

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Summer 2012

Coming Up

FALL MINI-RETREAT SERIES Spirituality for Everyday Living

On Wednesdays

September 12: *Claim Your Power*
October 10: *Cling to Nothing*
November 14: *Be Not Afraid*
December 12: *In God's Heart*
10:00AM - 12:30PM
Sacred Hearts Retreat Center
Wareham, MA

On Tuesdays

September 25: *Sing Your Own Song*
October 23: *Autumn Reflections*
November 20: *Being a Blessing*
December 18: *The Power of Kindness*
10:00AM - 12:30PM
La Salette Retreat Center,
Attleboro, MA

WOMEN'S RETREATS

All Is Well

November 2 - 4, 2012
Miramar Retreat Center
Duxbury, MA

My One Wild and Precious Life

November 30 - December 2, 2012
La Salette Retreat Center
Attleboro, MA

No Song Like Your Own

January 25 - 27, 2013
Miramar Retreat Center
Duxbury, MA

FOR MORE INFORMATION

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: *That Was Easy!*

For several years there has been a Staples Easy Button sitting on the kitchen counter in my home. Whenever something happens that requires little to no effort or time, my husband or I press the button and hear a voice say, "That was easy." It always makes us smile. More importantly, it's a reminder that life does not always have to be hard – or serious, for that matter. It's good to lighten up.

Often we worry about things over which we have no control. Sometimes we work for hours on end as if there is no tomorrow. Perhaps we place expectations on ourselves and on others that even a Super Hero couldn't fulfill. A good dose of humor just might be the antidote to our intensity.

"There is the Apache myth of the Creator giving human beings the ability to talk, run and to look, but He was not satisfied until He also gave them the ability to laugh. Only then did the Creator say, 'Now, you are fit to live.'" (*Spiritual Literacy*, Frederic and Mary Ann Brussat)

Do we ever think of laughter and joy as holy? Or having fun as a virtue? The renowned theologian Teilhard de Chardin claimed, "Joy is the most infallible sign of the presence of God." How can we *not* be joyful if we live out of an awareness of how deeply loved we are by the Holy One? I recall a banner from the 70's that said: "If you have the love of God in your heart, please notify your face." Point well-taken!

We can make life more complicated than it has to be. If we believe that God, as any good parent, desires our happiness, it's easier to let go of unnecessary burdens and place our cares in the hands of the One who has our best interest at heart. Life is such a precious gift, and what a gift we give back to God when we enjoy this treasure and live it to the fullest! We are not meant to walk around forlorn and stressed out beyond our limits. Obviously, we will never be completely free of pain and sorrow, but if we can find a way to smile in the midst of it all, it does our soul good.

Summer, a traditional time for extra relaxation and leisure, is a good time to practice lightening up. Whatever we find ourselves doing, let's not take ourselves too seriously. If you have no vacation from work during this beautiful season, it's possible to make work *fun* as the owner of a hot dog stand in Worcester does. His signs read: *Relish Today. Ketchup Tomorrow*. He clearly has a sense of humor and knows how to put a smile on his customers' faces.

An Hasidic teacher, Rebbe Nachman says, "Joy is not incidental to your spiritual life. It is vital." As we move through these lazy, hazy days of summer let's grow in holiness as we play, laugh and smile with one another. Give yourself permission to be silly. Find ways to make yourself chuckle. Sometimes, for no reason at all, I press the Staples Easy Button just to hear "That was easy." Maybe you should get one too!



Passing It On

GREAT NEWS!

Since I began to advertise Paula D'Arcy's upcoming retreat in the fall, originally planned to be directed to those in the ministry of spiritual formation, many people have expressed interest in participating, but did not feel "eligible." I'm happy to announce that we have decided to adjust our plans and open the retreat up to everyone who would like to come! Register by August 1st and attend a free retreat in my "Spirituality for Everyday Living Series."

Paula D'Arcy Retreat ~ Your Own Heart and Soul: Setting a New Intention
Tuesday, October 16 to Thursday, October 18, 2012 at La Salette in Attleboro, MA

Paula is an internationally known retreat leader, conference speaker and author. She is an excellent presenter and storyteller who has an extraordinary gift of discovering treasures in the ordinary experiences of life. To learn more about Paula, visit www.redbirdfoundation.com. For retreat information, contact Peggy at 508-548-9149 or timeoutretreats@comcast.net. To register, contact La Salette at 508-222-8530 or office@lasaletteretreatcenter.com.

Recent Events



All Is Well

Women's Retreat, April 13-15
Sacred Hearts Retreat Center, Wareham, MA



Life Is Good

St. Elizabeth Seton Women's Guild Retreat
April 18, North Falmouth, MA



Building Bridges

Roper St. Francis Healthcare Mission Team Retreat
April 25-27, St. Christopher's, Johns Island, SC



Look at the View

Mini-Retreat, May 9
Sacred Hearts Retreat Center, Wareham, MA



The Gift of Play

Mini-Retreat, June 6
Sacred Hearts Retreat Center, Wareham, MA



Worcester Diocese Communication Skills

Workshop for Catechetical Leaders, June 13
St. Mary's, Uxbridge, MA

A Little Soul Food

"Laughing One"

*What serious theologian
Left out your smile
When religious doctrines
Were being penned?
If you join us
In our terrible tribulations,
Most surely you join us
In our laughter, too.
Chuckling at
Our humorous adventures,
Taking delight in a
Happy child's silliness,
Enjoying our little giggles
And large guffaws,
Laughing with us
At the ludicrous in life.
O divine being
With a sense of humor,
How could we not
Be aware of you?*

~ Joyce Rupp, *Fragments of Your Ancient Name*



*"Why aren't you
dancing with joy
at this very moment?"
is the only relevant
spiritual question.*

~Sufi seer, Pir Vilayet
Inayet Khan

