

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2011

Coming Up in 2011

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

January 12: The Time of Our Lives

February 9: Embracing Mystery

March 9: Growing in Compassion

April 13: Sing Your Own Song

May 11: Lighten Up ~

A Yard Sale for the Soul

10:00AM - 12:30PM

Sacred Hearts Retreat Center
Wareham, MA

My One Wild and Precious Life Women's Retreat

January 28 - 30

Miramar Retreat Center,
Duxbury, MA

Keeping Your Love Alive Couples Retreat

February 12

Falmouth, MA

The Journey to Easter

April 15 - 17

La Salette Retreat Center
Attleboro, MA

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

One Light Service

On January 9 and February 27
Peggy will be the guest speaker for
the 10AM Sunday Service at
One Light: A Center for Spiritual
Transformation, W. Yarmouth.
www.peaceoncapecod.org

For Peggy's complete calendar
and program descriptions visit
www.timeoutretreats.com.

Peg's Ponderings: Meeting a Genie

A genie appeared to me and asked: "What do you most want for yourself in 2011?"

Inner peace. That's what I want most. However, no magic will provide it. I must do the work. Author and minister Hugh Prather offers an interesting analogy that helps me understand what I have to do. Comparing peace to a precious baby, he suggests that nothing would be more important than protecting the child. For example, if a friend invited me to dinner, I'd never leave the baby alone while I went out for the evening. Neither would I drop the baby to run after someone who just stole my wallet. If I think of my inner peace as an innocent child, chances are I will protect it at all costs. So, the work begins by making inner peace a priority.

Making a decision to value my peace of mind is only the beginning. The work must include practices that promote peace, like affirmations to counteract negativity. Repeating an affirmation like *Nothing will take away my peace today* often can actually ward off whatever threatens peace. A daily walk in nature, yoga, prayer, spiritual reading and meditation are also ways to practice peace.

When I am stressed or anxious, I pray the mantra, *No hurry, no worry. No guilt, no fear. I trust in God, so peace is here.* It helps me to recognize that the source of my peace is God – and when I practice trust in a Higher Power, I am most serene.

No doubt, loss, conflict and pain will challenge my inner peace in the coming year. I can resist or accept these challenges. Resistance fuels angst. Acceptance brings the benefits of living more peacefully – less stress, better health, less need to control or be perfect, more harmony in relationships. I cannot imagine any good reason not to choose inner peace over all else, to make it my own innocent child.

Yes, in the New Year, I've decided to make peace a priority and my wish for you is that you too will name your own innocent child – with or without the help of a genie.



Passing It On

A Daily Dose of Sanity: A Five Minute Soul Recharge for Every Day of the Year
by Alan Cohen

Prolific author Alan Cohen has once again treated us to some honest-to-goodness, easy-to-read soul food in this 2010 publication. *A Daily Dose* uses a similar format to Cohen's *A Deep Breath of Life*. It offers a one-page lesson for each day of the year and each entry includes an inspirational quote, an anecdote, a question for reflection and an affirmation. Having found so much wisdom in *A Deep Breath of Life*, I am very excited about beginning each day of 2011 with *A Daily Dose of Sanity*.

Reflection

Serenity CD by Kenio Fuke, produced by Jim Moeller, 2010

The first words that come to my mind to describe this 60-minute piano instrumental by Brazilian Kenio Fuke are "soothing, relaxing, peaceful and gentle." I actually listen to it every night as I get into bed and often fall asleep long before it's over! I have used some of the selections as background to meditations I've guided. *Reflection* is a real gem!

A Retreat for Men . . . and the Boy Within

February 11-13, 2011 at Sacred Hearts, Retreat Center, Wareham, MA

Director of Sacred Hearts, Fr. Stan Kolasa, and Deacon Bruce Bonneau from the Office of Faith Formation for the Fall River Diocese will guide this mid-winter men's retreat. Retreat begins at 7:00PM on Friday and ends with lunch at noon on Sunday. Cost \$150. For more information and registration contact Sr. Claire Bouchard or Fr. Stan at 508-295-0100 or retreats@sscc.org.

Recent Events



Autumn Reflections, October 20, 2010

Sacred Hearts Retreat Center, Wareham, MA

The autumn landscape, Mother Nature's yearly reminder that life is all about change, was a perfect backdrop for the second mini-retreat of the fall series, *Spirituality for Everyday Living*, where we reflected upon the topics of change and letting go.

Being All You Can Be . . . In Your Diversity **October 24, 2010 at One Light, W. Yarmouth, MA**

Taunton, MA native Sarah Doherty inspired her listeners with her personal story of struggle and success. In spite of becoming an amputee at 13, she became an occupational therapist, a mother of three, the first one-legged woman to climb Mt. McKinley and a co-inventor of SideStix www.sidestix.com.



My One Wild and Precious Life Women's Retreat **October 29-31, 2010 at La Salette, Attleboro, MA**

It was a privilege and joy to watch these women explore and share their precious lives with one another. One commented, "I feel as if this weekend was the start of a long and beautiful growth process for me." Another said, "This retreat woke me up to many things."



Love Is the Answer, December 15, 2010 **Sacred Hearts Retreat Center, Wareham, MA**

The fall mini-retreat series concluded with an Advent program attended by 44 women and men. The retreat closed with a candle-lighting ceremony of prayer for those in need of our love.



A Little Soul Food

At the Gate of the Year

*I said to the man
who stood
at the gate
of the year:
"Give me a light
that I may
tread safely
into the unknown."
And he replied:
"Go into the darkness
and
put your hand
into the hand
of God.
That shall be to you
better than
a light
and safer than
a known way."*

~ Minnie Louise Haskins



*Know God,
Know peace.
No God,
No peace.*

