



### **Free Presentation Available for *Leaving the Shore***

I am a spiritual director and author who gives both in-person and online talks and retreats. These offerings have taken me into prayerful, thoughtful communities. My work has been featured by *Spiritual Directors International*, *Gratefulness.org*, and the *Shift Network*.

My forthcoming book, [\*Leaving the Shore: Experiencing Poetry as Prayer\*](#), comes out December 9, 2025 from Monkfish Press.

To celebrate and share this book, I'm offering free 60-minute live Zoom presentations tailored to your community, which will include: 1) reading from *Leaving the Shore*, 2) guiding a contemplative practice, and 3) time for Q&A.

I also offer both in-person and online Days of Prayer, weekend retreats, and workshops on contemplative spirituality. To learn more about me and my offerings, please visit <https://colettelafia.com>.

#### **Description of Presentation:**

#### **LEAVING THE SHORE: Experiencing Poetry as Prayer**

In *Leaving the Shore*, spiritual director Colette Lafia invites us to see life through a contemplative lens and to notice what we so often miss. She asks, what if your life could be experienced like a poem: alive with meaning, attentive to nuance, and awake to the presence of the Holy in every moment?

We'll explore how praying with poetry helps us:

- Recognize the sacred in the small details of our everyday lives.
- Create a holy spaciousness around our experiences, instead of rushing past them.
- Slow down so there's more room for God's presence in what we notice and how we respond.

There will be short readings from *Leaving the Shore*, a simple lectio-style way of praying with a poem, journal writing, and quiet pauses for listening, along with time for Q&A. We'll connect with our lives as a creative expression of the Divine.

**For more details and information, visit my website:** [www.colettelafia.com](http://www.colettelafia.com).

**Or contact me directly:** Email: [Colette.lafia@gmail.com](mailto:Colette.lafia@gmail.com)

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