

# The Palisades Archdiocesan Retreat & Faith Formation Center



“Come away to a secluded place and rest a while.”

Mark 6:31

My Dear Friends,

The love of Christ for those who follow him is manifest when he invites them to take time from their work to come away with him and rest in his company. We sometimes forget that in our labors to build the kingdom of God (or just to get our bills paid...) that our God's love for us calls us from time to time to stop what we are doing and come rest in his company. Palisades has for over 50 years, been a place where people have come, to pray and reflect, to rest and recover. Our need for time away in the company of Christ Jesus is not something that can be put off without also risking a loss of relationship with our God. We become unable to focus our attention, not only on God and his love for us, but also on the tasks that are required of us on a daily basis. Let this be the year when you take care of yourself in your life with Christ. Let this year be the year that you take time to come away to a deserted place and rest a while. It is important for each of us. If you have concerns about what a retreat requires of you, please feel free to call or email me and I'd be happy to explain what happens on retreat and also the variety of retreat opportunities that are available... from retreats that are very quiet, to ones where you will talk and laugh and come to know the people that are on retreat with you. Come join us and share with us in faith, hope and the love of God. And if you need a scholarship to do so... Ask and it will be given to you! Please review the retreat offerings you will find in this newsletter and contact us if we can serve you in any way.

Peace in Christ,

**Deacon Dave Jones, Director**  
**Palisades Retreat & Faith Formation Center**  
**Far-A-Way Retreat House**

Archdiocese of Seattle  
206 748-7991 (Seattle)  
253 927-9621 (Tacoma)  
800 330-7622 (Toll Free)  
DaveJ@seattlearch.org



The apostles gathered together with Jesus.

He said to them,

“Come away by yourselves to a deserted place and rest a while.”

People were coming and going in great numbers, and they had no opportunity even to eat. So they went off by themselves to a deserted place.

Mark 6:30-32

## Thank you to all those who helped bring about the labyrinth.

On a sunny day during Labor Day week-end, twenty five of our hardest retreatants and volunteers came together throughout the day to carry and lay the bricks to create our new labyrinth prayer walk. Even one of the retired priests who live at the Palisades came to help... briefly. Many people also generously contributed financially to make this possible. We are very pleased to have this new space for prayer and reflection on our grounds. It is located in a lovely area on the side of the retreat house with a view of the water. It is a very quiet and peaceful site among the trees, away from the most public areas of the grounds. Materials about the Catholic history of labyrinths and suggested ways to walk it using the resources of our Catholic tradition are available at the Palisades.



Photo by Deacon Loren Lane

**NEW Websites:** [www.seattlearchdiocese.org/palisades](http://www.seattlearchdiocese.org/palisades) + [www.seattlearchdiocese.org/faraway](http://www.seattlearchdiocese.org/faraway)





***"Come away to a secluded place and rest a while."** Mark 6:31*

## Individual Spiritual Direction

Spiritual Direction is a confidential relationship which aims at assisting a person to experience God in the present moment and serves to review one's experiences of God in light of beliefs, relationships, values and attitudes. More than "direction" this is a time of spiritual conversation and companionship. The Holy Spirit breathes in the midst of the conversation as a discerning guide.

In the Spiritual Direction Relationship:

- The focus is on the spiritual life: awakenings, growth in relating with God, oneself and others; modes of prayer; fidelity in the "night" or in times of suffering; discerning how to make choices and changes in life directions and decisions
- Various dynamics of conversion may occur: curiosity, conversation, inquiry, perhaps even a change in attitudes of mind and heart
- Time, trust and truthfulness are required.
- Respectful attention is given to moments of contemplation/awareness and discernment/decision-making

One would hope that a spiritual director would serve to provide (to use the metaphor of William Butler Yeats) a "transparent lamp around a spiritual flame."

In spiritual direction, it is especially important to speak about what is going on in one's prayer. In times of pain, disappointment, or crisis, it is important to ask: Where do I find God in all this? What is God saying to me through this experience?

***For More Information on Spiritual Direction in the Catholic Tradition, Please contact The Palisades Retreat***  
***(206) 748-7991 (Seattle) - (253) 927-9621 (Tacoma)***

## ***We will Keep You in Our Prayers***

If you wish for us to pray for you during this coming year, please feel free to give us a call or email us with your prayer request and we will remember you in our prayer here at the Palisades.

## **"One Day" Retreats This Fall - Come to the Palisades for a Day of Reflection**

Over the years, there have been many requests for one day only retreats here at The Palisades. In response, we will have scheduled several "day only" retreats this year. Each will include presentations, prayer, one meal and time for reflection. We will be continuing these kind of offerings in the spring if interest remains high. Please let us know if you have particular ideas or themes that you would like to see.

**December 2 – 9:30 am - 4 pm**

### **What Makes Us Catholic**

**What Is Our Heart's Desire?**

**- Growing Spirituality for Life**

### **A One Day Retreat at Palisades**

**Sr. Joyce Cox, BVM will Facilitate**

This one-day retreat is an opportunity to grow in new and deeper understanding of your own spiritual life in Catholic identity. DVD presentations by Thomas H. Groome will serve as the basis for reflection. What a wonderful way to turn your heart to God at the beginning of Advent.

### **What Makes Us Catholic (In our Parish/School)**

This presentation may also be scheduled for Parishes and Schools of the Archdiocese as a continuing formation program for Parish Staff, School Staff, RCIA leadership or any other group of interested Catholics.

**Contact Palisades for more information! (206) 748-7991  
(800) 330-7622 (Toll Free)  
email: palisades@seattlearch.org**

## **What Is New This Year?**

**New Retreat Directors!  
New Prayer Opportunities!  
New Chances for God to Walk with You!**

We are very excited about several priests who will give retreats at the Palisades for the first time this year. Fr. Bryan Dolesji, Fr. John Whitney and Fr. Gary Lazzaroni should all make excellent retreat directors. Another addition is a five day women's retreat during Advent. One can come just for the week-end of Dec. 17-19 or stay through the 21st. There will also be two new faith-sharing retreats for men, one in January and one during Lent. For private retreats, one can now stay in the cottage or the main house. With three rooms in the cottage, it provides a private space for families or friends who might want to come on retreat together. While it is almost always possible to find room for a private retreat, you should inquire about dates at least two weeks in advance. More time may be needed to schedule if Spiritual Direction is desired. Cost of private retreats vary based on length of stay and services required. Private retreats allow time for prayer, rest and reflection without large group presentations. And, just this month, we have added a labyrinth on our grounds for another type of prayer experience. Material is available at the Palisades to assist you in walking the labyrinth if this is your first time or even if you've walked this path in other places.

When you call the retreat center, please state that you wish to make a private retreat so that we can check the calendar for room availability.



# ***Palisades Retreat Center: Retreat Schedule 2010-2011***



Fr. Jim Northrop

**Nov 19-21 - Men & Women's Faith Sharing Retreat -Wisdom & Wonder in the Second Half of Life**  
- Sr. Joyce Cox, BVM

**Dec 3-5 - Advent 2010 Silent Retreat for Men & Women -People Who Walked in Darkness Have Seen A Great Light** - Fr. Jim Northrop

**Dec 17-19 - Advent Silent Preached Retreat for Women -"As We Wait in Joyful Hope" (Part I)**  
- Sr. Joyce Cox, BVM

**Dec 19-21 - "As We Wait in Joyful Hope" (Part II)** - Sr. Joyce Cox, BVM

**Jan 21-23 - Faith Sharing Weekend Retreat for Men -Lessons for Men from the Prodigal Son...**  
- Deacon Dave Jones and Fr. Jack Jennings

**Jan 28-30 - Silent Contemplative Prayer Retreat - Introduction to Contemplative Prayer**  
- Mr. Pat Sursley & Sr. Joyce Cox, BVM

**Feb 4-6 - Faith Sharing Weekend Retreat for Women -Finding God in All Things** - Rev. John Fuchs, S.J. and Pam McCauley, MPA

**Feb 11-13 - Weekend Faith Sharing Retreat for Men & Women -On Retreat with King Lear**  
- Rev. Stephen C. Rowan, Ph.D.

**Feb 25-27 - Married Couples Weekend Retreat -The Sacrament of Matrimony** - Fr. Tom Vandenberg

**Mar 4-6 - Men's Silent Lenten Retreat Weekend -Entering into the Paschal Mystery**  
- Fr. Bryan Dolejsi

**Mar 18-20 - Silent Lenten Retreat for Men of Everett Parishes - Lenten Themes** - Fr. Frank Schuster



Fr. John Fuchs, SJ



Pam McCauley



Fr. Vandenberg



Fr. Bryan Dolejsi



Fr. John Whitney, SJ



Fr. Frank Schuster



Fr. Armand Nigro



Fr. Jim Lee



Fr. Stephen Rowan



Fr. Gary Lazzeroni

**Mar 25-27 - Silent Lenten Retreat for Women - Lenten Silent Weekend**  
- Fr. John Whitney, SJ

**Apr 1-3 - Silent Preached Lenten Retreat for Men -The Healing Power of Christ in Men's Lives**  
- Fr. Jim Lee

**Apr 8-10 - Faith Sharing Lenten Weekend Retreat for Men -TBA**

**Apr 15-17 - Passion Sunday Weekend Retreat for Women -Journey into the Mystery from Suffering to Glory** - Sr. Joyce Cox, BVM

**Apr 19-21 - Preached Holy Week Retreat for Men & Women -Praying Holy Week with Jesus**  
- Fr. Armand Nigro, SJ

**May 6-8 - Silent Preached Retreat for Women - Spring 2011 Women's Retreat** - Fr. Jim Northrop

**May 27-29 - Faith Sharing Retreat for Men & Women - Living the Risen Life in Challenging Times**  
- Fr. Gary Lazzeroni

**May 27-29 - Retreat for US Vets - A Faith Sharing Retreat for Men & Women** - Fr. Lee Hightower

More information and Registration material is available online at the websites listed below.

**It is also possible to Register Online for these retreats.**

Fee for most of the above weekend retreats: \$188 Per Single or \$312 Per Married Couple (\$156 per person sharing one room). Contact us to verify the cost of particular retreats. For more specific information on particular retreats, on Individual Private Retreat opportunities, or questions regarding use of Far-A-Way or the Palisades for Parish or Non-profit groups, please e-mail

[palisades@seattlearch.org](mailto:palisades@seattlearch.org)  
or visit our websites at:

[www.seattlearchdiocese.org/palisades](http://www.seattlearchdiocese.org/palisades)  
[www.seattlearchdiocese.org/faraway](http://www.seattlearchdiocese.org/faraway)

# Retreat Participant Registration

One Participant Per Form – Feel Free to Photocopy

Retreat Date \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Parish and Parish City \_\_\_\_\_

Street Address \_\_\_\_\_ E-mail address \_\_\_\_\_

City State Zip \_\_\_\_\_ Phone (including area code) \_\_\_\_\_

Enclosed is my payment of \$\_\_\_\_\_ for the Retreat: Check [ ] VISA [ ] MasterCard [ ] \_\_\_\_\_  
Payment Method Card Number Exp Date

I require special assistance (including vegetarian meals) \_\_\_\_\_ ADA Room [ ]

Checks payable to “The Palisades” Mail to:

Register online at:

[www.seattlearchdiocese.org/palisades](http://www.seattlearchdiocese.org/palisades)

*The Palisades*  
Archdiocesan Retreat & Faith Formation Center  
4700 SW Dash Point Road #100  
Federal Way, WA 98023

## COME FOR A PRIVATE/FAMILY RETREAT USING THE COTTAGES PALISADES OR FAR-A-WAY

In addition to the Palisades and Far-A-Way Retreat Houses, there are Cottages at each retreat house that can be used for either private or very small group retreats. The Cottage at Palisades is a quiet three bedroom (5 beds) home with kitchen, two baths, a large living room/meeting area, wood burning stove, access to the beautiful grounds of the Palisades Retreat and quiet, enclosed, private back yard.



The Cottage at Far-A-Way is a quiet one bedroom cottage with kitchen and bath and beautiful view overlooking Filucy Bay on Puget Sound and dock at the Retreat Center.



There are 26 Weekends  
available at Far-A-Way  
Retreat in 10/11  
and  
8 Weekends are Available for Your  
Groups at the Palisades in 10/11!  
November 26-28, 2010  
December 31-January 2, 2011  
July 1-3 & 15-17, 2011  
September 2-4, 2011  
October 21-23, 2011  
November 18-20 & 25-27, 2011

**Great Dates at Great Rates  
for Catholic Groups**



Visit Our Websites  
[SeattleArchdiocese.org/Palisades](http://SeattleArchdiocese.org/Palisades)  
[SeattleArchdiocese.org/FarAWay](http://SeattleArchdiocese.org/FarAWay)  
**The Palisades Retreat**  
4700 SW Dash Point Road -  
Federal Way, WA  
206 748-7991  
800 330-7622 (Toll Free)  
email: [palisades@seattlearch.org](mailto:palisades@seattlearch.org)

## You Can Make a Difference at Palisades and Far-A-Way

The mission of the Palisades and Far-A-Way Retreat Centers is to transform the hearts of people. As an extension of the Ministry of the Archbishop of Seattle, we seek to provide a warm, hospitable, Catholic atmosphere where people can experience the Spirit of God transforming them and filling them with God's love.

The Palisades and Far-A-Way continue to need your financial support. In order to continue this ministry of formation and transformation, we must rely more than ever on our network of friends to sustain us in a mission that we all know is crucial for the life of the church and the world. In the past year, we have given over \$11,000 in scholarships to assure that no one will be turned away from the opportunity to come on Retreat here. (This is almost double what we gave out in 2008-09) Happily, we received from our donors, over \$10,000 in donations for Scholarships to help offset the cost for others. With your support, we can continue to offer Catholic Retreats and formation experiences. Your gift, in any amount, will help us to nurture others on their spiritual journey.

**You can also donate at our Webpage:**  
[www.seattlearchdiocese.org/palisades](http://www.seattlearchdiocese.org/palisades)

Thank you for your support and partnership in Ministry!

**May God Bless and be with you!**  
**Deacon Dave Jones, Director**