

# Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude  
Spring-Summer 2014

## Coming Up

### Spirituality for Everyday Living

#### On Wednesdays

10:00 AM - 12:30 PM

May 14: *What to Do in the Darkness*

June 11: *Don't Postpone Joy*

Sacred Hearts Retreat Center

Wareham, MA

#### On Tuesdays

10:00 AM - 12:30 PM

May 20: *Honoring Our Mothers,*

*Loving Ourselves*

June 17: *The Gift of Play*

### Women's Retreats

#### No Song Like Your Own

October 21-23, 2014

La Salette Retreat Center

Attleboro, MA

#### On the Way

January 16-18, 2015

Miramar Retreat Center

Duxbury, MA

#### My One Wild & Precious Life

March 20-22, 2015

Immaculate Conception

Putnam, CT

#### 7<sup>th</sup> Annual Women's Retreat

April 10-12, 2015

Sacred Hearts Retreat Center

Wareham, MA

#### For information & registration:

Contact Peggy at (508) 548-9149 or

[timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

For Peggy's complete calendar  
and program descriptions visit

[www.timeoutretreats.com](http://www.timeoutretreats.com).

## Peg's Ponderings: *Life to the Fullest*

A bright light was recently extinguished. A dear family friend, 56 years old, completed his earthly sojourn on May 5<sup>th</sup>. The packed church and the innumerable stories about him were a testament to the difference Bruce Leaver made in other's lives. He lived life to the fullest.

The older I get, the longer I live, two things become more and more clear: I want to spend the rest of my days living life well *and* I know I cannot do it solo. I've become acutely aware that everything is temporary. This is not morbid, but realistic. I realize our lives can change in an instant, as it did with the Leavers, the families of the South Koreans lost at sea, the victims of Boston's Marathon bombers and the young acrobats injured in their fall at the circus in Providence. Knowing life is brief and fragile reminds me to be attentive to its many blessings, cherish every moment and be as loving as I can to those around me.

Living well means having anchors in my life that keep me grounded. Besides spouses, friends and family, for many of us one such anchor is our faith. For me, living well necessarily includes walking closely with God. I know I cannot do it alone and very much need a Higher Power.

Over these many years, I have seen myself making more choices out of my faith in God's great love, rather than out of fear or the expectations of others. I agree with the German theologian Meister Eckhart who said, "It's a lie – any talk of God that does *not* comfort you." In the past, more emphasis was on a God who judges than on a God who lavishes us with unconditional love. How different might our lives be if we lived as if we truly believed in this extraordinary love?

My sincerest hope for all who suffer great loss is that they experience the tenderness of a benevolent God, much comfort from family and friends, as well as an inner peace and healing found in the acceptance of life's mystery. Living life to the fullest may be challenging at times but it is a worthy goal – and we are worthy of it.



## Passing It On

*A Deep Breath of Life* by Alan Cohen

Subtitled *Daily Inspiration for Heart-Centered Living*, *A Deep Breath of Life* offers a one-page message for each day of the year. Each theme includes an inspirational quote, a story, a prayer and an affirmation. A true gift from Cohen to help us live life to the fullest!

*Love Poems from God* translated by Daniel Ladinsky

This collection of poetry written by saints and mystics is one of my treasured resources. The twelve-featured poets include Rumi, Hafiz, Kabir, Tukaram, Rabia and Mira from the East and Francis of Assisi, Meister Eckhart, Thomas Aquinas, John of the Cross, Catherine of Siena and Teresa of Avila from the West. Each one gives us a glimpse of his/her intimate relationship with an all-loving God.

*In God's Womb: A Retreat with Edwina Gateley* *Half-full already!*  
November 14-16, 2014 Sacred Hearts Retreat Center, Wareham, MA

Mark your calendars now for a very special weekend with internationally known charismatic speaker and prolific author Edwina Gateley. This retreat, based on her memoir "In God's Womb," will be a contemplative experience of sinking into God through poetry, music, visuals, reflection and prayer. It promises to be a true vacation for both women and men graced with life experience! For more information, contact Peggy at 508-548-9149 or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net).

**Recent Events** *A sampling of winter-spring 2014 programs . . .*

**Held at La Salette Retreat Center, Attleboro, MA**



**The Time of Our Lives**  
January 21



**Growing in Compassion**  
March 18



**The Healing Power of Prayer with Sarah Doherty**  
April 15

**Held at Sacred Hearts Retreat Center, Wareham, MA**

**Magic Moments of Risk Taking**  
February 12



**On the Way**  
April 4-6



**New Beginnings**  
January 24-26  
Miramar  
Duxbury, MA



**Coming Home**  
PREA Retreat  
April 22-24  
Immaculate Conception  
Putnam, CT



## A Little Soul Food

*It's the end of this world  
and the beginning  
of the next  
The moment you realize ~  
In the marrow of your soul ~  
That no matter  
what happens,  
You will be taken care of.*

*It won't matter then  
If you live in splendor  
or in poverty  
If you live in the mansion  
on the hill  
or under the overpass  
You will be  
taken care of,  
no matter what.*

*The day you  
truly feel that~  
In each and every cell~  
Is the first day  
Of the great freedom.*

From *Green Bamboo*  
by Joseph Zarantonello



*"Show me  
where it hurts,"  
God said,  
and every cell  
in my body  
burst into tears  
before His tender eyes.*

The poet Rabia  
From *Love Poems from God*  
by Daniel Ladinsky