

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Spring 2010

Coming Up in 2010

Live, Laugh, Love

Tuesday, May 4
10AM to 4:30PM
Sacred Hearts, Wareham, MA

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### Couples Retreat

Follow-up to "Keeping Your Love Alive"  
Tentatively September 18-19  
Falmouth, MA

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Mini-Retreat Series

September 15, October 20,
November 17, December 15
Sacred Hearts, Wareham, MA

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### Keeping Your Love Alive

Couples Retreat ~ October 2  
St. Mary's, Jefferson, MA

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My One Wild and Precious Life Women's Retreat

October 29-31
La Salette Retreat Center,
Attleboro, MA

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### For information & registration:

Contact Peggy at (508) 548-9149  
or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

### One Light Service

On May 9 and May 23  
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)

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

## Peg's Ponderings: Choosing the High Road

The media give us ample opportunity to be pessimistic. Stories of betrayal, crime and tragedy abound and we may be tempted to increase the darkness. After all, it is often easier to condemn, complain and despair than to be compassionate, positive and hopeful.

Life continues to teach me that no matter what happens to or around me, I have a choice about how I will respond. Though the "reality" reported by news outlets may seem gloomy and beyond our control, each of us is uniquely responsible for the condition of our inner worlds. We can *choose* to take the high road. We can *choose* to remain upbeat.

Consider legendary pro golfer Roberto De Vincenzo. After winning a large sum of money at a tournament, he gave his prize to a distraught woman he met on the clubhouse parking lot. She had told the golfer that her child was ill and near death. A week later an official informed the golfer that the lady was a fraud and that he had been duped. De Vincenzo's response was, "You mean there's no dying baby? That's the best news I've heard all week." He chose the high road.

Choosing the high road can mean many things. For De Vincenzo, it meant blessing life rather than cursing the darkness. The high road might be a choice to remain hopeful in the face of discouraging news or it may take the form of forgiveness when we've been wronged. Choosing the high road may be the decision to remain faithful in spite of disillusionment or it could be taking the time to understand rather than condemn.

Both Easter and spring are celebrations of triumph and transformation. They remind us of the joy of life. Good Friday was not the end of the story and spring always follows winter. When faced with life's challenges and suffering we need not get stuck in the murk of negativity. We too can rise above it and respond with dignity, optimism and grace. In the face of darkness and doom, we too can choose to take the high road.



## Passing It On

*The Four Things That Matter Most* by Ira Byock, M.D.

Byock's vast experience as a physician in the emergency room, hospice and palliative care has taught him the importance of four simple statements: *Please forgive me. I forgive you. Thank you. I love you.* His poignant and moving stories of the dying illustrate the power of these words to heal and complete relationships. Byock insists we need not wait until someone nears the end of life to practice *The Four Things*. They can enrich our relationships now on a daily basis. A must read!

*Invictus* (Now available on DVD)

The context of this 2009 Clint Eastwood film is post-apartheid South Africa during the presidency of Nelson Mandela. Played by Morgan Freeman, Mandela is determined to break down barriers between blacks and whites and unite his countrymen through his support of the national rugby team led by Francois Pienaar (Matt Damon). Mandela's inner strength, wisdom, perseverance and ability to forgive are truly inspiring. "Invictus", which means "unconquered," is a fitting title for this true story. I highly recommend seeing this uplifting film.

*Discipleship in Turbulent Times: A Day of Reflection* led by Edwina Gateley  
June 12, 2010, W. Yarmouth, MA

Prolific author and charismatic speaker Edwina Gateley will once again grace Cape Cod with her presence, story, compassion and humor. In a world of suffering and injustice, Edwina offers us hope that we too can make a difference. To register, contact Kevin York of One Light at 508-428-6248 or [on-cape@comcast.net](mailto:one-cape@comcast.net). For more information, visit [www.peaceoncapecod.org](http://www.peaceoncapecod.org).

## Recent Events

**Keeping Your Love Alive Couples Retreat  
La Salette, Attleboro, MA, January 10, 2010**

It was a joy to begin the New Year leading this retreat for couples. It's always rewarding to hear such comments as "The retreat was very helpful. It gave us lots of good tools to bring home."



**My Precious Life: The Dance Goes On  
Sacred Hearts Retreat Center, Wareham, MA  
January 29-31, 2010**

17 former participants in *My One Wild and Precious Life* retreats gathered for a follow-up and reunion. One woman spoke for many when she described it as a "magical weekend."

**Keeping Your Love Alive Couples Retreat  
Falmouth, MA, March 6, 2010**

Another delightful group of couples spent the day renewing their relationships. One summed up her experience, "I found the retreat to be 'one size fits all' as it did not matter whether you were together 5 years or 40 years, like us. Everyone could benefit from this wonderful day."



**The Journey to Easter Lenten Retreat  
Sacred Hearts Retreat Center, Wareham, MA  
March 26-28, 2010**

These journeyers found companionship, healing and insight as they prepared for Easter together. Highlights that many retreatants mentioned were the guided meditations, rituals and sharing with one another.

## A Little Soul Food

*The path  
to a peaceful heart  
is paved  
with peaceful  
interpretations.  
If you focus on evil,  
you'll only find  
more of it.*

~ Alan Cohen

*Darkness  
is only driven out  
with light,  
not more darkness.*

~ Martin Luther King, Jr.



*First a howling blizzard  
woke us.  
And then the rain came  
down to soak us.  
And now before our  
eyes can focus.  
CROCUS!*

~ Lilia Royers

