

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2017

Coming Up in 2017

Spirituality for Everyday Living

Winter/Spring Mini-Retreat Series
10:00 AM - 12:30 PM
Sacred Hearts Retreat Center
Wareham, MA

January 11: *Seasons of Our Lives*
February 8: *Walking in Faith*
March 1: *Here for a Purpose*
April 5: *Aging with Grace*
May 3: *The Beauty of Being Real*
May 31: *Fired Up!*

Women's Overnight Retreats

Growing into Wholeness
January 13-15, 2017
Miramar Retreat Center,
Duxbury, MA

New Beginnings
March 3-5, 2017
Bon Secours Retreat Center
Marriottsville, MD

The Story of My Life
April 7-9, 2017
Sacred Hearts Retreat Center
Wareham, MA

Women's Day Retreat

New Beginnings
May 17, 2017
La Salette Retreat Center
Attleboro, 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: *The Triple Crown*

"The Triple Crown?" I'm not talking about baseball or horse races. I'm referring to three holidays: Thanksgiving, Christmas and New Year's.

Recently, a friend whose son suffers from an addiction told me that in the recovery world *The Triple Crown* is the name given to these celebratory events because each of them can be a trigger for relapse. That makes sense, of course, partly because of the amount of eating and drinking that happens with these holidays.

Addiction is one type of personal suffering that is intensified during these holidays. The struggle for many during this Season of Gratitude, Love and Hope, is the *absence* of these very emotions. Of all the holidays, Christmas seems to be the one most fraught with emotion. We are "supposed" to be *merry and bright*, but our hearts do not always match the expectations of the season. Perhaps we have lost someone dear to us or maybe we ourselves are dealing with serious illness. Whatever our pain, whether it be loneliness, rejection, depression or despair, it can be felt more deeply at Christmastime. All we may want to do is *just get through it*.

When our inner world does not reflect the external world, it can be quite challenging. It's best to just *accept* what we are feeling, remind ourselves that *this too shall pass*, and allow others to be a *support*. The Chinese proverb: "To know the road ahead, ask those who are coming back," holds great wisdom. Connecting with those who have walked the same path, whether it is addiction, divorce or death of a spouse, may be just what we need - for they have been there. The willingness to share who we are and what we feel is perhaps the greatest gift we can give someone we love.

Let us also put aside some time this Christmas to consciously allow the immeasurable and tender love of our good God to comfort us. Christmas is truly the greatest love story of all. The Divine did the incomprehensible by becoming one of us. That's how precious we are to God.

Finally, may the love of God become more believable to those who are hurting by our reaching out to hold hands during this season of high emotion. By doing so, we might help lighten the pressures of *The Triple Crown*.



Passing It On

Ash Wednesday Retreat, March 1, 2017: "Here for a Purpose"

9:00 AM to 3:30 PM

Sacred Hearts Retreat Center, Wareham, MA

On Ash Wednesday I am offering an all-day program as opposed to just a morning mini-retreat. The day will begin with 9:00 AM Mass and distribution of ashes. Cost of \$55 includes lunch. Pre-registration is required by February 22nd. To view the retreat description and get a registration form, visit my website at www.timeoutretreats.com or email me at timeoutretreats@comcast.net.

A Retreat with Edwina Gateley, June 26-30, 2017*

"Mothers, Sisters, Daughters: Standing on Their Shoulders"

La Salette Retreat Center, Attleboro, MA

For more information and registration form for either the full retreat or the one-day program (see below) contact either Charlotte at La Salette at 508-222-8530 or me (Peggy) at 508-548-9149.

***Special One-Day Invitation:** The general public is invited to join the week-long participants on Wednesday, June 28th to hear Edwina share her own story of faith: **"I Hear God Laughing ~ One Woman's Journey of Faith from Africa to the Bars and Brothels of the Inner City."**

Recent Events



"StoweGood" Labor Day Weekend 2016

Stowe Dailey and Karen Good performed in concert Saturday and inspired all on Sunday with their music at the Unity Church in Hyannis, MA. My husband and I had the pleasure of hosting these two delightful women at our home! For more information and/or to book these award-winning singers and songwriters from Tennessee visit www.stowegood.com.

"A Relentless Teacher" Mini-Retreat

September 14, 2016

Sacred Hearts Retreat Center, Wareham, MA



"My One Wild and Precious Life"

Women's Retreat October 19, 2016

La Salette Retreat Center, Attleboro, MA

Sadly, Fr. Stan Kolasa ss.cc., director of Sacred Hearts Retreat Center in Wareham, MA, died December 2, 2016. He will be remembered for his outstanding preaching, sense of humor, artwork and most of all, for his ability to touch hearts. The Christmas wreath on the front door of the Center, decorated with his paintbrushes, is in memory of this good man and priest.



A Little Soul Food



*Christ
has made
the night
of our darkness
into Christmas,
the holy night!*

*In the Word
made flesh,
God
has sent
the Word
into the world.*

*And that Word means:
I love you,
world
and
humanity!*

~ Karl Rahner, S.J.

