

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2013

Coming Up in 2013

MINI-RETREAT SERIES Spirituality for Everyday Living

On Wednesdays

10:00AM - 12:30PM

**Sacred Hearts Retreat Center
Wareham, MA**

January 9: *In Search of More*

February 13: *Jesus, the Healer*

March 13: *Peacemaking in
a Troubled World*

April 10: *Life Is Messy*

May 15: *Honoring Our Mothers,
Loving Ourselves*

June 12: *To Be Faithful*

On Tuesdays

10:00AM - 12:30PM

**La Salette Retreat Center,
Attleboro, MA**

January 22: *The Time of Our Lives*

February 26: *Growing in Compassion*

March 26: *Be Not Afraid*

April 23: *Look at the View*

May 21: *Lighten Up ~ A Yard Sale
for the Soul*

June 18: *The Gift of Play*

WOMEN'S RETREATS

No Song Like Your Own

January 25-27

Miramar Retreat Center,
Duxbury, MA

New Beginnings, April 5-7

Sacred Hearts Retreat Center
Wareham, MA

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

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

Peg's Ponderings: *To Thine Own Self Be True*

Yesterday I saw "Promised Land," the newly released movie starring Matt Damon and Frances McDormand who play corporate sales partners at Global, a natural-gas company. Their job is to convince residents of a poor rural U.S. town that they will strike it rich if they allow Global to come in and drill their land. The problem is the mining method, hydraulic fracking, could lead to environmental devastation of the land and water. The well-intentioned sales duo find themselves in a moral dilemma and their integrity is at stake.

What is integrity? According to relationship author Pam Farrel, it's "a commitment to live consistently with what you know to be true about life." The motivational speaker and author Alan Cohen says, "You are in integrity when what you are doing on the outside matches who you are on the inside." Personally, I have great admiration for people of integrity. They can be trusted; they are honest; they have courage; and their actions do not depend on the approval of others.

The price of integrity can be high, however. Following one's conscience puts you at risk of ridicule and rejection. For example, Maryknoll priest of 40 years, Roy Bourgeois, was recently excommunicated by the Church, as well as dismissed from his religious order, because of his support of women becoming priests. When asked to recant his position he said he couldn't without betraying his conscience. "In essence you are asking me to lie and say I do not believe that God calls both men and women to the priesthood. This I cannot do." Whether one agrees with his views on priesthood or not, Ray Bourgeois is a man of integrity and his integrity cost him much.

"Promised Land" offers a timely plot for all of us to ponder. In both small and significant matters, each of us is challenged to live consistently with our beliefs and values, which is not always easy. Current issues are multi-faceted. Situations are sometimes ambiguous. Promised or imagined rewards can be tempting. But in spite of the complexity of life, what else is more important than being true to oneself and living with integrity? In the words of controversial former senator Alan Simpson, "If you have integrity, nothing else matters. If you don't have integrity, nothing else matters." I think he got it right on this one.



Passing It On

www.change.org

Change.org serves as a platform for social change. It allows anyone to create a petition that can make a difference in the lives of others. A petition is then circulated throughout a mailing list and receivers can then simply sign it or not. Change.org gives us the opportunity to stand up for justice and put our integrity to work. An example of a current petition is one for the Nobel Peace Prize nomination of Malala Yousafzai, the young teenage girl who was gunned down by the Taliban for seeking an education. A 2011 petition begun by a Rogers Williams College, RI graduate successfully got the Bank of America to drop a new monthly fee after 300,000 supporters signed it. This unique website is worth the visit!

In God's Womb by Edwina Gateley

While on the theme of integrity, I cannot help but recommend yet another book by poet, writer, speaker, mystic and mother, Edwina Gateley. It took great courage to pen this personal memoir. Edwina is no stranger to rejection and has actually been banned from speaking in many places. *In God's Womb* takes the reader into the very heart and soul of a deeply spiritual and faithful follower of the gospel who, like Jesus, has paid a high price for her integrity.

Recent Events

A photo sampling and collage of fall programs...



Cling to Nothing Mini-Retreat
October 10, 2012
Sacred Hearts Retreat Center, Wareham, MA



Paula D'Arcy Retreat: Your Own Heart and Soul
October 16-18, 2012
La Salette Retreat Center, Attleboro, MA



All Is Well Women's Retreat
November 2-4, 2012
Miramar Retreat Center, Duxbury, MA

Being a Blessing Mini-Retreat
November 20, 2012
La Salette Retreat Center, Attleboro, MA



Day of Reflection for Fall River Catechetical Leaders
December 8, 2012
Dominican Sisters Convent, Dighton, MA



The Power of Kindness Mini-Retreat
December 18, 2012
La Salette Retreat Center, Attleboro, MA



A Little Soul Food

*Character
is doing
the right thing
when
nobody's looking.*

~ J.C. Watts

*I was grounded
in that moral fiber
of wanting to do
the right thing.
I was so sure that
this was the right thing
because it was
so obvious and even
those who were
persecuting me knew,
and I knew they knew...*

*I was doing
the right thing.
But they didn't
want me to do it
because it was
inconveniencing them,
and I knew that.*

~Wangari Maathai
Kenyan environmental
and political activist
and Nobel Peace
Laureate 2004

