

# Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude  
Spring 2011

## Coming Up in 2011

### Winter/Spring Mini-Retreat Series: Spirituality for Everyday Living

May 11: Lighten Up ~  
A Yard Sale for the Soul  
10:00AM - 12:30PM  
Sacred Hearts Retreat Center  
Wareham, MA  
(The Fall Series begins Sept.14.)

### My One Wild and Precious Life Women's Retreat

June 10-12  
The Gathering Inn,  
Hubbardston, MA

### No Song Like Your Own Women's Retreat

November 4-6  
La Salette Retreat Center,  
Attleboro, MA

### My One Wild and Precious Life Women's Retreat

November 18-20  
Sacred Hearts Retreat Center  
Wareham, MA

**For information & registration:**  
Contact Peggy at (508) 548-9149 or  
[timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

### One Light Service

On May 22 and June 26 Peggy will  
be the speaker for the 10AM  
Sunday Service at

One Light: A Center for Spiritual  
Transformation, W. Yarmouth.  
[www.peaceoncapecod.org](http://www.peaceoncapecod.org)

For Peggy's complete calendar  
and program descriptions visit  
[www.timeoutretreats.com](http://www.timeoutretreats.com).

## Peg's Ponderings: A Tsunami of Strength

In March, Japan experienced a triple catastrophe with the tsunami, earthquake and nuclear threat. It's safe to assume that in many corners of the earth, including the USA, there would have been exaggerated media hype, as well as some general mayhem that might have included riots and looting. Not so with the Japanese. The manner in which the people of Japan responded to their crisis merits our reflection. The Internet circulated the following list that demonstrates the strength of these people:

### 10 things to learn from Japan:

**The Calm:** Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.

**The Dignity:** Disciplined queues for water and groceries. Not a rough word or crude gesture.

**The Ability:** The incredible architects, for instance. Buildings swayed, but didn't fall.

**The Grace:** People bought only what they needed for the present, so everybody could get something.

**The Order:** No looting in shops. No honking and no overtaking on the roads. Just understanding.

**The Sacrifice:** Fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?

**The Tenderness:** Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.

**The Training:** The old and the children, everyone knew exactly what to do. And they did just that.

**The Media:** They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.

**The Conscience:** When the power went off in a store, people put things back on the shelves and left quietly.

Recently we celebrated Easter, a feast of victory and hope. Easter reminds us that goodness is stronger than evil and that life can come out of death. The Japanese have shown the world their own version of what it means to be victorious in the face of death and overwhelming destruction.

The Japanese renew my hope in the possibility of doing business differently. Their culture's core values of respect and order were at the root of their response to the disaster. As we strive to come up with new ways to deal with crises in our own society, perhaps we might gain insight from the Japanese and be inspired by their tsunami of strength.

## Passing It On

*No Ordinary Time* by Jan Phillips

Hot off the press this spring is Jan's latest book, *No Ordinary Time: The Rise of Spiritual Intelligence and Evolutionary Creativity*. In it she weaves personal anecdotes with profound and challenging lessons for bringing about global healing and justice. I have met Jan and she impresses and inspires me by her deep commitment to the transformation of our world. She is a mystic, prophet and priestess for our times. To learn more about Jan, her workshops, her publications, her *Living Kindness Foundation* and her free monthly *Museletter* visit [www.janphillips.com](http://www.janphillips.com).

**YouTube: Michael Moore Goes to Norway & Visits a Prison of the Future**

We might inaccurately think that the rest of the world is just like our own little portion. Check out the following YouTube video if you want to expand your horizons: [http://dopeace.us/video/video/show?id=3224759%3AVideo%3A32108&xgs=1&xg\\_source=msg\\_share\\_video](http://dopeace.us/video/video/show?id=3224759%3AVideo%3A32108&xgs=1&xg_source=msg_share_video). The first half describes the standard of living in Norway, which is ranked one of the highest in the world, and the second half brings the viewer into a prison like none other. This 8:50 minute video opened my mind and has me asking, *why not*.

## Recent Events

In spite of all the cold and snow, the winter of 2011 was a busy one! Below are some of the highlights of this past season:



**The Time of Our Lives Mini-Retreat**  
January 12, Sacred Hearts Retreat Center  
Wareham, MA

**My One Wild and Precious Life Women's Retreat**  
January 28-30, Miramar Retreat Center  
Duxbury, MA



**Embracing Mystery Mini-Retreat**  
February 9, Sacred Hearts Retreat Center  
Wareham, MA



**Keeping Your Love Alive Couples Retreat**  
February 12, Falmouth, MA



**Growing in Compassion**  
St. Elizabeth Seton Women's Guild Retreat  
March 16, North Falmouth, MA



**Seeing and Serving from the Heart**  
St. Mary's Faculty Retreat  
March 18, Shrewsbury, MA



## A Little Soul Food

*No matter  
how brilliant  
our attempts  
to inform,  
it is our ability  
to inspire  
that will  
turn the tides.*

~ Jan Phillips



*Some men see things  
as they are  
and say  
why –  
I dream things  
that never were  
and say  
why not.*

~ George Bernard Shaw

*If  
nothing  
changes,  
nothing  
changes.*

