

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Spring 2008

Coming Up in 2008

My One Wild and Precious Life:

A Women's Retreat

Friday, May 2, 7:30 PM to

Sunday, May 4, 1:00 PM

Genesis Spiritual Life Center,

Westfield, MA

413-562-3627

Peggy will offer this retreat again
at Genesis October 3-5, 2008.

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### The Couples Refresher

A Follow-up to "Keeping Your Love Alive"

Saturday, September 20, 9:30AM

to Sunday, September 21, 1:30PM

Falmouth, MA

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My One Wild and Precious Life:

A Women's Retreat

Friday, November 7, 7:00PM to

Sunday, November 9, 1:00PM

Sacred Hearts Retreat Center,

Wareham, MA

Register by August 1 to save \$20.

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### One Light Service

September 28 & October 26

Peggy will be the guest speaker  
for the 10 AM Service at

One Light: A Center for Spiritual  
Transformation, W. Yarmouth.

[www.peaceoncapecod.org](http://www.peaceoncapecod.org)

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For information & registration on all programs:

Contact Peggy at (508) 548-9149

or timeoutretreats@comcast.net

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### For Peggy's complete calendar visit her website

[www.timeoutretreats.com](http://www.timeoutretreats.com)

## Peg's Ponderings: A Will or a Legacy?

On April 9, 2008 ABC's Primetime aired *The Last Lecture: A Love Story for Your Life*, a profile of Randy Pausch, 47 year old husband and father of three, who is dying of pancreatic cancer. What could have been morbid and depressing turned out to be an inspiring and unusual love story.

Pausch spoke candidly about the little time he has left and the legacy he wants to leave for his family. "Somebody's going to push my family off a cliff pretty soon, and I won't be there to catch them. And that breaks my heart. But I have some time to sew some nets to cushion the fall. So, I can curl up in a ball and cry, or I can get to work on the nets."

What impressed me the most was Pausch's indomitable spirit. He continues to live each day joyfully and enthusiastically. He neither sees himself as a victim, nor life as unfair. He labels obstacles as "brick walls there for a reason...not there to keep us out....(but) there to give us a chance to show how badly we want something." He was thought-provoking, funny, and most of all, determined to make the most of each day.

Walter Brueggemann, famed Old Testament scholar, said, "What God does most faithfully is to trust us with our moment in history." God *trusts us* to make a difference in this world....and there are no boundaries of creed, race, gender, or even age to prevent it from happening. In 1967 when Detroit erupted in riots, and violence threatened to destroy the city, an eleven year old son of peace loving Mennonites suggested they hang a sign in their living room window. It read: "This House Is Unarmed." Another sign went up in the neighborhood...and another...and another. The message spread as hundreds were hung. Not one house with a sign was touched by violence. A young boy leaves a legacy.

When I worked at Plymouth County Correctional Facility, I'd give inmates a picture of a blank tombstone and ask them to write their own epitaph on it. After the initial shock wore off, they were able to see the connection between how one wants to be remembered at death and how one chooses to live life. Could be a revealing exercise for us all...

Anne Frank, victim of Nazi oppression, said, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Making a difference doesn't have to mean changing the whole world. It may just mean making that call we've been avoiding to offer an apology. Perhaps it's turning off TV when our spouse or children walk through the door to greet them with a genuine smile and listening ear. We can leave our mark one person, one moment at a time.

What difference would you like to make before you pass on? How do you want to be remembered? Last wills and testaments have their rightful place, but they can be sterile documents. Not everyone has the material resources to leave a will, but even the poorest among us can leave a legacy. What will yours be?



## Passing It On

### *The Last Lecture* by Randy Pausch

As a professor at Carnegie Mellon University, Pausch was one of the speakers at an annual lecture series commonly called *The Last Lecture*. Ironically, his speech in September, entitled *Really Achieving Your Childhood Dreams*, became his own last lecture. It can be viewed on youtube.com and is also available for purchase as a DVD. The Primetime story can be accessed at <http://abcnews.go.com/GMA/lastlecture>. Pausch has also co-authored with Jeffrey Zaslow a book entitled *The Last Lecture* which is a more personal reflection on his dreams and life lessons he wants to impart to his children.

### *The Ultimate Gift* (DVD)

This film, based on the best selling novel *The Ultimate Gift* by Jim Stovall, is a tender, funny and thought-provoking story of transformation. Jason, a young man receives an unusual inheritance from his very wealthy grandfather, which includes twelve tasks to challenge Jason to discover what really is important in life. I absolutely loved the film! Don't miss the special features, especially the section *Leave a Legacy*.

### *Chicken Soup for the Soul: Stories for a Better World* by Jack Canfield, Mark Victor Hansen, Candice C. Carter, Susanna Palomares, Linda K. Williams & Bradley L. Winch

True to form, this *Chicken Soup* collection will inspire and motivate readers to make a difference in the lives of others. In spite of a world at struggle, these vignettes offer the hope that a better, more peaceful world *is* possible. What more can we ask for?

### *Two Retreats with Edwina Gateley on Cape Cod*

#### **Breaking All Our Teacup Talk of God: A Day of Spiritual Shake-Up!**

Saturday, June 7, 2008, 9:30AM to 4:00PM at One Light: A Center for Spiritual Transformation, West Yarmouth, Mass. Contact Kevin York at 508-428-6248. Edwina will also speak at the Sunday morning One Light 10AM Service on June 8.

#### **Why the Church Needs Rebels**

Sunday, June 8, 6:00PM to Monday, June 9, 4:00PM at Evensong by the Sea Retreat and Spirituality Center, Harwich Port, Mass. Contact Marie David at 508-432-0027.

## Recent Events

### **Norwich Diocese Communication Skills Workshop**

St. Pius X Church, Middletown, CT, January 17, 2008



The Norwich communication skills training for directors of parish religious education focused on group dynamics and conflict resolution. Participants found the workshop to be both insightful and practical. It was a great pleasure to work with these articulate and alive educators. Everyone enjoyed observing these two women role play a typical and challenging parish scenario.

Cape Cod was the site of the first follow-up couples retreat. Four couples spent the weekend in the relaxed atmosphere of *Landfall*, learning, sharing, eating, laughing, and loving. One participant summed up the sentiment of the entire group, "The diversity of ages, lifestyles and backgrounds was really great!"

### **The Couples Refresher, Falmouth, Mass.**

April 12-13, 2008



## A Little Soul Food

*I expect to pass through  
this world but once.  
Any good, therefore,  
that I can do  
or any kindness  
I can show  
to any fellow creature,  
let me do it now.*

~Stephen Grellet



*If one life shines,  
the life next to it  
will catch the light.*

~ Anonymous

*One moment can change  
a whole lifetime.  
One life can change  
eternity.  
One stranger  
befriended,  
one broken heart  
mended.  
One child loved,  
one captive set free.*

~ Michael Stern

  
*Taking Time Out*