

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2018

Coming Up

Spirituality for Everyday Living Open to All

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

January 10: *Follow Your Bliss*
February 14: *Ash Wednesday Retreat*
March 14: *God in Our Story*
April 11: *Bloom Where You Are Planted*
May 9: *Celebrating Women*

Women's Retreat Weekends led by Peggy

The Story of My Life
January 12-14, 2018
Miramar Retreat Center
Duxbury, MA

Lyrics of the Heart (with StoweGood)

April 13-15, 2018
Sacred Hearts Retreat Center
Wareham, MA

A Retreat with a Special Person

May 4-6, 2018
Miramar Retreat Center
Duxbury, MA

Retreat with Edwina Gateley

Call to Personal and Global Transformation

July 20-22, 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: *Between Fear and Hope*

As I write this reflection on New Year's Eve, I must admit I do not feel terribly inspired, but rather unsure of the focus I'd like to take. Should it be making resolutions? Finding peace amidst chaos? Letting go of the past to begin again? All worth pondering, but a quote by singer Brad Paisley, that I just read this morning, keeps enticing me: "Tomorrow is the first blank page of a 365 page book. Write a good one."

His exhortation reminds me of my responsibility to choose how I write my story. Though I cannot control others' decisions, I find peace in knowing that I can choose *my response* to their actions.

The global story and my own certainly intertwine, but no matter what happens to me personally or within the greater community, it is up to me *how* I deal with it. I have sole custody of my attitude and actions. I can rant and rave, accept reality, advocate for change or do nothing.

Terrorism, cyber attacks and the taunting rhetoric between Kim Jong-un and President Trump alone confirm that we live in an unsafe world. The challenges are great. However, we must not forget the goodness and potential of humanity, not to mention, faith in a Higher Power. We are not alone and anything is possible.

Peace making in a broken world may seem impossible, but then I am challenged by concentration camp survivor Victor Frankl who said, "In times of crisis people do one of 3 things: despair, deny or ask critical questions."

It may be easier to give up or pretend because it requires much courage, open-mindedness and imagination to face societal ills. However, if we want to be authors of our future, we must be willing to struggle with the issues, ask the critical questions and do the work with optimism.

There is a wide array of emotion and human drama that we will experience in 2018, yet regardless of what occurs we are not powerless. There is a myriad of choices *between fear and hope*. May we choose wisely and follow Sarah Ban Breathnach's advice: "Take a leap of faith and begin this wondrous new year by believing."



Passing It On

Ash Wednesday Retreat: The Journey Inward

February 14, 9:00 AM to 3:30 PM, Sacred Hearts Retreat Center, Wareham, MA

Pre-registration by February 10 is necessary in order to make lunch plans.

A flyer with more details and registration form is available on my website:

www.timeoutretreats.com.

Fundraiser Concert for Sacred Hearts Retreat Center Led by StoweGood

Sunday afternoon April 15, 2018 at St. Patrick's Church, Wareham, MA

Ticket purchase and exact time TBA. Mark your calendar now!

StoweGood: Stowe Dailey and Karen Taylor-Good are singer-songwriters from Nashville, TN. These amazing women have not only beautiful voices, but also lyrics that have the power to touch one's soul. Ninety people attended their "Spirituality in Song" program at Sacred Hearts in October!

Call to Personal and Global Transformation: A retreat with Edwina Gateley

July 20-22, 2018 at Sacred Hearts Retreat Center, Wareham, MA

More information to come.

When God Winks at You by Squire Rushnell

Subtitled *How God Speaks Directly to You through the Power of Coincidence*, this little book has the power to make a believer out of a skeptic! Filled with true stories of incredible serendipity, it gives the reader the opportunity to examine and grow in faith. I loved *When God Winks* so much that I have given at least six copies as gifts recently!

Recent Events *A sampling of my autumn 2017 programs . . .*



"Spirituality in Song" by StoweGood: October 4, 2017
Sacred Hearts Retreat Center, Wareham, MA

"A Journey to Peace: Moving through Loss and Grief"

October 18, 2017 at LaSalette Retreat Center,
Attleboro, MA



"I Choose" Sophia's Circle Retreat: October 21, 2017
The Cenacle Retreat Center, Chicago, IL

"The Pilgrimage of Life:" November 8, 2017
Sacred Hearts Retreat Center, Wareham, MA



"The Journey to Christmas:" December 2, 2017
St. Oliver Plunkett Parish, Snellville, GA

A Little Soul Food

*What God does
most faithfully
is to trust us
with our moment
in history.*

~ Walter Brueggemann
Scripture scholar

*Worry does not
empty tomorrow
of its sorrow;
it empties today
of its strength.*

~ Corrie ten Boom
Author and activist, Corrie ten Boom
along with her family saved the lives
of approximately 800 Jews
during the Holocaust.



*Looking behind
I am filled with gratitude.
Looking forward
I am filled with vision.
Looking upwards
I am filled with strength.
Looking within
I discover peace.*

~ Maria Yracébûrû, Prayers and
Meditations of the Quero Apache

