

# Retreat to Higher Ground

A Tennessee Mountain Experience  
with Peggy Patenaude & StoweGood  
July 14-16, 2023



St. Mary's Ayres Center  
for Spiritual Development  
770 St. Mary's Lane  
Sewanee, Tennessee 37375

Join us in the beautiful hills of Tennessee for a retreat that will not only refresh your soul but inspire and empower you along your life's journey. The weekend begins with supper Friday, ends with lunch Sunday, and includes motivational presentations, healing music, prayerful ritual, group sharing and quiet time for reflection and journaling.

**Higher Ground** offers you the unique opportunity to unplug from the chaos of life to care for and nurture your precious soul. It is the hope of the retreat team that you will return home with warm memories, greater clarity, inner peace, and a joyful heart.

This will be an exciting get-away and could be combined with a vacation to Nashville or Chattanooga – both popular destinations. Sewanee is quite beautiful too. Come a few days early or stay a few after the retreat. Join Stowe & Karen for a guided tour of Nashville on Monday, July 17<sup>th</sup>! So much to think about! If you have any questions, contact Peggy at (508) 548-9149 or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net) OR Karen & Stowe at [Stowegood@stowegood.com](mailto:Stowegood@stowegood.com)

## Retreat Team



**Peggy Patenaude** has worked for 50+ years in the fields of education, pastoral ministry, and spirituality, including prison work and ministry to women in recovery from prostitution and drugs. With her playful spirit, love of storytelling, gifts of creativity and faith, she continues to motivate and guide others in their life journeys. Founder of *Taking Time Out* in 2002, Peggy brings a great deal of insight and depth to her retreat work. After a long recovery from a Stem Cell Transplant, she is grateful to return to doing what she loves. [www.timeoutretreats.com](http://www.timeoutretreats.com)



**StoweGood**—an internationally acclaimed touring duo out of Nashville, TN—features Grammy-nominated **Karen Taylor Good** and hit songwriter **Stowe Dailey**. Creating personal transformation through music, these best-selling authors and speakers energize their audiences with powerful keynotes, concerts and workshops. **Stowe Dailey & Karen Taylor Good** – together, they are **StoweGood!** If you have never met them, you are in for a delightful surprise! [www.stowegood.com](http://www.stowegood.com)

**Overnight accommodations will be in two buildings.**

**Anna House** has 20 bedrooms each with 2 beds, private bathroom and AC.

**St. Mary's Hall Dorm** has 5 bedrooms, each with two beds, a large fan and 2 communal bathrooms. Each of the following four packages include Friday and Saturday night accommodations, six meals, retreat, and all other retreat related expenses. **Prices are per person.**

#1. Anna House SINGLE - \$498  
#2. Anna House DOUBLE - \$440

#3. St. Mary's Dorm SINGLE - \$415  
#4. St. Mary's Dorm DOUBLE - \$370

**Sewanee** is a lovely area in the mountains, approximately 1½ hour drive from Nashville. St Mary's Center is located on a bluff overlooking a valley. Even in the summer there is a breeze. The setting is expansive, beautiful, and serene. There is a labyrinth, walking paths, and benches scattered on the property. **Conference rooms, lobby and dining room have AC.** The village with restaurants and shops is 5 minutes from St. Mary's. The University of the South is also located in Sewanee. To learn more about St. Mary's visit: [stmaryssewanee.org](http://stmaryssewanee.org). To learn more about Sewanee visit: [www.tnvacation.com](http://www.tnvacation.com).

**TO REGISTER: Click the separate link for Higher Ground Registration Form.**

