

Living with Grace and Passion

A Seasonal Newsletter from Peggy Patenaude
Winter 2020

Coming Up in 2020

"Finding Hope"

Lenten Retreat for both
Men and Women
Wednesday, March 25, 2020
9:00 AM to 3:00 PM
Cathedral Camp
East Freetown, MA

"My One Wild and Precious Life"

Women's Retreat
April 17-19, 2020
Miramar Retreat Center
Duxbury, MA

Autumn Women's Retreat with Peggy & StoweGood

Title: TBA
October 2-4, 2020
Cathedral Camp
East Freetown, MA

The Ash Wednesday Retreat

which was scheduled for
February 26, 2020 at
Our Lady of the Cape
Brewster, MA
has been **CANCELLED**.

For information & registration:

Contact Peggy at (508) 548-9149
or timeoutretreats@comcast.net
or visit her website
www.timeoutretreats.com

Peg's Ponderings: Winter Waiting

Nature gives us insights into our own lives. For those of us who are New Englanders, each season has a distinctive signature, a special *look and feel*, and each teaches us something different about the human experience. Winter is no exception.

Winter is a time of mystery and waiting, the time when earth's landscape, at least here in the Northeast, has made the change from abundance to barrenness. Winter is dark and cold and it is the season when we can be fooled into thinking that the earth is life-less, that nothing is happening. Yet we all know that is far from the truth; for beneath the hard frozen soil, lie seeds holding potential for new life, gaining strength in their dormancy, waiting patiently for their time to push upward toward the sun.

When going through a difficult or painful experience, *an inner winter of sorts*, the season of winter can give us hope. Winter teaches us to trust in what is unseen, to live with mystery and to wait patiently for all the surprises that both spring and God hold for us.

Sometimes we just have to wait . . . wait for the right time . . . wait for circumstances to change . . . wait for nature to take its course . . . wait for the lesson to be learned. As humans, and perhaps especially as Americans accustomed to instant everything, we don't like to wait. "Patience comes to me as easily as vegetarianism to a lion," writes Sam Portaro.

But we can *choose* to wait; we don't have to be passive in our waiting. We can enter into a fruitful and patient kind of waiting that will transform *us* in the process. We can embrace mystery much like a pregnant woman lovingly holds her child in her womb and waits with hope and expectancy.

Everyone waits for something. A mother begins her long and anxious wait for her son, who recently joined the Army, to return home safely. A country waits in grief for their sorrow to lessen as they mourn the sudden loss of a star basketball player. A fearful patient struggles as she waits for a diagnosis to her illness.

As we continue to make our way through winter, we might ask ourselves: *What am I waiting for?* For passion and energy to return? For a change in my financial status? For my child to mature? Winter reminds us to wait with faith and trust, to live as if we believe all is well . . . and all will be well.



Passing It On:

In the spring of 2007, I published my first newsletter *Living with Grace and Passion*. Over these last 13 years, I have never repeated a “Peg’s Ponderings” until now. My 2009 “Winter Waiting” has been edited a bit for this current newsletter.

The “winters” of our personal lives, and of humanity at large, can challenge us to remain hopeful. Thus, the title and theme of my upcoming March 25, Lenten retreat, “Finding Hope.” Here is its description:

Hope is not a little thing. Anyone who has ever felt hopelessness knows the truth of this statement. Whether we are going through a personal painful experience or struggling to find hope in a world where too much injustice, conflict and greed exist, we desperately seek answers.

The goal of this retreat is to enable those fighting discouragement or despair to maintain hope when dealing with suffering and evil. Easter is a feast of victory. Jesus’ death and resurrection offer us a paradigm for finding hope.

If you are interested in attending “Finding Hope” please contact me at 508-548-9149 or timeoutretreats@comcast.net. Pre-registration is required.

The two following books by one of my favorite writers, Anne Lamott, speak to the issues of brokenness and hope. Lamott, a bestselling author, is earthy and wise, funny and poignant, and in spite of her apparent irreverence, seeks and finds the Sacred in all things.

Stitches: A Handbook on Meaning, Hope and Repair 2013
Almost Everything: Notes on Hope 2018

Recent Events



Christ the King, Mashpee, MA
Staff Retreat: “The Minister IS the Ministry”
October 19, 2019

St. Mary of the Bay, Warren, RI
Advent Retreat: “An Incredible Love Story”
December 7, 2019



**Miramar Retreat Center
Duxbury, MA**
Women’s Retreat “Bless It All”
January 17-19, 2020



A Little Soul Food

Certainties that Sustain a Person

by Julia Stairs

It is the knowledge
that no matter how cold
or bitter the winter,
there will be violets again.

That no matter how fanged
the January wind might be,
songbirds will return
and days will be gentle.

That no matter how
tightly locked in ice
the brook may be
by year’s end,
by May
it will leap and chatter
and sing of summer.

It is the certainty that spring
will follow winter, and summer
will follow spring.

Maybe we need to learn these
things anew each year.

Perhaps we need
to face the snowstorm
and feel the frost underfoot
to know that there is
both ice and fire in the earth,
even as in the stars;
to know that
the big assurances endure.



Trust Him

*Trust Him
when dark doubts
assail thee,
Trust Him
when thy strength
is small,
Trust Him
when to simply trust Him,
Seems the hardest
thing of all.*

Anonymous