

Leaving the Shore: Experiencing Poetry as Prayer (Monkfish Press December 2025) by Colette Lafia

BIO FOR COLETTE LAFIA:

Colette Lafia is a San Francisco-based writer, spiritual director, and retreat leader. She is a graduate of the Spiritual Directors' Institute at Mercy Center in Burlingame, California, and completed the Living School program in the Christian contemplative and mystical traditions guided by Fr. Richard Rohr, Rev. Cynthia Bourgeault, and Dr. James Finley.

Colette has a passion for sharing the contemplative path and helping people connect more deeply with the presence of the sacred in daily life. She designs and facilitates retreats for an international audience and has an active practice as a spiritual director. Her work has been featured by the *Shift Network*, *Gratefulness.org*, and *Spiritual Directors International*.

Colette Lafia is the author of *Leaving the Shore: Experiencing Poetry as Prayer* (Monkfish Press, December 2025), *The Divine Heart: Seven Ways to Live in God's Love* (a Nautilus Book Award), *Seeking Surrender: How My Friendship with a Trappist Monk Taught Me to Trust and Embrace Life* (Sorin Books/Ave Maria Press, 2015), and *Comfort and Joy: Simple Ways to Care for Ourselves and Others* (Conari Press, 2008), named one of the best spiritual books of the year.

To learn more, please visit www.colettelafia.com.

