

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Autumn 2019

Coming Up

Due to the closing of Sacred Hearts Retreat Center in Wareham, MA I will not be offering a monthly mini-retreat series anymore. However, whenever I am scheduled to lead a program that is open to non-parishioners/general public, I will make it known. See the two below:

St. Mary of the Bay Warren, RI

Saturday, December 7, 2019

Advent Mini-Retreat

9:30 AM - 12:30 PM

Contact: Jeanne Leffers

508-269-9077

jleffers@comcast.net

Our Lady of the Cape Brewster, MA

Wednesday, February 26

Ash Wednesday Retreat

Time: TBA

Contact: Kathy Russo

508-385-3252 Ext 14

adultfaithformation2@gmail.com

Peggy's Women's Retreats Miramar Retreat Center Duxbury, MA

"Bless It All"

With StoweGood

January 17-19, 2020

"My One Wild & Precious Life"

April 17-19, 2020

For information & registration:
Contact Peggy at (508) 548-9149 or
timeoutretreats@comcast.net
or visit her website
www.timeoutretreats.com

Peg's Ponderings: *Change Is Not the Enemy*

Everything changes. Nothing stays the same - including our bodies, our bank accounts, our beliefs. A lesson that life persistently is teaching me is to *cling to nothing*. All is temporary. This is not morbid or negative thinking; it is simply realistic.

Each of us experiences a myriad of changes over a lifetime. Someone we admired tremendously has disappointed us. Things we were once unafraid and able to do are now physical or emotional challenges. What we once believed strongly is now immersed in doubt and uncertainty. Everything changes.

But change is not the enemy. Change invites a deepening within our souls. Change can increase our capacity for compassion. Change can spark a whole new perspective. For example, as I grow older I find myself living each day more gratefully and more aware of the gifts it holds. When I lose someone I love, I am reminded to cherish the times I had with this person, as well as to cherish the special persons I still have. Acceptance of the temporariness of everything heightens my appreciation. Knowing all things and all people pass, helps me to pay attention and to not take them for granted.

Change is not the enemy; the enemy is resistance. It can be tempting to hold on tenaciously even when what we cling to is impermanent and possibly harmful. Letting go might be scary, but ultimately holds the potential for great freedom.

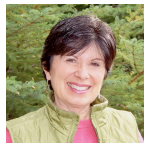
Accepting life on life's terms can prompt us to not postpone expressions of love, gratitude, and kindness. When we realize time is limited we might tell someone what he or she means to us. We seize the opportunity to reveal the impact they have had on our lives. Perhaps we stop delaying joy and take the trip we always dreamed of.

No, change is not the enemy. Change is the way of life and when we embrace change it opens doors to a more peaceful way of living. We go with the flow, rather than fight the currents. We accept that all things are temporary and ride the waves of change gracefully, believing that all is gift. We take seriously Paula D'Arcy's advice, "*Everything we touch and see is on loan. Hold things wisely.*"



Passing It On:

Paula D'Arcy: "Being Here" Saturday, November 2, 2019
Sisters of St. Joseph Chapel
631 Cambridge St. in Brighton, MA



Being here is an unimaginable gift. We need to be continuously reminded, as Andrew Harvey writes, that 'our shared planetary future depends on our taking – alone and together and soon – the journey into love.

Time: 9:00 AM coffee and . . . **Presentation:** 9:30-11:30 AM **Cost:** \$25
Contact: Amy O'Toole, Sacred Threads Center, info@sacredthreadscenter.org
Registration: <https://sacredthreadscenter.org/events/>

Paula D'Arcy is an internationally known author, retreat leader, speaker, playwright, and former psychotherapist. Her newest book, *Winter of the Heart*, explores the mystery of grief and provides accompaniment through life's biggest challenges.

Recent Events *After taking a long summer break, I have led only one retreat thus far this fall. I will begin with photos from "A Guest House for the Soul" held at Marie Joseph Spiritual Center in Biddeford, Maine September 13-15, 2019. Once again, StoweGood teamed up with me and provided amazing music. The remaining photos are from other events this past year.*



Marie Joseph Spiritual Center, Biddeford, Maine



Mass of Farewell and Gratitude for the 76 years of service of Sacred Hearts Retreat Center, Wareham, MA June 28, 2019
Sr. Claire Bouchard and Fr. David Reid

Various Mini-Retreats at Sacred Hearts Retreat Center Wareham, MA



A Little Soul Food

"Four Words"



*A king called all of his wise men
and counselors together
for a meeting.
He said to them,*

*"I want you to go and think, read,
and research.*

*Consult the wisest and most
learned men in the land.
Spare no expense.*

*"I want you to find the ONE
statement that will get me through
all situations in life.*

*"Whether I am on top
of the world or in the pits,
find that statement.*

*"I don't want to learn long and
complicated philosophies.
I want one simple statement.
Find it or write it; I don't care,
just bring me the statement."*

*The men left and consulted for
months. They finally returned and
handed the King a scroll.
The King unrolled the scroll.*

*On it was written four words.
"THIS TOO SHALL PASS"*

*That was it. So when you are
on top of the world,
that is but a fleeting moment,
things change, always remember,
this too shall pass.*

*When you are in the pits,
all nights are followed by day,
at your lowest moments
remember also,
this too shall pass.*

*No matter what your
circumstances,
THIS TOO SHALL PASS!*

