

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Spring-Summer 2017

Coming Up

Spirituality for Everyday Living

Open to All

Fall Mini-Retreat Series

10:00 AM - 12:30 PM

Sacred Hearts Retreat Center
Wareham, MA

September 13: *Life Is Good*

October 4: *Spirituality in Song*

November 8: *The Pilgrimage of Life*

December 13: *An Incredible Love Story*

Day Retreat

Open to All

A Journey to Peace: Moving through Loss and Grief

October 18, 2017

La Salette Retreat Center
Attleboro, MA

Women's Retreat Weekends

The Story of My Life

January 12-14, 2018

Miramar Retreat Center
Duxbury, MA

10th Annual Women's Retreat

April 13-15, 2018

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: *Who Is Free?*

In *A Daily Dose of Sanity* author Alan Cohen tells the story of a convict named Ray, who, as a college student, in a fit of rage, beat up his girlfriend Jen, who died. Cohen met Ray nine years into his sentence, when Ray was coming up for parole. As with all his previous attempts, Ray was turned down due to a massive campaign led by Jen's angry, grieving parents to "keep the killer off the streets."

A tragic story in more ways than one. Jen's family certainly suffered a terrible and irreversible loss, but Ray remained incarcerated because of bitterness and a desire for vengeance.

Cohen describes Ray as a "gentle soul," genuinely remorseful for his violent act. Ray had spent his time in prison productively and growing spiritually. His transformation was authentic. As Cohen said, "I did not see a killer at all. I saw a basically good man who had made a heartbreaking mistake."

In spite of his many parole disappointments, Ray continued to "send Jen's parents love and prayers," understanding and accepting their rage. "I am doing my best to deepen my relationship with God right where I am and trying to be a blessing to the world."

Who is free in this case – the parents who can go anywhere they wish or the man behind bars? *Who is imprisoned* – the parents consumed by anger and judgment or Ray who found peace through honesty, acceptance and faith?

When I worked at Plymouth County Correctional Facility, my goal was to help the inmates dig deep to gain self-understanding, take responsibility for their actions, and to begin to make new, healthy choices. I'd say to them, "You can be released from jail and still be imprisoned or remain in jail and actually become free." It all depended on the inner work they did.

Finally, let me leave you with an amazing and uplifting story of forgiveness and transformation about a crooked cop who imprisoned an innocent man for four years. Below is the link for this CBS story "On the Road with Steve Hartman." Both men became free, proving *anything is possible*. <https://www.youtube.com/watch?v=7wffHBQKq74>.

Passing It On

“Mothers, Sisters, Daughters: Standing on Their Shoulders”

A Retreat with Edwina Gateley, June 26-30, 2017
La Salette Retreat Center, Attleboro, MA

For more information and registration form for either the full retreat or the one-day program (see below) contact either Charlotte at La Salette at 508-222-8530 or me (Peggy) at 508-548-9149.

“I Hear God Laughing ~ One Woman's Journey of Faith from Africa to the Bars and Brothels of the Inner City.”

One-Day Invitation: The general public is invited to join the week-long (see above) participants on Wednesday, June 28th to hear Edwina share her own incredible story of faith. Don't miss it!

“Spirituality in Song,” with StoweGood

October 4, 2017 at Sacred Hearts Retreat Center, Wareham, MA

StoweGood, an international touring duo based in Nashville, TN comprised of singer-songwriters Karen Taylor-Good and Stowe Dailey, will lead a mini-retreat through song and storytelling. These amazing women have not only beautiful voices, but also lyrics that have the power to touch one's soul. The morning promises to be uplifting, meaningful, deeply moving... *and stowe good!*

Recent Events *A sampling of my 2017 winter and spring programs . . .*



“Growing into Wholeness” Women's Retreat

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

“Here for a Purpose” Ash Wednesday Retreat

March 1, 2017
Sacred Hearts Retreat Center, Wareham, MA



“New Beginning” Women's Retreat

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

“The Story of My Life” Women's Retreat

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



“A Guest House for the Soul”

Associates of the Sisters of St. Chretienne
April 28-30, 2017
Miramar Retreat Center, Duxbury, MA

“The Power of Goodness: A Reason to Hope”

April 20, 2017
St. John's Women's Guild, Pocasset, MA



A Little Soul Food

MARY, MOTHER OF CAPTIVES,

*Give us your compassion
for those in prison.
Mend in mercy
the broken in mind and memory.
Soften the hard of heart,
the captives of anger.
Free the innocent,
parole the trustworthy.
Awaken the repentance
that restores hope.
May prisoners' families
persevere in their love.*

JESUS,

*Heal the victims of crime,
they live with the scars.
Lift to eternal peace
those who die.
Grant victims' families
the forgiveness that heals.
Give wisdom to lawmakers
and to those who judge.
Instill prudence and patience
to those who guard.
Make those in prison ministry
bearers of your light,
for all of us are in need of mercy!
Amen*

Prison Ministries www.PEMDC.org



*Forgiveness is the key that
unlocks the door of resentment
and the handcuffs of hatred.
~ Corrie Ten Boom*

