

Retreat to Higher Ground

A Tennessee Mountain Experience
with Peggy Patenaude & StoweGood
July 14-16, 2023



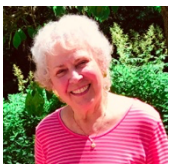
St. Mary's Ayres Center
for Spiritual Development
770 St. Mary's Lane
Sewanee, Tennessee 37375

Join us in the beautiful hills of Tennessee for a retreat that will not only refresh your soul but inspire and empower you along your life's journey. The weekend begins with supper Friday, ends with lunch Sunday, and includes motivational presentations, healing music, prayerful ritual, group sharing and quiet time for reflection and journaling.

Higher Ground offers you the unique opportunity to unplug from the chaos of life to care for and nurture your precious soul. It is the hope of the retreat team that you will return home with warm memories, greater clarity, inner peace, and a joyful heart.

This will be an exciting get-away and could be combined with a vacation to Nashville or Chattanooga – both popular destinations. Sewanee is quite beautiful too. Come a few days early or stay a few after the retreat. Join Stowe & Karen for a guided tour of Nashville on Monday, July 17th! So much to think about! If you have any questions, contact Peggy at (508) 548-9149 or timeoutretreats@comcast.net OR Karen & Stowe at Stowegood@stowegood.com

Retreat Team



Peggy Patenaude has worked for 50+ years in the fields of education, pastoral ministry, and spirituality, including prison work and ministry to women in recovery from prostitution and drugs. With her playful spirit, love of storytelling, gifts of creativity and faith, she continues to motivate and guide others in their life journeys. Founder of *Taking Time Out* in 2002, Peggy brings a great deal of insight and depth to her retreat work. After a long recovery from a Stem Cell Transplant, she is grateful to return to doing what she loves. www.timeoutretreats.com



StoweGood—an internationally acclaimed touring duo out of Nashville, TN—features Grammy-nominated **Karen Taylor Good** and hit songwriter **Stowe Dailey**. Creating personal transformation through music, these best-selling authors and speakers energize their audiences with powerful keynotes, concerts and workshops. **Stowe Dailey & Karen Taylor Good** – together, they are **StoweGood!** If you have never met them, you are in for a delightful surprise! www.stowegood.com

Overnight accommodations will be in two buildings.

Anna House has 20 bedrooms each with 2 beds, private bathroom and AC.

St. Mary's Hall Dorm has 5 bedrooms, each with two beds, a large fan and 2 communal bathrooms. Each of the following four packages include Friday and Saturday night accommodations, six meals, retreat, and all other retreat related expenses. **Prices are per person. COMMUTER COST: \$300 includes 6 meals and retreat.**

#1. Anna House SINGLE - \$498
#2. Anna House DOUBLE - \$440

#3. St. Mary's Dorm SINGLE - \$415
#4. St. Mary's Dorm DOUBLE - \$370

Sewanee is a lovely area in the mountains, approximately 1½ hour drive from Nashville. St Mary's Center is located on a bluff overlooking a valley. Even in the summer there is a breeze. The setting is expansive, beautiful, and serene. There is a labyrinth, walking paths, and benches scattered on the property. **Conference rooms, lobby and dining room have AC.** The village with restaurants and shops is 5 minutes from St. Mary's. The University of the South is also located in Sewanee. To learn more about St. Mary's visit: stmaryssewanee.org. To learn more about Sewanee visit: www.tnvacation.com.

REGISTRATION DEADLINE: April 29, 2023

Higher Ground
A Tennessee Mountain Experience
A PEGGY PATENAUDE/STOWEGOOD RETREAT
July 14-16, 2023



REGISTRATION FORM
DEADLINE: April 29, 2023

Name _____

E-mail Address _____

Postal Address _____

Street Town/City State Zip

Telephone (home) _____

Cell Phone _____

Do you have any dietary or other special needs?

Do you wish to share a room? If so, with anyone in particular? _____

See below for double rooms.

Please check which accommodations you want: Each of the following four packages include Friday and Saturday night accommodations, six meals, retreat, and all other retreat related expenses. *Prices are per person.*

- #1. Anna House SINGLE - \$498 _____
- #2. Anna House DOUBLE - \$440 _____
- #3. St. Mary's Dorm SINGLE - \$415 _____
- #4. St. Mary's Dorm DOUBLE - \$370 _____

For info on extra overnight stay on Sunday, contact Mary Beth Best at 931-598-5342 or reservations@stmaryssewanee.org

Commuter fee: \$300 includes 6 meals and retreat. _____

Please check if you won't be an overnight guest.



Closer to the retreat, a letter of confirmation with final details will be sent by email.

Extra, Extra!

Join Karen and Stowe for a Guided Tour of Nashville on Monday, July 17, 2023.

More details to come . . .

To get an idea of how many would like to join Karen & Stowe for the tour, please check one:

😊 Count me in! _____ 🤔 Maybe I will _____ 😊 No, but thanks _____

Please complete this form & send \$100 non-refundable deposit made payable to Peggy Patenaude
TO: Peggy Patenaude 47 Overlook Circle East Falmouth, MA 02536