

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Autumn 2008

Coming Up

My One Wild and Precious Life: A Women's Retreat

Friday, October 3, 7:30 PM to
Sunday, October 5, 1:00 PM
Genesis Spiritual Life Center,
Westfield, MA

Friday, November 7, 7:00 PM to
Sunday, November 9, 1:00 PM
Sacred Hearts Retreat Center,
Wareham, MA

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### **One Light Service**

On September 28, October 26,  
November 23 & December 14  
Peggy will be the guest speaker  
for the 10AM Service at  
One Light: A Center for Spiritual  
Transformation, W. Yarmouth.

[www.peaceoncapecod.org](http://www.peaceoncapecod.org)

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Keeping Your Love Alive: A Couples Retreat

Saturday, February 28, 2009
9:00 AM to 4:30 PM
Genesis Spiritual Life Center,
Westfield, MA

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### **Communication Magic & Miracles**

Sunday, March 1, 2009  
9:30 AM to 3:00PM

Genesis Spiritual Life Center,  
Westfield, MA

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For information & registration:

Contact Peggy at (508) 548-9149
or timeoutretreats@comcast.net

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For Peggy's complete calendar  
visit [www.timeoutretreats.com](http://www.timeoutretreats.com)

## **Peg's Ponderings: New Beginnings**

Recently we celebrated Labor Day, the unofficial end of summer and the symbolic beginning of fall. September marks a new year for many – especially educators, parents and children. Even new shows make their debut on TV in September. ABC's evening news anchor, Charlie Gibson claims there are actually three New Year's: January 1<sup>st</sup>, Labor Day, and the beginning of baseball season!

New beginnings invite us to create a vision for our future, set goals and make resolutions. September seems like a natural time to do so. Hopefully, we are riding on the renewed energy and rejuvenation provided by summer, unlike the fatigue and mid-winter blues characteristic of the post-Christmas season come January 1<sup>st</sup>.

Six years ago in September, I made a new beginning with the launching of *Taking Time Out*, my own retreat and workshop business. Recognizing my own need over the years to slow down and take time out to regain focus and balance, I wanted to assist others in their personal journey to wholeness. My mission statement reads: "The goal of this ministry is to help individuals find deeper peace, happiness and well-being within themselves and in their relationships with others and with God."

Perhaps this is the year you might like to participate in a *Taking Time Out* program? For women, *My One Wild and Precious Life* retreat is a wonderful opportunity to explore and embrace life in the company of other women seekers. There are two weekends scheduled this fall.

Couples are invited to renew and strengthen their relationships through *Keeping Your Love Alive* next February – an excellent Valentine gift to one another. As one former participant said, "The retreat helped me to see with the eyes of my spouse."

Would you like to sharpen your communication skills? Do you have a difficult time listening or clearly expressing yourself? Do the same conflicts keep repeating themselves in your life? Why not sign up for *Communication Magic and Miracles* next March?

For those who'd like to get away for a day, a night or a weekend, I offer retreats at *Landfall*, a private home in Falmouth Center on Cape Cod. You organize the group; I provide a tailor-made retreat experience! I also am available to facilitate programs in other locations and venues.

Making the choice to take time out to be renewed and to grow is a gift we can give ourselves. Whether you participate in one of my programs or in one of the many others offered, I hope you consider giving yourself this gift in the coming months. *Happy New Year!*



## Passing It On

### *Genesis Spiritual Life and Conference Center, Westfield, MA*

The title on the Fall-Winter catalog of this amazing retreat center reads *Genesis...A Place for New Beginnings*. Set on over 19 wooded acres in Western Massachusetts, the Center offers a wide variety of programs for people of all lifestyles and spiritualities. Genesis is committed to the holistic integration of body, mind and spirit. The accommodations are lovely; the meeting space is comfortable; the food is healthy and tasty; and the spirit is one of warm hospitality. I highly recommend getting on their mailing list and taking advantage of their wonderful and diverse programs. Visit the Genesis website [www.genesiscenter.us](http://www.genesiscenter.us).

### *A Mystical Heart* by Edwina Gateley

Subtitled *52 Weeks in the Presence of God*, this little text of poetry and meditation offers the reader food for reflection and action for each week of the year. As one of my favorite books by this internationally known author, speaker and activist, I have used it many times in my own presentations. Gateley's poetry makes you smile and makes you think; it is both challenging and comforting. Her obviously intimate relationship with God gives credence to the fact that she is often described as a mystic herself. For more information on Edwina Gateley and her other books visit [www.edwinagateley.com](http://www.edwinagateley.com).

### *May I Have This Dance?* by Joyce Rupp (Newly Revised)

The author of several books on spirituality, Rupp has an uncanny gift of making spirituality real and connecting it to everyday life experiences. In *May I Have This Dance?* she correlates twelve major themes to the months and seasons of the year. Each chapter opens with a poem and essay on the month's theme and is followed by suggestions for reflection, journaling and prayer. It makes a perfect resource for sharing in a group. To learn more about this talented author and her other works visit [www.joycerupp.com](http://www.joycerupp.com).

## Recent Events

### **Breaking All Our Teacup Talk of God: A Retreat with Edwina Gateley West Yarmouth, MA, June 7, 2008**



Edwina Gateley (center) held an audience of 140 people spellbound at One Light: A Center for Spiritual Transformation last June. Her unique story of faith and her unwavering service to the marginalized challenged us all to stretch our boundaries and allow the Divine to break through. Her art of storytelling, humor, passion and commitment will not be soon forgotten. Edwina is one of a kind!

Five delightful couples, ranging from 3 years to 38 years married, took time out to focus on their relationships at *The Couples Refresher*, a follow-up retreat to *Keeping Your Love Alive*. *The Couples Refresher* provides the tools, time and atmosphere for deeper communication with your partner, as well as the opportunity to learn from other couples. One participant summed up the weekend beautifully: *It is a refreshing way to remember why you fell in love with each other to begin with.*

### **The Couples Refresher, Falmouth, MA September 20-21, 2008**



## A Little Soul Food

### A Modern Day Parable

A woodcutter, exhausted by his work, keeps on chopping furiously, afraid to stop for a single minute. There are quotas to be met, and a family to be fed with the fruits of his labor. One day a stranger stops and observes the frantic man cutting wood. After a few minutes, he asks if he can inspect the ax. The stranger runs his finger along the dull blade and smiles gently. "If you take a few minutes to sharpen your ax," he tells the frenzied laborer, "the work will go much more quickly and easily, my friend." "I can't," replies the agitated woodcutter. "I just don't have the time."

From *Inner Peace for Busy Women* by Joan Z. Borysenko.



*"The main thing  
is to keep  
the main thing  
the main thing."*

~ Kelly Ann Rothaus