

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Summer 2007

Coming Up

Keeping Your Love Alive:

A Couples Retreat

Saturday, October 27,

9:00 AM to 5:30 PM

Cost: \$85 per couple

Facilitated by Peggy at
Genesis Spiritual Life Center in
Westfield, MA

For information & registration:
E-Mail: genesis@genesiscenter.us

Website: genesiscenter.us

Phone: 413-562-3627

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### "Creating a Sabbath Heart"

Sunday, August 26

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

One Light:

A Center for Spiritual  
Transformation,

West Yarmouth, MA.

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

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Mark your calendars now!



Edwina Gateley, author, theologian, international speaker and modern-day mystic, will be making her first trip to Cape Cod next summer to offer a retreat Saturday, June 7, 2008 and to lead the 10AM Service at One Light in West Yarmouth on June 8, 2008.

www.timeoutretreats.com

Peg's Ponderings: Replenishment

Sitting on my patio, taking time to just feel the warmth of the summer sun, I clearly recognize my need for *replenishment*. It's been a busy year and now it's time to step back, relax, refuel and have fun. It's not that I haven't had fun all year. As Katherine Graham said, "To love what you do and feel that it matters – how could anything be more fun?" But for me, summer is an invitation to a unique way of living and an invitation to replenish ourselves – to refill what has been used up.

Mother Nature brings us the joy of longer, brighter days and an explosion of lushness and color that are truly a feast for the senses. She beckons us to come out and play. George Gershwin beckons us too: "Summertime and the livin' is easy." Both remind us, in their own way, to slow down and enjoy life.

How can we harness summer's energy and use it to replenish ourselves? Make a call to a friend we haven't seen in a long time. Take a long weekend to nowhere special or to nowhere at all. Travel north to the grandeur of mountains. Get outdoors for some exercise or stay indoors and try yoga or pilates. Read that book that's been waiting to be devoured. Complete that project we've been postponing (unfinished projects have a way of depleting our energy). Or just sit quietly for a few moments every day to make a space for God, who is an ocean of replenishment. "You can't grab God," spiritual writer Dawna Markova wrote. "You just have to become empty. Then God will have a space to enter."

Let's make a pact, you and I, to move a bit more slowly this summer. Then, God and summer can do their work, reminding us of the preciousness of life and replenishing us for the journey ahead. At least, that's my intention . . . as I turn the computer off and head on down to the beach!



Passing It On

Check out the following resources to enhance your summer and replenish your spirit:

Intuition: Music to Guide You Deeper

by Max Highstein

One of *Serenity's* newest CD's is fast becoming a favorite of mine. Often I find myself being lulled into deep relaxation or even sleep while listening to *Intuition*. Its unique sounds and pace assist in replenishing both mind and body. To hear a sampling, visit www.serenitymusic.com.

Ask and It Is Given: Learning to Manifest Your Desires

by Esther and Jerry Hicks

Followers of "The Secret" and the Law of Attraction will definitely find Hicks' book a natural complement to what they have already read and learned. This amazing text offers valuable insight on how to actually achieve what we want in life. *Ask and It Is Given* includes twenty-two practical exercises to enable that process.

The Eight Irresistible Principles of Fun

by Michael Bungay Stanier

For a delightful and creative lesson on putting fun into your life and work, visit www.eightprinciples.com. This seven minute hit video is sure to put a smile on your face, as well as offer practical insight and wisdom on living. As you watch, you'll also be treated to the *Blue Danube*, the Viennese waltz by Johann Strauss.

Jacquie Lawson Cards

Why not have some fun by sending e-cards to your family and friends? A one-year subscription for only \$10 allows you to send as many greetings as you like. Visit www.jacquielawson.com to see Jacquie's selection of 92 cards available for all occasions. Be sure to turn on your speakers to enjoy the music!

Recent Events

My One Wild and Precious Life Women's Retreat in Westfield, MA

Genesis Spiritual Life Center, April 29, 2007



Twelve wonderful and diverse women converged in western Mass for a weekend of reflection, sharing, prayer and fun. It was a pleasure to witness the wisdom, support and companionship that emerged within the group as each woman pursued her own individual journey to inner freedom. One woman summed up her experience with the comment, "The retreat put me in touch with the richness and preciousness of my own life and gave me the motivation to keep it that way."

Keeping Your Love Alive Couples Retreat in Sturbridge, MA

Co-sponsored by North American Martyrs & St. Anne Churches, May 12, 2007

St. Anne's Church was the site of the seventh couples retreat in the last fifteen months. It has been a privilege to bring couples together for the sole purpose of strengthening their relationships. Participants have often commented on the gift it has been to spend time with a partner without the normal distractions of life. As one woman said, "We are looking forward to improving our relationship and enjoying each other even more!"



A Little Soul Food

"The Best Day of My Life"

Author unknown

Today, when I awoke, I suddenly realized that this is the best day of my life, ever! There were times when I wondered if I would make it to today; but I did! And because I did, I'm going to celebrate!

Today, I'm going to celebrate what an unbelievable life I have had so far: the accomplishments, the many blessings, and yes, even the hardships because they have served to make me stronger. I will go through this day with my head held high, and a happy heart. I will marvel at God's seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds. Today, none of these miraculous creations will escape my notice.

Today I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know. Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for them.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things God has already given me. I'll remember that to worry is just a waste of time because my faith in God and his Divine plan ensures everything will be just fine. And tonight, before I go to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will praise God for these magnificent treasures.

As the day ends and I lay my head down on the pillow, I will thank the Almighty for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation because I know tomorrow is going to be the best day of my life, ever!