

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Summer 2009

Coming Up

Finding Peace Amidst Loss

Sunday, June 28, 1:00pm to 4:00pm
One Light: A Center for Spiritual
Transformation, W. Yarmouth, MA
Facilitated by Peggy with
Carol O'Connell, LICSW

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### Creating Abundance: A Women's Summer Retreat

Monday, July 27, 9:30am to  
Tuesday, July 28, 3:00pm  
Sacred Hearts Retreat Center  
Wareham, MA

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A Fresh Cup of Joy: A Women's Retreat for Body, Mind & Spirit

Sunday, October 4, 9:00am to 5:00pm
The Doreen Grace Brain Center in
New Seabury, Mashpee, MA
Facilitated by Peggy with co-founder
of Yoga LifeWorks, Sujata Ringawa

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

Friday, November 6, 7:30 pm to  
Sunday, November 8, 1:00 pm  
La Salette Retreat Center  
Attleboro, MA

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One Light Service

On June 14 and September 13
Peggy will be the guest speaker for
the 10am Sunday Service at
One Light: A Center for Spiritual
Transformation, W. Yarmouth.
www.peaceoncapecod.org

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### For information & registration

Contact Peggy at (508) 548-9149 or  
[timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

### For Peggy's complete calendar visit

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

## Peg's Ponderings: Befriending the Monster

Life has taught me that the only way out of pain is *through* it. Feeling our feelings and facing what causes us distress is *how* we get to the other side.

Consider a former student of mine, Sarah Doherty. In 1973 at age 13, Sarah was struck by a drunk driver while riding her bike on a May evening. Her right leg, along with half her pelvis, was severed at the scene. Before the accident, Sarah had been active in many sports and loved the outdoors. I used to describe her as one of the spunkiest kids I had ever met. It was her indomitable spirit that carried her through this crisis and the ongoing challenges of living as an amputee. In her words, "I was determined that even though I had lost my leg, I would not lose my freedom, including freedom of choices in recreational pursuits." And she didn't.

In the following 36 years, Sarah has accomplished much. She became an occupational therapist, had 3 children, was the first woman on crutches and one leg to summit Mt. Rainier in Washington, and in 1985 she became the only one-legged person to summit Mt. McKinley in Alaska. Last January, at age 49, Sarah climbed Mt Kilimanjaro in Tanzania on one leg with the use of SideStix™, a unique sports crutch that she and her partner invented.

Sarah is certainly no stranger to adversity but, then again, neither are we. No one escapes loss – the loss of a job, the loss of a loved one, the loss of health. Everyone experiences suffering, both physical and emotional. So, the real question is: How can we deal with adversity in such a way that it becomes transformative and not destructive? By going *through* it.

Remember, however, that getting through it is a *process* that takes time, patience and courage. Ultimately, the key is to accept what causes us pain - not a passive, martyr-like acceptance that does nothing to alleviate suffering, but a conscious choice to recognize and befriend "the monster." Acceptance allows us to transform the pain into something positive and good.

Inspirational writer William A. Ward said, "Adversity causes some to break; others to break records." Pain, loss and suffering can appear as monsters at first. Embrace them, befriend them, and they can make us strong enough to get through tough times and perhaps break a few records of our own.



## Passing It On

***Mountains We Climb*** ~ Sarah Doherty on Cape Cod  
September 13, 2009 from 1:30pm to 3:30pm

Coming all the way from Vancouver, BC, Canada, Sarah Doherty will make a visit to One Light: A Center for Spiritual Transformation in West Yarmouth, MA at the end of the summer. In her presentation she will talk about making hard choices, overcoming obstacles and remaining open to changes in one's direction in life. She will be joined by her Kilimanjaro team -- Kerith Perreur-Lloyd, twin sister Susan Gabriel and friend Ellen Clemence. They will show slides of their recent adventure in Africa. ***Mountains We Climb*** is open to the public. For more information contact Peggy at 508-548-9149 or [timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net). Pre-registration suggested.

***Kitchen Table Wisdom: Stories that Heal*** and ***My Grandfather's Blessings: Stories of Strength, Refuge and Belonging*** by Rachel Naomi Remen, M.D.

Both of these books, written in 1996 and 2000, respectively, by physician and counselor Dr. Remen, remain two of my all-time favorites. Remen is one of the pioneers in the mind-body-spirit health field. From living with her own chronic illness to her work with innumerable patients and their families, she has acquired a wealth of wisdom, knowledge and experience about the healing process. Her real life stories, poignant and inspiring, are filled with many lessons that life and adversity have to offer.

***Listening Below the Noise*** by Anne D. LeClaire

Subtitled *A Meditation on the Practice of Silence*, this recently published script offers the reader many insights into the value of choosing solitude and silence in a noisy world. Le Claire, a Cape Cod native and author of eight novels, shares her 17 years experience of practicing silence two days a month in this memoir and reflection. Her eloquent and honest story certainly reminded me how powerful and healing quiet can be.

## Recent Events

**St. Pius X School, So. Yarmouth  
Grade 8 Retreat, May 19, 2009**



Six high school students from Pope John Paul II in Hyannis (front row) assisted me in leading the 8<sup>th</sup> grade class of Pius X in a day of talks, discussions and other activities as they anticipated their transition to high school. A highlight for many of the younger youth was having the opportunity to learn from the 9<sup>th</sup> & 10<sup>th</sup> grade peers.

**My One Wild and Precious Life Retreat  
Sacred Hearts Retreat Center  
Wareham, MA, May 29-31, 2009**

Last month, 20 wonderful, wise women retreated to the warmth and hospitality of Sacred Hearts for a weekend of exploring, sharing, bonding, growing and celebrating. Their spirit was contagious! It was truly a privilege to be part of the process. One described her experience as "Fantastic and amazing. The retreat gave me a new fearlessness and sense of power." Another said, "It reinforced how much I want to make the most of my life." And another, "It showed me I can do things I never thought possible."



## A Little Soul Food

*Courage doesn't  
always roar.  
Sometimes courage  
is the little voice  
at the end of the day  
that says  
I'll try again  
tomorrow.*

~Mary Anne Radmacher



*Feed  
your faith  
and  
your fears  
will starve  
to death.*

~ AuthorUnknown

*All the  
world  
is full  
of suffering;  
it is also  
full of  
overcoming it.*

~Helen Keller

