

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2012

Coming Up in 2012

Winter/Spring Mini-Retreat Series: Spirituality for Everyday Living

January 11: A Fresh Start

February 8: On Courage

March 14: Longing for Connection

April 11: The Power of Goodness~

A Reason to Hope

May 9: Look at the View

10:00AM - 12:30PM

Sacred Hearts Retreat Center

Wareham, MA

My One Wild and Precious Life Women's Retreat

January 27 - 29

Miramar Retreat Center,

Duxbury, MA

Keeping Your Love Alive Couples Retreat

February 11

Falmouth, MA

The Journey to Easter

March 30 - April 1

Sacred Hearts Retreat Center

Wareham, MA

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

One Light Service

On January 22 and March 25

Peggy will be the guest speaker for
the 10AM Sunday Service at

One Light: A Center for Spiritual
Transformation, W. Yarmouth.

www.peaceoncapecod.org

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

Peg's Ponderings: A Fresh Start

It's a good thing life has its markers – occasions to tell us something is beginning or something is ending. That way we can either consciously gear up or consciously let go.

With the arrival of January 1st, we get the benefit of both, although I prefer to focus on the New Year as a time to gear up. Sure there's much that happened in 2011 that would be beneficial to let go of, but I get excited for the chance to start all over again - to wipe the slate clean and begin anew. It's like balancing a checkbook. Sometimes you've just got to start all over with the balance you have and forget that the checkbook didn't actually balance in the first place. It is what it is.

Just as we make mathematical mistakes along the line, we all slip up in the pursuit of our goals. We fail to keep our priorities straight. Life throws us a curve and we get off track. We lose our way for one reason or another. However, the words of the actress Mary Pickford, can lift us up, "If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down."

As we begin 2012 can you let go of what *was* and begin anew? Can you dig in and start from *where you are*? So, you didn't finish the year as financially secure as you would have liked. Maybe you think you have regressed spiritually. Perhaps you are in a professional rut or a valued relationship has gone sour. You know you could have taken better care of your health over the last year. Accept where you are and begin there. Each day is an opportunity for a fresh start. Just begin. Happy New Year!



Passing It On

Breaking Night by Liz Murray

Murray's memoir subtitled, *My Journey from Homeless to Harvard*, takes the reader on an emotional journey through her story of being raised by drug-addicted parents in a filthy home often without food to becoming homeless living on the streets to eventually becoming a graduate of Harvard University. *Breaking Night* is a very powerful testimony to the strength of the human spirit and the ability to make a fresh start at any time. I loved her story! Visit www.manifestliving.com to learn about the current work Murray is doing to empower others to transform their lives.

The River's Voice www.riversvoice.com

Recently I have discovered the music of Trish and Richard Bruxvoort Colligan, partners both in life and in business, musicians who have been compared to James Taylor and Sarah McLachlan. Retreat facilitators and leaders of prayer will find their collection of CD's to be an excellent resource. A feature I particularly like about their website, *The River's Voice*, is the ability to hear and see the lyrics of most songs before deciding to purchase. I am particularly fond of many pieces on their CD *Splash*.

Recent Events

A Journey to Peace, October 19, 2011

Sacred Hearts Retreat Center, Wareham, MA

The topic of this second mini-retreat in the fall series was loss and grief. A few remaining participants sat for a photo shoot after the program ended.



No Song Like Your Own, November 4-6, 2011

La Salette Retreat Center, Attleboro, MA

Ten women-strong from New York, Rhode Island and Massachusetts came together as strangers, but left as friends after a weekend of reflection, sharing and prayer.

My One Wild & Precious Life, November 18-20, 2011

Sacred Hearts Retreat Center, Wareham, MA

A favorite among women, this retreat continues to energize me as well, even in its 8th offering. One woman's description included such adjectives as "wonderful, marvelous, uplifting and beautiful!"



The Gift of Advent, December 1, 2011,
St. Joseph Church, Newport, RI.

Parishioners take a break to share with one another their reflections on "Christmas: An Incredible Love Story," the morning presentation. An evening session "The Power of Kindness" was also presented to this warm and hospitable RI community.

The Power of Kindness, December 14, 2011

Sacred Hearts Retreat Center, Wareham, MA

The fall mini-retreat monthly series concluded with an Advent program attended by 48 women and men. During the closing ritual each participant lit a candle as a commitment to someone in need of his or her kindness.



A Little Soul Food

A Fresh Start

*My eyes
sometimes hurt
from the glare
of the sun.
I still hold my face
to the sky.
My feet
sometimes stop moving,
tired of the bustle.
I still keep walking
to the moon's embrace.
My heart
sometimes aches
when I think
past thoughts.
I still reach out
to others.
A fresh start,
a new day
always dawns for me.
I still keep looking
for the light of life.*



*The only time
you fail
is the last time
you try.*

