

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Autumn 2013

Coming Up

FALL MINI-RETREAT SERIES Spirituality for Everyday Living

On Wednesdays

10:00AM - 12:30PM

September 11: *Peacemaking in a Troubled World*

October 9: *Nestle, Don't Wrestle*

November 13: *Ordinary Miracles, Sacred Moments*

December 11: *Longing for God*
Sacred Hearts Retreat Center
Wareham, MA

On Tuesdays

10:00AM - 12:30PM

September 17: *Claim Your Power*

October 15: *Cling to Nothing*

November 19: *Blessings in Abundance*

December 17: *In God's Heart*
La Salette Retreat Center,
Attleboro, MA

Gather Us In Women's Conference

November 2, 2013

DCU Center, Worcester, MA
Peggy's Workshop: *All Is Well*

New Beginnings:

A Women's Retreat

January 24-26, 2014

Miramar Retreat Center
Duxbury, 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: Ask for What You Need

Recently, while at a home-reception after the funeral of a longtime friend, the deceased's 6-year-old grandson sat down next to my husband on the couch, looked up at him and asked, "Would you like to hang out with me?" Perhaps the little boy thought Dan would be a good fill-in for his Grandpa.

Children ask for what they need. Generally, the young do not beat around the bush or act embarrassed to seek out what will make them happy. They make their needs known simply and directly.

Pets are similar to children in this regard. If you are an owner of a cat or dog you probably know what I'm talking about. Both of our felines, Sunny and Angel, do not hesitate to let us know when they need to be held or stroked. They follow us around until we stop and sit down, then one will cuddle on our lap or the other will roll over to be patted or brushed. Without hesitation, they "ask" for what they need.

As adults, we sometimes are reluctant to make our needs known. We might think we should be able to do everything for ourselves. Maybe we worry about how we will be perceived. Perhaps we do not want to burden someone else with our problems. Maybe we feel undeserving. What a pity we cannot confidently and without apology request what we would like someone to do for us.

Some adults are the exception, however. A friend called me while I was writing this reflection and told me she had gotten a dog. As a mom of two teenage boys, in jest (and truth!) she quipped, "When I walk through the door, I want someone to be happy to see me!" My friend claimed her need and now has a tail-wagging little Shih Tzu welcoming her home each day! *Seek and you shall find . . .*

Jesus said, "Become like little children for of such is the Kingdom of God." (Mt. 18) A child trusts the love and goodness of an adult and without shame asks for what is needed. Can we trust our good and gracious God with our needs? Do we freely approach God like a child expecting to be held in the arms of unconditional love? We do not have to rationalize or qualify our petitions. We can simply lay them before Love Itself and know it is okay to ask for what we need.



Passing It On

A Morning of Reflection with Sarah Doherty: "The Power of Prayer in Healing" September 25, 2013, Sacred Hearts Retreat Center, Wareham, MA

Sarah has a unique and powerful personal story. Having lost a leg in a car-bike collision in 1973 at age 13, Sarah has experienced first-hand the power of prayer. She is a role model for anyone going through tough times because she inspires her audience with her inner strength, wisdom and authenticity. Listening to Sarah Doherty speak is a gift you give yourself! Retreat information and registration: Contact Peggy at 508-548-9149 or timeoutretreats@comcast.net.

A Retreat with Paula D'Arcy: "Having the Experience, But Missing the Meaning" October 22-24, 2013, La Salette Retreat Center, Attleboro, MA

Paula is an internationally known retreat leader, conference speaker and author. She is an excellent presenter and storyteller who has an extraordinary gift of discovering treasures in the ordinary experiences of life. A former psychotherapist, Paula survived the loss of her husband and young daughter in an accident in 1975. She was three months pregnant at the time. Among her best-selling books are *Gift of the Red Bird*, *Waking Up to This Day* and *When People Grieve*. Retreat information and registration: Contact Charlotte at 508-222-8530 or office@lasaletteretreatcenter.com.

"Gather Us In" 2013 Women's Conference: November 2, 2013 DCU Center, Worcester, MA

"Gather Us In," a bi-annual event sponsored by the Commission for Women of the Diocese of Worcester draws several hundred women. This year's keynote speakers include singer, recording artist ValLimar Jansen and author, Catholic talk show host Teresa Tomeo. Peggy Patenaude joins other women as a presenter of workshops. For complete information and registration, contact Susan Bailey at 508-839-3055 or visit Commission for Women of the Diocese of Worcester to download the brochure and registration slip.

Recent Events *Short on pictures . . . Peggy took June, July & August off!*

Sophia's Circle Retreat

May 9-12, 2013

Siena Retreat Center, Racine, WI



Honoring Our Mothers, Loving Ourselves Mini-Retreat

May 15, 2013

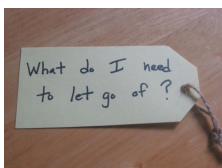
Sacred Hearts Retreat Center, Wareham, MA



Lighten Up: A Yard Sale for the Soul

May 21, 2013

La Salette Retreat Center, Attleboro, MA



A Little Soul Food

*I
can do
all things
in Him
who strengthens
me.*

~ Philippians 4:13



*God hugs you.
You are encircled
by the arms
of the mystery of God.*

~ Hildegard of Bingen

An Innocent Request

A naval officer stationed in the South Pacific for 16 months got the following report from his wife about the petition their 4 year old had just added to her night prayers: "Dear God, please send me a baby brother so we'll have something to surprise Daddy with when he gets home."

