

# Freely & Lightly



## SHOW NOTES / REFERENCES

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### ***Kathy Pyrc:***

Kathy is currently being trained by the Imago Christi leadership in the area of spiritual formation coaching. She is a co-presenter for the Discovery events, and has worked with the team to develop Post Discovery Exercises. She is also currently working on developing a retreat for parents in the area of spiritual growth for children.

Kathy was widowed in 2006, and has a special heart for those going through loss, transition, and disappointment with God. Kathy and John were married in 2011, and enjoy their blended family of five adult children and six grandchildren as well as partnering in spiritual formation ministry.

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### ***Show Notes:***

Imago Christi

Martha and Mary: [Luke 10:38-42](#) (NIV)

Great Commandments: [Matthew 22:36-40](#) (NIV)

Genesis 16:1-14 (NIV)

“Today worrying means to be occupied and preoccupied with many things, while at the same time being bored, resentful, depressed, and very lonely.” - Henri Nouwen, [Making All Things New: An Invitation to the Spiritual Life](#) What is love asking of me in this time, in this place, and in these circumstances in which I find myself?

[Luke 24:13-32](#) (NIV)