



## **Catherine Maine – Spiritual Director and Facilitator**



“To see the world in a grain of sand  
And heaven in a wild flower  
To hold infinity in the palm of your hand  
And eternity in an hour. “  
William Blake, *Auguries of Innocence*



“I issue an invitation to those who are interested to cultivate a relationship to the Divine, through the practice of deep attention, movement and presence.”

Catherine Maine is a spiritual director and a staff member with the *Ontario Jubilee Program in Spiritual Formation and Spiritual Direction*. She offers the embodied spirituality component of the program ([www.jubileeassociates.ca](http://www.jubileeassociates.ca)) A Veriditas-certified labyrinth facilitator, Catherine has also been a Sacred Circle Dance teacher since 1998. She seeks to strengthen the connection with Spirit using embodied spiritual practices coupled with contemplative exercises.

In 2011, she offers monthly women’s retreats in Kitchener. She is also offering “*Moving Word, Written Word*”, a workshop that explores our sacred impulses and our connection to the Living Word through simple body prayers and writing. It is part of the Spiritual Practices series at Five Oaks Retreat Centre ([www.fiveoaks.on.ca](http://www.fiveoaks.on.ca)). As well, she facilitated “*Embodying the Healer*”; an exploratory dance workshop meant to awaken the healer within, held at the Spiritual Directors of Ontario Annual Conference in May.

Catherine offers custom-designed, original workshops, study series, and retreats plus individual spiritual direction under the umbrella of *Inner Sanctuary*. She is a member of Spiritual Director’s International ([www.sdiworld.org](http://www.sdiworld.org)). Find out information about the hand-painted labyrinth project that she created and developed with her community on [www.labyrinthnetwork.ca](http://www.labyrinthnetwork.ca). Catherine is a member of Church of the Good Shepherd in Kitchener, Ontario. Contact her at [illyourcup@rogers.com](mailto:illyourcup@rogers.com)