

# The Great North Arrow

Written by Our People...For Our People...est. 2010

## Writers Bio: Catharina Bowers



Hello, my name is Catharina Bowers. I love writing for the Great North Arrow.

About 5 years ago I started to write my first book during the lock-down with COVID-19. I was given a dismal prognosis from my heart surgeon. I went on to write about that in my first book, *Got Your Affairs in Order?* When I finished the book, I felt a little bored, so I opened a website and started to write a blog called *Reflections101.com*...that started the serious writing. It hasn't stopped, it is like an addiction, but a healthy one. I write a weekly blog about things that affect me personally. I do make time for hobbies; I make, and design costume jewelry and I sculpt animals and birds. I find it very relaxing.

I am a nondenominational minister by profession. I had a wonderful career as a minister and hospital chaplain. In my younger years, I worked in the television industry as a producer/director of live programs. A great industry, but very physical, and I just couldn't keep up with the young folks, so I left the industry. I went back to school to study for my 2nd career as a minister. A lot of my work involved weddings and funerals, and working with people at defining moments in their lives. I am finally retired, but writing has become my new 'career.' I find it curious, how my two careers were so closely tied together. In preparing a church service, wedding or funeral it was very much like producing a television show. I loved the work, and to get paid for it was a bonus.

Currently as a blogger, I bring ideas, stories, problems to the forefront and I work on making a solution for these situations. In Whitestone where I live, I am known as a Troublemaker. But this troublemaker offers ideas to help make the problems better, so it is all good.

I live with Lorne King who is the love of my life. We live in an area called Whitestone, 45 minutes Northeast of Parry Sound, Ontario, cottage country. This is one of the most beautiful areas of the province. Rock cuts that are 7 stories high, hundreds of beautiful freshwater lakes, and millions of trees. We have a great relationship, he is very attentive to my health need, taking me for treatments 3.5 hours away in Toronto every 2 months. I have 2 sons, with beautiful families, and 5 grown grandchildren.

Author of 1. *Got Your Affairs in Order?* 2. *Let's Get Our Affairs in Order* 3. *Fibro Warriors* all available at Amazon in paperback and eBook and *Fibro Warriors* is also available in Hardcover.

My website: <https://reflections101.com> if you click on 'blog' you will have access to more than 4 years worth of weekly blogs. Should you wish to get in touch with me you can email me at: [reflectiveblogger@yahoo.com](mailto:reflectiveblogger@yahoo.com) for story ideas, or for general information [catharina.bowers@live.ca](mailto:catharina.bowers@live.ca)

I am also on Facebook, look me up. 'Catharina Spaans Bowers' I am always interested to hear from my readers.