

# Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude  
Autumn 2012

## Coming Up

### FALL MINI-RETREAT SERIES Spirituality for Everyday Living

#### On Wednesdays

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

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](mailto:timeoutretreats@comcast.net).

For Peggy's complete calendar  
and program descriptions visit

[www.timeoutretreats.com](http://www.timeoutretreats.com).

## Peg's Ponderings: Got News?

Have you ever heard of a public transit bus driver stopping his bus to give his shoes to a man he sees walking barefoot in 40-degree temperature? Amazing, isn't it? This really did happen in downtown Winnipeg, Canada recently.

Do you know of 13 year old Chris "Kesz" Valdez who received a \$130,000 award for his work with abused and abandoned children who live on the streets and landfills of the Philippines? Archbishop Desmond Tutu presented the 2012 International Children's Peace Prize to Kesz at a ceremony in Hague in September. A severely abused child himself, Kesz ran away from home at 4 years old and lived homeless until a Christian group rescued him. Now, this young boy's mission is to reach out to other street kids and he has already helped more than 10,000 Filipino children.

Good news abounds, but often we are unaware of it. Unfortunately, the media bombards us with stories of tragedy, crime, war and injustice. Then to add insult to injury, the political machine peppers us with untruths, half-truths, sarcasm and ridicule as they attempt to convince us of a candidate's incompetence. Charity and love do not prevail in most political ads and the negativity can be disheartening and annoying, to say the least.

Yet, we are not powerless. Particularly in these pre-election days, if you are tired of bad news and negativity you might want to check out the Good News Network at [gnn@goodnewsnetwork.org](mailto:gnn@goodnewsnetwork.org). Every week GNN publishes 10 true good-news stories; the two above were included in the September 24 edition. It's a free subscription too – that alone is good news!

Parenthetically, the word "gospel" means "good news." Christians typically think of the four Gospels existing only in the Bible. However, I once heard a Boston College professor say, "God didn't publish just once." The Gospel or "Good News" continues to be written in the lives of the bus driver, the Filipino boy, and so many more. Wouldn't it be great if their stories were proclaimed from pulpits! I can only imagine Jesus' pride in sharing the spotlight.

When we hear good news, our spirits are lifted and we are often inspired to *be* "good news" for someone else. Perhaps if all of us make the effort to at least balance our storytelling and story-listening with anecdotes that speak of one's character and greatness, we will not only be happier ourselves, but also create a better world.

Good news does truly abound. It's up to each of us to find it and then spread it. *Got news?*



## Passing It On

***Mothers, Sisters, Daughters: Standing on Their Shoulders*** by Edwina Gateley

Edwina Gateley's latest publication highlights the lives of 22 special women from around the world – some still living, some deceased, some well-known, others unheard of, but each with the power to inspire us. What these “good news” stories have in common is that each woman has made a significant contribution to our world. These shining lights include a biologist, environmentalist, social activist, Nobel Peace Prize winner, poet, mystics, former prostitute and more. I found the author's poetic response to each woman's story not only poignant and moving, but also relevant and timely.

***Fragments of Your Ancient Name*** by Joyce Rupp

Joyce Rupp has outdone herself with this compilation of 365 different names for God. Drawing from many religious traditions and cultures, ancient and contemporary writers, she enables the reader to glimpse into the wellspring of the Divine. Composed as a daily devotional, *Fragments* can expand our understanding of God and help us relate to this Higher Power in new and meaningful ways.

***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**

For retreat information, contact Peggy at 508-548-9149 or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net).

To register, contact La Salette at 508-222-8530 or [office@lasaletteretreatcenter.com](mailto:office@lasaletteretreatcenter.com).

Few spaces left.

## Recent Events

### **Sophia's Circle Retreat**

August 30-September 2, 2012

Siena Center, Racine, WI



*Edwina Gateley and I posing for one final shot as we said goodbye to the women.*



### **Claim Your Power**

Mini-Retreat, September 12, 2012

Sacred Hearts Retreat Center, Wareham, MA



*Two participants choosing their cards to offer encouragement to someone on this National Day of Encouragement.*

### **Sing Your Own Song**

Mini-Retreat, September 25, 2012

La Salette Retreat Center, Attleboro, MA

*Off to a good start with 18 attending this first mini-retreat held at La Salette.*



## A Little Soul Food

Once when Gandhi stepped on board a train, one of his shoes slipped off and landed on the tracks. Unable to retrieve it, he quickly took off the other and threw it as close as he could to the first shoe. His companions asked why. Gandhi responded, “The poor man who finds the shoe lying on the track will now have a pair he can use.”



*“Preach the Gospel using words if necessary.”*

~ St. Francis

### **A Message to Politicians:**

*In all tests of character, when two viewpoints are pitted against one another, in the final analysis the thing that will strike you the most, is not who was right or wrong, strong or weak, wise or foolish.... but who would go to the greatest lengths in considering the other's perspective.*

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*Now if that happens that would be GREAT news!*

