



[Palisades Website](#) | [Far-A-Way Website](#) | [Contact Us](#) | [Links](#) | [Diocesan Calendar](#) | [Diocesan Directory](#)

In This Issue

[Retreats Coming Soon!...](#)

[Discovering Your Inner Mystic...](#)

[Journey into the Mystery-Suffering to Glory...](#)

[Praying Holy Week with Jesus...](#)

[7 Day Retreats for Women Religious & Associates/ 3rd Order](#)



Quick Links

[Register Now](#)

[Latest Newsletter](#)

[More About Us](#)

[Our Archdiocese](#)

Featured Article



Upcoming Events at Palisades

Retreats for Lent and Beyond!

Dear Sandra,

Our Lenten Season has begun, May you experience the grace which is poured out on all believers who enter into this season with prayer, fasting and almsgiving. As you are making your lenten plans, be sure to include time for that group or private spiritual retreat you have always wanted to make. Lent is an excellent time to slow your pace and open your heart to God. Many people come to the Palisades on their own for a few days of prayer and reflection.

Visit our website for more information on [Private Retreats](http://www.seattlearchdiocese.org/Retreats/Palisades/private.aspx)
<http://www.seattlearchdiocese.org/Retreats/Palisades/private.aspx>

Each guest room at the retreat center is simply furnished, and comes with sheets & towels perfect for those seeking a private or group retreat. Take time for prayer, spiritual reading and reflection. Also find below a variety of retreat opportunities.

Everett Parishes Silent Men's Retreat

- [Mar 18-20 - Silent Lenten Retreat for Men of Everett Parishes](#)

- Fr. Frank Schuster

The Healing Power of Christ in Men's Lives

- [Apr 1-3 - Silent Preached Lenten Retreat for Men of the Archdiocese](#)

- Fr. Jim Lee - **(20 spaces left)**

Please pass this email on to friends and family who may be interested in the spiritual renewal and retreat offerings of the Palisades Retreat & Faith Formation Center.

Peace in Christ,
Deacon Dave Jones, Director



Discovering Your Inner Mystic (27 spaces left)

Retreats Coming Soon!

Everett Parishes

- [Mar 18-20 - Silent Lenten Retreat for Men of Everett Parishes](#)
- Fr. Frank Schuster

The Healing Power of Christ in Men's Lives

- [Apr 1-3 - Silent Preached Lenten Retreat for Men](#)
- Fr. Jim Lee

Discovering Your Inner Mystic

- [Apr 8-10 - Faith Sharing Lenten Weekend Retreat for Men](#)
- Fr Michael Evernden, C.S.P.

Journey into the Mystery from Suffering to Glory

- [Apr 15-17 - Passion Sunday Weekend Retreat for Women](#)
- Sr. Joyce Cox, BVM

Praying Holy Week with Jesus

- [Apr 19-21 - Preached Holy Week Retreat for Men & Women](#)
- Fr. Armand Nigro, SJ

Spring 2011 Women's Retreat

- [May 6-8 - Silent Preached Retreat for Women](#)
- Fr. Jim Northrop

Wisdom & Wonder A Retreat on

Ageing with the
Grace of God - [May 13-15- Faith Sharing Retreat for Men & Women](#)
- Sr. Joyce Cox, BVM

Living the Risen Life in Challenging

A Lenten Faith Sharing Retreat for Men & Women

Friday, April 8 - Sunday, April 10

This will be a small faith sharing, group retreat for women and men, with scripture-based presentations, offering guidance for prayer and reflection, based on the three pillars of the Lenten season: **Prayer, Fasting and Alms Giving**. - Prayer is more than just saying prayers - Fasting is more than just giving up stuff - Alms giving is more than just donating to charities

Fr. Michael Evernden, C.S.P., Retreat Director

Fr. Michael, currently based in Portland, OR, focuses on Giving Voice to the Word of God - in Scripture, Prayer & Sacraments, and Daily Life. He offers a practical approach to living our faith, one day at a time; a guide to discovering and sharing our faith story; deepening our awareness of God's living presence among us.



[Register Here](#)

Journey into the Mystery-Suffering to Glory

A Passion Sunday Weekend Retreat for Women

Friday, April 15 - Sunday, April 17 - (17 spaces left)

This will be a guided, silent, group retreat for women, with scripture-based presentations, offering guidance for prayer and discernment. Silence, solitude and ample time for individual and communal prayer and reflection allow for a deepening of one's connection with God and self. Opportunities are also available for the celebration of the Eucharist, confession and individual spiritual direction.

Sr. Joyce Cox, BVM - Retreat Director

Sr. Joyce, is the Spiritual Formation Director for the Palisades and Far-A-Way Retreat Centers. Sr. Joyce is a reflection day and retreat director to religious and lay women & men as well as to parish and school staffs. She is a spiritual director, theologian, educator and a developmental psychologist. She provides fresh insights into prayer and spiritual growth.



[Register Here](#)

Praying Holy Week with Jesus - (25 spaces left)

A Preached Holy Week Retreat for Men & Women

Tuesday, April 19 - Thursday, April 21

This will be a guided, silent, group retreat for both men and women, with scripture-based presentations, offering guidance for prayer and discernment. Silence, solitude and ample time for individual and communal prayer and reflection allow for a deepening

Times - May 27-29 -
[Faith Sharing Retreat](#)
[for Men & Women](#)
- Fr. Gary Lazzeroni

May 27-29 - Retreat
for US Vets - [A Faith](#)
[Sharing Retreat for Men](#)
[& Women](#)
- Fr. Lee Hightower



You have an
opportunity
to assist and support the
ministry at The Palisades
by making a Gift.

Requests for
Scholarships
are coming in at a much
higher rate this year than
in past years. It is our
intention to assure that no
one is turned away from
our retreat experiences
because of hard
economic times. Please
be generous in your
prayer and in your giving.

Donate

Every gift, no matter
what the amount,
Makes a Difference

of one's connection with God and self. Optional small group faith-sharing provides connection with others. Opportunities are also available for the celebration of the Eucharist, confession and individual spiritual direction.

Fr. Armand Nigro, SJ, Retreat Director

Fr. Armand entered the Jesuits after graduating from Gonzaga Prep in 1944. Ordained in 1956, Fr. Armand did tertianship at Port Townsend and went on to complete his PhD in Philosophy at the Gregorian. Fr. Nigro has also been actively involved in leading retreats and writing books on Christian living even when he was carrying a full teaching load. He has preached Roman Catholic Christian Spirituality in all parts of the globe including Australia and New Zealand, China, Africa and Latin America.



[Register Here](#)

Two (Seven Day) Retreats for Women Religious & Associates / 3rd Order

(Now open for Registration!)

**June 13-19, 2011 & August 22-28,
2011**

RETREAT ONE
For God So Loved the World...
John 3:16

Retreat Presentations by:
Sr. Kathleen Pruitt,
CSJP
with

Fr. Tom Vandenberg,
presiding at daily liturgy

**June 13-19,
2011**

RETREAT TWO
The Sacred Story:
A Retreat in the Ignatian
Paradigm

Retreat Presentations
by:
Fr. Bill Watson,
SJ

**August 22-28,
2011**

Registration for each of these two retreats will begin at 3:00 pm on Monday evening, followed by Dinner at 6:00 pm and conclude with Lunch on Sunday afternoon.

We are called to a life of light in the midst of darkness. In the past year, you may have experienced a time that was disheartening and frustrating. These retreats, aimed at addressing the needs of women religious and associates, are opportunities to make a step toward a brighter future and enlightening our lives.

Come choose one of these two wonderful retreat opportunities and join us as we seek to leave the shadows and encounter the new dawn and way of peace.

In each of this year's retreats, our retreat presenters will be with us at the daily Masses, offer reflections daily, and meet for dialogue with the sisters and associates.

**[To Register or for more information
Click Here](#)**

Call the Palisades today to register for a Retreat. Or pass this email on to someone you know who is would bennifit. Know that you are always in our prayers. Please keep the Retreat Center and the ministry we do in your prayers as well.

Peace in Christ,

Deacon Dave Jones
Palisades Retreat Center

The Palisades

Archdiocesan Retreat & Faith Formation Center

4700 SW Dash Point Road

Federal Way, WA 98023

For More information give us a call at 206-748-7991

or visit our website

www.seattlearchdiocese.org/palisades