

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Autumn 2014

Coming Up

Spirituality for Everyday Living

Fall Mini-Retreat Series

10:00 AM - 12:30 PM

Sacred Hearts Retreat Center
Wareham, MA

October 8: On Courage

November 12: Look at the View

December 10: In Search of More

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### Women's Retreats

#### No Song Like Your Own

October 21-23, 2014

La Salette Retreat Center  
Attleboro, MA

#### On the Way

January 16-18, 2015

Miramar Retreat Center  
Duxbury, MA

#### My One Wild & Precious Life

March 20-22, 2015

Immaculate Conception  
Putnam, CT

#### 7th Annual Women's Retreat

April 10-12, 2015

Sacred Hearts Retreat Center  
Wareham, MA

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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: *The Monster Within*

Can you imagine life without fear?

Fear confines, destroys, excludes and controls. Though a natural and sometimes healthy response to life's challenges, it more often than not, creates a monster in our minds that can overwhelm and send us fleeing for imaginative and unattainable safe havens.

What if we faced fear squarely in the eye? What if we actually befriended our fears? Might we not take the punch out of them? Might we not discover the hidden gifts in these terrors?

We will never be totally free from fear but we can *choose* how to deal with what frightens us. Whether we face illness, loss, terrorism, unsealed borders or Ebola, we can *choose* to look at life with a different perspective. We can see immigrant children through the lens of a parent's love sending her offspring to a "safer side" for refuge from poverty and violence. We can view the Ebola patient with deep compassion, as he lies in isolation in his darkest hour, regardless of the proximity of the hospital to our homes. We can choose to accept our own limitations and loss and find a new way to cherish and even enjoy life. We should never underestimate our *ability to choose*. Never.

One option we have in the face of crisis is to surrender - and "surrender" does not have to conjure up white flags and "I give up." Surrender, a mark of true spiritual depth, can simply mean a choice to accept reality, no matter how harsh or scary it might be. The act of surrender can put fear in its place. As Benedictine Joan Chittister says, "Surrender is what cleans off the barnacles that have been clinging to the soul."

Surrender is a step into freedom. It is an act of trust. It is the hope-filled belief that no matter what happens to us, we will be okay. Surrender is choosing a new way of living that opens us up to life's yet unseen possibilities. It is even a choice to love the monster within and to know the sweet taste of freedom from fear.



Passing It On

Daily Word: A Unity Publication

I have come to love and look forward to the daily reflection from *Daily Word*. Each page has a brief, but relevant message that is spiritually grounded, as well as comforting, inspiring, challenging or uplifting. This little 4" x 5" pamphlet comes in six bi-monthly issues, handy for traveling, and speaks to people of all faiths. An online subscription is also available. For more information visit www.dailyword.com.

Financial Assistance Fund

In December of 2012 a generous retreatant made a donation to *Taking Time Out* in order to establish a fund to help those who find the cost of a retreat beyond their financial means. Since the inception of the *Financial Assistance Fund*, \$585 has been used to supplement retreat costs for six women. I am very grateful to each donor who has given the gift of a retreat to someone else and I am also happy to continue this service as long as possible. If you would like to contribute to the fund, please know your kindness would be greatly appreciated.

In God's Womb: A Retreat with Edwina Gateley

November 14-16, 2014 Sacred Hearts Retreat Center, Wareham, MA

This retreat is already full, but there is a short waiting list if you'd like to add your name. Contact Peggy at 508-548-9149 or timeoutretreats@comcast.net.

Recent Events

A sampling of 2014 spring programs . . .



St. Vincent de Paul Retreat

May 17, St. Anthony Church, E. Falmouth, MA

What to Do in the Darkness Mini-Retreat

May 14, Sacred Hearts Retreat Center, Wareham, MA



Cape Cod Parish Nurses Retreat

June 4, St. Peter Church, Harwich, Ma



Sophia's Circle Retreat

May 22-25, Siena Retreat Center, Racine, WI



The Gift of Play Mini Retreat

June 17, La Salette Retreat Center, Attleboro, MA

A Little Soul Food

The following was quoted in my spring-summer newsletter, but it seems even more appropriate for this edition. I read, reflect and pray on this passage very often. I hope it's helpful to you also.

It's the end of this world
and the beginning
of the next
The moment you realize ~
In the marrow of your soul ~
That no matter
what happens,
You will be taken care of.

It won't matter then
If you live in splendor
or in poverty
If you live in the mansion
on the hill
or under the overpass
You will be
taken care of,
no matter what.

The day you
truly feel that~
In each and every cell~
Is the first day
Of the great freedom.

From *Green Bamboo*
by Joseph Zarantonello



*I was born
When all
I once feared
I could love.*

Rabia