



Sister Cathy Cahill, OSF is a Franciscan Sister of Allegany with over 30 years' experience leading retreats. She enjoys being with people on retreat as they open themselves to God's blessings. After a career in elementary education as a teacher, then administrator, Sister Cathy trained as an alcoholism counselor at Lutheran General Hospital in Chicago. This led eventually to retreat ministry. For 23 years, she served as director of a retreat center. Presently retreat work and spiritual direction are her main ministry as she travels widely to spread the joy found in relationship with the God who

wants a relationship with us. While most of the retreats that Sister Cathy leads are for people who utilize a 12 Step Program such as Alcoholics Anonymous, AL Anon, etc., she also prepares and leads retreats for other groups desiring a time of reflection and renewal.