

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Autumn 2016

Coming Up

Spirituality for Everyday Living

2016 Fall Mini-Retreat Series
10:00 AM - 12:30 PM
Sacred Hearts Retreat Center
Wareham, MA

September 14: Relentless Teacher
October 5: Born Free
November 9: A Journey to Peace
December 14: Love Is the Answer

Women's Overnight Retreats

My One Wild & Precious Life

A Mid-Week Retreat
October 18-20, 2016
La Salette Retreat Center,
Attleboro, MA

Growing into Wholeness

January 13-15, 2017
Miramar Retreat Center,
Duxbury, MA

New Beginnings

March 3-5, 2017
Bon Secours Retreat Center
Marriottsville, MD

9th Annual Women's Weekend

April 7-9, 2017
Sacred Hearts Retreat Center
Wareham, 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: *Yes, I Can!*

Last night I watched the closing ceremony of the 2016 Rio Olympics. Though not an athlete of *any* kind, nor a great fan of sports in general, I very much admire the dedication and hard work Olympians put into fulfilling their dreams. Their self-discipline and ability to focus is extraordinary. How do they do it?

Perhaps my own experience of launching *Taking Time Out*, my retreat ministry, in 2002 can offer a clue. I was both nervous and fearful. Would anyone come to my retreats? Would *Taking Time Out* be successful? Then I received a card in the mail from my sister Mary. It said, "Half of doing is believing you can." And she was right. Achieving success demands self-confidence. It requires a *can do it* attitude, a *where there's a will there's a way* mentality ~ both of which fortunately have been common threads and driving forces in my life. Fear is natural when taking a risk, but when others have confidence in us, it can help us to believe in *ourselves*.

It is also helpful to be inspired by others. Who inspires you? Whose life motivates you to go the distance? It actually was on July 22nd that I decided to write about self-confidence after I received an inspiring and powerful video from SideStix Ventures Inc., a social media extension of www.SideStix.com. I can't describe how much this video, *We're The Superhumans*, a trailer for the Rio Paralympics 2016, moved me. Please, treat yourself to this delightful confidence booster! Just go online to find *Yes, I Can, We're the Superhumans* You Tube. You will not be disappointed.

Like other paralympians, John Foppe goes through life with a handicap or "condition" as he calls it. Born without arms, Foppe has overcome many obstacles because of his *attitude*. As he said, "It's never about the condition itself. It's always about our response to it. There was a time in my life when the condition had me, but no longer. I have a condition. What's yours?"

What's my condition? is a fitting question to close this reflection. We all have things that keep us from living up to our full potential. Fear, hurt, guilt, doubt, passivity, others' perceptions are just some of the many handicaps that can cripple us emotionally. Let's not succumb to anything that prevents us from wholeness. Though we all have "conditions," we don't have to be controlled by them. We need reminders that we can do far more than we think we can. That's why I frequently use the mantra, "I can do it." That's why my sister's card has been hanging framed over my desk for 14 years.



Passing It On

John Foppe: www.johnfoppe.com

Foppe's biography reads: "Born without arms, John Foppe understands firsthand the difficult gaps between envisioning an outcome and achieving it. He once led a miserable, dependent, and limited existence. At ten-years-old, for example, he couldn't put his own pants on. Today, he operates his own company, travels the world, runs a large non-profit agency, and he is a husband and father." I have known of Foppe since he was in high school and I continue to be inspired by his development as a man. Visit his website to learn more about him. Also, check out his You Tube, *The World at My Feet – John Foppe*.

StoweGood on Cape Cod for Two Special Events

StoweGood is coming to Hyannis on Cape Cod, MA over Labor Day weekend! They will perform in concert on Saturday, September 3 at 7:00 pm and lead a Unity Service with music and message on Sunday, September 4 at 10:00 am. Both events will take place at Unity on Cape Cod, 147 Walton Ave., Hyannis, MA. All are welcome to both events.

StoweGood is an international touring duo based in Nashville TN and comprised of Grammy-nominated songwriter Karen Taylor Good and award-winning author Stowe Dailey. These two author/songwriters enhance their keynote presentations, concerts, and workshops with a unique speaking style and powerful songs, which never fail to inspire, motivate and uplift their audiences. I have used "How Adored You Are," "Peace Is All I Know" and "Beautiful Brokenness" on my retreats and women loved the music.

Information: Call 508-775-8400. Suggested offering for Saturday concert: \$20
Tickets are available at the door.

Recent Events

I'm short on pictures as I forgot to take some of the May and June mini-retreats at Sacred Hearts Retreat Center in Wareham, MA. Then I took most of July and August off! Here are a few from two May events.



"Making a Difference as Gospel Women"
Diocesan Catholic Council of Women Conference
May 7, 2016
Coyle-Cassidy High School, Taunton, MA

"Women Rising Up"
Sophia's Circle Retreat
May 26-29, 2016
St. Benedict Abbey, Benet Lake, WI



A Little Soul Food

*You must
do the thing
which you think
you cannot do.*

~ Eleanor Roosevelt
Politician, activist, US First Lady
(1884-1962)



*A ship is safe
in harbor,
but that's not
what ships are for.*

~ William Shedd
Presbyterian theologian (1820 -1894)

*I've been
absolutely terrified
every moment
of my life –
and I've never
let it keep me
from doing
a single thing
I wanted to do.*

~ Georgia O'Keeffe
American artist (1887-1986)

