

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Spring-Summer 2016

Coming Up

Spirituality for Everyday Living

2016 Spring Mini-Retreat Series
10:00 AM - 12:30 PM
Sacred Hearts Retreat Center
Wareham, MA

May 11: Be Not Afraid
June 8: Ordinary Miracles,
Sacred Moments
Program resumes September 14.

Only Kindness Matters

Saturday, October 29, 2016
St. Andrew's Episcopal Church
Edgartown, Martha's Vineyard

Women's Overnight Retreats

My One Wild & Precious Life

A Mid-Week Retreat
October 18-20, 2016
La Salette Retreat Center,
Attleboro, MA

Growing into Wholeness

January 13-15, 2017
Miramar Retreat Center,
Duxbury, MA

New Beginnings

March 3-5, 2017
Bon Secours Retreat Center
Marriottsville, MD

9th Annual Women's Weekend

April 7-9, 2017
Sacred Hearts Retreat Center
Wareham, MA

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

**For Peggy's complete calendar
and program descriptions visit**
www.timeoutretreats.com.

Peg's Ponderings: *Here and Hereafter* ~ A Tribute

It was January 21, 2013 the day I met Judith. She attended a retreat I facilitated in Attleboro, MA. Judith was a cancer patient of great faith with a strong desire to stay close to the Lord. From that winter day until September of 2015 she continued to participate in my "Spirituality for Everyday Living" monthly mini-retreat series – even when I no longer offered the program in Attleboro, but in Wareham, MA. She only missed a session if she was too sick to attend.

The other women who came to the retreats loved Judith and were moved by her courage and fortitude as she dealt with her terminal illness. They were touched by her openness and honesty when she shared her challenges and fears, the greatest of which was leaving her 16-year-old son alone when she died. There were times when she felt weak in faith, though all of us who listened to her speak were nothing but inspired by her.

Judith allowed herself to be vulnerable with the women and she was rewarded with tremendous support. On a couple of occasions Jane, a retreatant, suggested we all pray over Judith; then Jane led a heartfelt prayer for our hurting sister. If Judith was absent from a session I was immediately asked, "Have you heard from Judith? Do you know how Judith is doing?" I was very much impressed by the genuine love and concern the retreat community showed Judith. Some women even contacted Judith or got together with her outside the program.

Judith frequently expressed her gratitude to the women and me. She told me how much the retreats helped her to keep going. In turn, I felt privileged and humbled to be a part of her spiritual journey. When a retreat ended she often stayed afterwards to talk more in depth with me, giving me glimpses of both her strength and fragility. My heart ached for Judith and every time I saw her I knew it might be the last.

Inevitably, that day did come. It was January 21, 2016, three years to the day we met, that Judith's long struggle with sickness ended. Though it had been a few months since any of us had seen her, she was always in our thoughts and prayers. She had left her mark.

On the day I heard of Judith's death a strange thing occurred. At the very time I was reading her obituary in the newspaper, a song (unprompted) began to play on my iPod. It was "Love Lives On" by the StoweGood duo. What was even more mysterious than the song playing without my initiation was the fact that I did not have that song in my iPod. I checked and doubled checked my computer, tablet and iPod and "Love Lives On" did not exist in any of my electronic devices. I had never purchased or downloaded the song. The only conclusion I could come to was that Judith, who had frequently expressed her love for all of us, was reminding us after her life here on earth ended that her *love lives on*.



Passing It On

Sr. Helen Prejean Coming to Cape Cod, Monday May 23, 2016 for Two Events:

Cape Cod for Reconciliation Annual Luncheon: Old Yarmouth Inn, Yarmouth Port, MA at noon. Sr. Helen Prejean, author of Dead Man Walking, which was later made into a movie, will speak on "The Journey of Death Row Victims and their Families." **Cost:** \$30 includes three course meal, tax and gratuity. Limited seating. **Registration:** Contact Bob Winter by May 16 at P.O. Box 161, South Orleans, MA 02662 or at rrjwinter@comcast.net.

PLUS a 3 pm showing of "**Dead Man Walking**" and discussion with Sr. Helen at Cape Cinema, Dennis, MA. Co-sponsored by CCFOR and Call to Action Cape Cod. **Cost:** \$12.00 Advance purchase available at www.capecinema.com.

A Retreat with Edwina Gateley: Mystics, Rebels and Prophets
June 27- July 1, 2016 at La Salette Retreat Center, Attleboro, MA

Explore the lives of some valiant women, such as, Hildegard of Bingen, Brigid of Kildare and Julian of Norwich. Their inspiring stories of courage can make a profound impact on our lives today. Retreat begins Monday evening and ends after lunch on Friday. Overnight, commuter and one day rates are available.

Information: Contact Peggy at 508-548-9149. **Registration:** Contact Charlotte at 508-222-8530 or office@lasaletteretreatcenter.com.

StoweGood on Cape Cod!

This dynamic duo, STOWE Dailey and Karen GOOD (www.stowegood.com) will lead the 10:00 AM service at Unity Church in Hyannis, MA on Sunday, September 4th. These award-winning singer-songwriters inspire and uplift audiences everywhere they go. Don't miss them. ALL are welcome!

Recent Events *A sampling of my 2016 winter and spring programs . . .*



"A Time for Everything"
Women's Retreat, January 15th-17th
Miramar, Duxbury, MA



"The Power of Goodness"
Walking with Purpose, January 30th
Christ the King, Mashpee, MA

"The Power of Goodness"
Mini-Retreat, March 9th
Sacred Hearts, Wareham, MA



"My One Wild & Precious Life"
Women's Retreat, March 18th-20th
Bon Secours, Marriottsville, MD



"Nestle, Don't Wrestle"
Mini-Retreat, April 13th
Sacred Hearts, Wareham, MA



"Growing into Wholeness"
Women's Retreat, April 8th-10th
Sacred Hearts, Wareham, MA



"And the Greatest Is Love"
St. Vincent de Paul Retreat, April 30th
St. Anthony Church, E. Falmouth, MA

A Little Soul Food

*When it's over, I want to say:
all my life I was a bride
married to amazement.
I was a bridegroom,
taking the world
into my arms.
I don't want to end up
simply having visited this world.*

~ Mary Oliver

*What the caterpillar calls
the end of life,
the master calls
a butterfly.*

~ Richard Bach



One Regret

*One regret that I am determined
not to have
When I am lying upon
My death bed
Is that we did not
Kiss enough.*

~ Hafiz

A Student Seeking Answers from a Zen Master

*Student: "What happens when
you die?"*

Master: "I don't know."

*Student: "But aren't you a Zen
Master?"*

*Master: "Yes, but not
a dead one."*

A little humor doesn't hurt!

