

# Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude  
Autumn 2009

## Coming Up

### My One Wild and Precious Life Women's Retreat

Friday, November 6, 7:30 PM to  
Sunday, November 8, 1:00 PM  
La Salette Retreat Center  
Attleboro, MA

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### Keeping Your Love Alive: A Couples Retreat

Sunday, January 10, 2010  
9:00 AM to 4:30 PM  
La Salette Retreat Center  
Attleboro, MA

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### My Precious Life: The Dance Goes On

Friday, January 29, 7:30 PM to  
Sunday, January 31, 1:00 PM  
Sacred Hearts Retreat Center  
Wareham, MA

Limited to former participants in  
My One Wild and Precious Life  
Retreats

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**For information & registration:**  
Contact Peggy at (508) 548-9149  
or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

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### One Light Service

On November 22 and December 27  
Peggy will be the guest speaker for  
the 10AM Sunday Service at  
One Light: A Center for Spiritual  
Transformation, W. Yarmouth.  
[www.peaceoncapecod.org](http://www.peaceoncapecod.org)

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For Peggy's complete calendar  
visit [www.timeoutretreats.com](http://www.timeoutretreats.com)

## Peg's Ponderings: Rise and Shine -Intentionally

Anticipating a warm sunny day ahead, the morning news anchor gave his forecast, "It will be a very nice morning to wake up to." And I thought, *why can't everyday be nice to wake up to, regardless of the weather?*

What are your first thoughts when you awake in the morning? How do you feel when you get out of bed? Does the light of day put a smile on your face?

Each morning is an opportunity for a fresh start. So often we get stuck in yesterday's burdens and carry them over to a brand new day. Ralph Waldo Emerson had a better way. "Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. This day is too dear, with its hopes and invitations, to waste a moment on yesterday." Such wisdom!

Don't just begin your day. *Create* your day with positive intentions. The Law of Attraction teaches that we get what we focus on. If we focus on the positive, we get more of the positive; if we focus on the negative, we get more of that. Though life has its challenges and sorrows, we can *live intentionally* by consciously choosing the thoughts that will manifest abundance and inner peace. Today *is* too precious to waste.

Beginning the day by focusing on the positive sets the tone for my day. I spend a few minutes journaling what I intend my day to be. Frequently, my journal entries begin with "Another day, another gift. I choose to live this day..." Then, I fill in the blank, expressing how I *want and expect* to be that day – fully conscious that I cannot control the day, but only how I choose to live it. Starting the day in such a way has truly been transformative.

Ponder the words Thich Nhat Hahn, a very holy, wise and beloved Vietnamese Buddhist monk, uses to express his intention for the day ahead:

"Waking up this morning, I smile  
Twenty-four brand new hours are before me  
I vow to live fully in each moment  
And to look at all beings with eyes of compassion."

Then ask, *how do I plan to wake up tomorrow?*  
When you live intentionally, you'll not only rise tomorrow. You'll rise...  
and shine.



## Passing It On

*A Complaint Free World* by Will Bowen

I love this book! It's grounded, practical, full of everyday stories and just a plain easy read. Bowen has discovered a way to truly transform a life focused on the negative to a life focused on the positive. He invites readers to take a 21-day challenge of abstaining from complaints, gossip and criticism and offers a unique way of making this happen. If you really want to enjoy life more, *A Complaint Free World* is a "must read."

*Mary Oliver on Cape Cod*

One of the most celebrated and best known American poets, Mary Oliver, will speak and read from her works on Wednesday, October 14, 2009 at 7:00PM in the Main Theater of the Tilden Arts Center at Cape Cod Community College in Hyannis, MA. Mary will greet the public at a book signing immediately following the presentation. Admission is free.

*Special events on Cape Cod in 2010:*

*Edwina Gateley, June 12*

*Joyce Rupp, September 25*

These two well-known international speakers and prolific authors will lead retreat days on Cape Cod at One Light: A Center for Spiritual Transformation in West Yarmouth, MA in 2010. The retreats will likely sell out quickly. Several registrations have already come in! To allow for maximum comfort and access, One Light will limit attendance to 150 for each program. I encourage those wishing to attend to register early. Contact Kevin York at 508-428-6248 or [on-cape@comcast.net](mailto:on-cape@comcast.net). Both women will also speak at the One Light Service the following respective Sundays. For more information visit [www.peaceoncapecod.org](http://www.peaceoncapecod.org).

## Recent Events

**Creating Abundance Retreat  
Sacred Hearts Retreat Center  
Wareham, MA, July 27-28, 2009**



On the shore of Buzzards Bay, women greeted the day with a prayer of gratitude. Creating a vision board, making new friends and being moved "out of my comfort zone to a new and exciting beginning" were just some of the highlights of this two-day retreat.

**A Fresh Cup of Joy: A Women's Retreat  
for Mind, Body and Spirit, Grace Brain  
Center, Mashpee, MA, October 4, 2009**



Yoga instructor, Sujata Ringawa, and I had the pleasure of leading a holistic exploration of joy. The women loved the balance of reflection, yoga, meditation and interaction. As one said, it was a day of "peace and warm fellowship with wonderful women."

**Honoring Yesterday, Living Today, Envisioning Tomorrow:  
A Couples Retreat, Falmouth, MA, September 19-20, 2009**

Scenic Spohr Garden, located on Oyster Pond in Woods Hole, was the site of the closing ritual for this follow-up couples retreat. Having written their own vows, couples renewed their commitment to one another on a beautiful autumn afternoon.



## A Little Soul Food

Why I Wake Early



*Hello, sun in my face.  
Hello, you who made  
the morning  
and spread it over the fields  
and into the faces  
of the tulips  
and the nodding  
morning glories,  
and into the windows of,  
even, the miserable  
and the crotchety -  
best preacher that ever was,  
dear star, that just happens  
to be where you are  
in the universe  
to keep us  
from ever-darkness,  
to ease us  
with warm touching,  
to hold us  
in the great hands of light -  
good morning,  
good morning,  
good morning.  
Watch, now,  
how I start the day  
in happiness and kindness.*

~ Mary Oliver

