

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Summer 2011

Coming Up in 2011

Fall Mini-Retreat Series:

Spirituality for Everyday Living

Sept. 14: The Beauty of Being Real

Oct. 19: The Journey to Peace

Nov. 9: Being a Blessing

Dec. 14: The Power of Kindness

10:00AM - 12:30PM

Sacred Hearts Retreat Center

Wareham, MA

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### No Song Like Your Own

#### Women's Retreat

November 4-6

La Salette Retreat Center,

Attleboro, MA

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My One Wild and Precious Life

Women's Retreat

November 18-20

Sacred Hearts Retreat Center

Wareham, MA

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### For information & registration:

Contact Peggy at (508) 548-9149 or

[timeoutretreats@comcast.net](mailto:timeoutretreats@comcast.net)

### One Light Service

On August 28 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: *Banish the Word Struggle*

Sometimes we try too hard. We struggle to do everything well. For the last two months I have taped no less than 20 paint chips to the wall of our newly renovated kitchen in the search for the perfect color! With Herculean effort we work to meet deadlines, be a responsible world citizen, plan the perfect vacation, say the right words, satisfy everyone's needs, paint the house . . . and the list goes on. Can you relate?

If so, maybe it is time to "banish the word struggle from your attitude and vocabulary," say the elders of the Hopi Nation. Maybe it's time to give up perfectionism.

I recall a conversation with a mother of two several years ago. She desperately did not want to make mistakes raising her children. She dreaded "failing" at such an important task. However, I suggested that she'd look at mistakes differently. I encouraged her to befriend her shortcomings and not hide them from her children, for by accepting her imperfection she would be an even *better* role model and teach her offspring *it's okay to not be perfect*.

Perfectionism is destructive and exhausting. It's an impossible and futile goal. It wears on our self-esteem and wears out those around us. Nobody is perfect and life itself is messy. If we accept these facts then we are more apt to enjoy the passing of time instead of trying to control it. It's okay to have high standards, but it's unhealthy to berate ourselves if we miss the mark.

Summer typically is a time to kick back and relax a little more. A time to loosen up. Perhaps summer is a good time to lighten up internally, to not take ourselves or anything else too seriously. Maybe we can learn to laugh at ourselves and even at our attempts to be perfect. Let's give ourselves a break and stop struggling. Hey, whatever color paint I choose really will be beautiful!



## Passing It On

*An Altar in the World* by Barbara Brown Taylor

Some might think living the spiritual life requires great effort, grandiose exercises and much theological training. In this New York Times Bestseller, Taylor proves them wrong. Her unique insights about ordinary life raise the reader's level of awareness of the Sacred. Her personal stories and her simple practices broaden our sense of spirituality. The world is filled with altars if we have the eyes to see.

***Waking Up to This Day: A Day of Reflection led by Paula D'Arcy on Cape Cod***  
September 24, One Light: A Center for Spiritual Transformation, W. Yarmouth, MA

Paula D'Arcy is a writer, retreat leader, conference and seminar speaker. She travels widely in the United States, Canada, and abroad. She is President of the Red Bird Foundation, which supports the growth and spiritual development of people in need. The Foundation also ministers to those in prison and those living in the Third World.

For more information, visit [www.peaceoncapecod.org](http://www.peaceoncapecod.org). To register, contact Kevin York of One Light at 508-428-6248 or [on-cape@comcast.net](mailto:on-cape@comcast.net). On September 25, Paula will speak at One Light's Sunday morning Service at 10AM.

## Recent Events

Spring 2011 brought many together for sharing, reflecting, praying and growing.



**No Song Like Your Own Women's Retreat**  
April 1 - 3, Sacred Hearts Retreat Center  
Wareham, MA

*Thirty-four women strong participated in this very first "No Song Like Your Own." It was a weekend to remember!*

**Sing Your Own Song Mini-Retreat**  
April 13, Sacred Hearts Retreat Center  
Wareham, MA

*Both men and women took time out to participate in the monthly retreat series, Spirituality for Everyday Living.*



**Sophia's Circle Leadership Weekend**  
April 29 - May 2, Falmouth, MA

*With beautiful Buzzards Bay in the background we posed for a picture at the The Knob in Woods Hole after our hike to the very popular destination.*



**Lighten Up: A Yard Sale for the Soul Mini-Retreat**  
May 11, Sacred Hearts Retreat Center, Wareham, MA

*Two women are enjoying a moment of levity at the last retreat of the spring series as we sang "Relax, Let Go" by Karen Druckner.*



## A Little Soul Food

### A Time to Play

A busy executive was speaking to her six year old niece at the end of a particularly frustrating day. She'd spent the better part of the day trying to get a new printer installed. Nothing had worked, and she was exhausted and very frustrated.

On the phone with her young niece, she described in general terms how frustrated she was.

Her niece asked, "Did you try hard?"

"Yes," she replied.

"Did you try really, really hard?"

"Yes I did."

"Well then," said the six year old, "now it's time to go out and play."

~ From *Perseverance*  
by Margaret J. Wheatley

