

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)

RELAPSE, is not necessary, but our reality. How can we better serve the chronic-relapser? For the person who has been to many traditional treatment centers, maybe it's time to think out of the box and attend a recovery center that will offer you a new approach, that might open you to a journey of sustained sobriety. Here are two treatment centers that follow an "non-clinical" model; teaching more about Emotional Sobriety, spirituality and healing:

THE RETREAT in Wyzetta MN
<https://theretreat.org/>

Divided Sky in Ludlow VT
<https://dividedsky.org/>

Many folks over the years have expressed to me how uncomfortable they are with a Christian based prayer, as the Our Father, recited at meetings. As I pondered these such conflicts, God inspired me with a Universal version.

THE UNIVERSAL 'OUR FATHER'
The 'Our Father'.....'Our Divine Source'

Our Father who art in heaven hallowed be thy name,
Our Divine Source who lives within us, blessed is your presence,
Thy kingdom come, thy will be done on earth as it is in heaven,
May your energy and wisdom come to us so that the earth and the divine universe are one.
Give us this day our daily bread and forgive us our trespasses
Give us this day our daily nourishment of body and soul and love us despite our trespasses
As we forgive those who trespass against us.
And your fullness of love will teach us to forgive others.
And lead us not into temptation but deliver us from evil. Amen
Guide us not to go astray with temptations, but to full union with your divine love. Amen
For thine is the kingdom, the power and the glory, now and forever. Amen
For you are the cosmos, holding all power and deserving all glory, now and forever. Amen.