

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2010

Coming Up in 2010

**Keeping Your Love Alive:
Couples Retreat ~ January 10th**
La Salette, Attleboro, MA

~~~~

**My Precious Life:  
The Dance Goes On**  
January 29<sup>th</sup> - 31<sup>st</sup>  
Sacred Hearts, Wareham, MA  
Limited to former participants in  
My One Wild and Precious Life Retreats

~~~~

**A Lenten Retreat: The Journey
to Easter**
March 26th - 28th
Sacred Hearts, Wareham, MA

~~~~

**The Couples Refresher**  
Follow-up to "Keeping Your Love Alive"  
April 10<sup>th</sup> - 11<sup>th</sup>  
Falmouth, MA

~~~~

**My One Wild and Precious Life
Women's Retreat**
April 16th - 18th
Xavier Center, Morristown, NJ

~~~~

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

### One Light Service

On February 28 and March 14  
Peggy will be the guest 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  
visit [www.timeoutretreats.com](http://www.timeoutretreats.com).

## Peg's Ponderings: Are We Having Fun Yet?

Endings and beginnings prompt reflection and evaluation. With the departure of 2009 I ask myself, "What were the blessings and lessons of the past year?" It's good to name those gifts and to articulate what's been learned. But perhaps, more importantly, the arrival of 2010 prompts me to reflect on how I want to live the coming year . . . and my choice is to live life more joyfully.

"Life is not meant to be a burden. It is a blessing to be celebrated. Learning to celebrate joy is one of the greatest spiritual practices," according to Benedictine nun and author Joan Chittister. Living joyfully is a worthy New Year's goal and we can cultivate joy in our lives by remembering that happiness depends on the depth of our gratitude and the breadth of our perspective, not on external circumstances.

Joy is a choice, an inside job. It can be threatened by illness, loss, the economy and other personal and global issues, but it cannot be taken away. A painting above my desk reads, "The miracle is not to fly in the air, or to walk on water, but to live joyfully." Though it may seem impossible to choose happiness in the face of life's hardships, the attitude we bring to life is most certainly a *choice*.

Choosing joy takes practice and commitment. Negativity is seductive and too easy to fall into. Joy depends on the health of the soul. We must make time regularly for some nourishing soul food. If we do, life's challenges have less chance of overcoming us. A yoga class, a book, a walk in the snow, a movie, meditation, music and prayer are just a few possibilities for nurturing the spirit.

We live in a very busy world. Looking ahead to the coming months we can resolve to slow down a bit and take time to enjoy life. We can add a little more time for fun, family and friends. If we are too busy for these life essentials, we are too busy.

In the ancient Chinese alphabet, two characters are used for the word "busy." The first means "killing" and the second means "heart." The ancients knew that too much busyness can kill the heart. So, don't postpone joy. Find ways to increase joy now. Remember, joy is a choice, *choose wisely*.



## Passing It On

*Wisdom of the Heart* by Alan Cohen

Appropriately sub-titled *Inspiration for a Life Worth Living*, this little book is a sure fit for anyone hungry for some soul food. Best-selling author Alan Cohen uses one of his favorite stories, poems, anecdotes or quotes as a springboard for each of his 52 brief reflections to be savored over the course of a year. This 130-page treasure, brimming with wisdom, would make an excellent gift for yourself or a friend.

*The Breath of the Soul: Reflections on Prayer* by Joan Chittister

Another healthful serving of soul food is Chittister's recently published book on prayer. The text includes 42 brief reflections on various attitudes or conditions needed for prayer, such as trust, vulnerability, enthusiasm for life, etc. Neither a hand-book, nor a theological treatise on prayer, *The Breath of the Soul* is more of a guide leading the mature seeker into a deeper relationship with God while expanding and deepening one's understanding of prayer.

*Edwina Gateley returns to Cape Cod on June 12, 2010*

Back by popular demand in June, Edwina will lead a day of reflection entitled *Discipleship in Turbulent Times: Our Call to Birth the Realm of God in the Contemporary World*. This prolific author and charismatic speaker will once again inspire with her poignant stories and entertain with her outrageous humor. Register early for this one of a kind event! Contact Kevin York, Board President of One Light, West Yarmouth, at 508-428-6248 or [on-cape@comcast.net](mailto:on-cape@comcast.net). For more information visit [www.peaceoncapecod.org](http://www.peaceoncapecod.org).

## Recent Events

**An Advent Retreat: The Journey to Christmas** wrapped up 2009. I met many wonderful people as I traveled from Cape Cod in Southeast MA as far north as Central MA to facilitate this retreat at four different locations.



**S. Mary's, So. Dartmouth, MA, November 29<sup>th</sup>**

Children who had enjoyed their own separate Advent program joined their parents for the closing of the adult retreat. As a reminder of God's love, a big sister pins her younger brother with an "I am loved" button.

**St. Joan of Arc, Orleans, MA, December 1<sup>st</sup>**

A delightful group of ladies from the Women's Guild of this Lower Cape parish gathered at Craigville Conference Center for a day of prayer and sharing to prepare for Christmas.



**Wachusett Cluster, Jefferson, MA, December 8<sup>th</sup>**

Four churches in the Worcester Diocese sponsored this Advent retreat which was held at St. Mary's, Jefferson. 80 men and women from St. Patrick's, Prince of Peace, St. Richard's and St. Mary's took time out with their friends and neighbors for a day of spiritual renewal and companionship.



**Sacred Hearts Retreat Center, Wareham, MA, December 15<sup>th</sup>**

The last Advent retreat was held in the warmth and hospitality of Sacred Hearts on Buzzards Bay provided to us by Fr. Stan Kolasa, director, and Sr. Claire Bouchard, administrator of the retreat center.



## A Little Soul Food

*Joy  
is the most  
infallible sign  
of the  
presence  
of God.*

~ Teilhard de Chardin



*The really  
happy person  
is one  
who can enjoy  
the scenery  
when on  
a detour.*

~ Author Unknown

*Everyone  
is about  
as happy  
as they make up  
their minds to be.*

~ Abraham Lincoln

