



The Palisades Retreat

The Catholic Archdiocese of Seattle

Coupon! Coupon! Coupon!

Book your 2010-2011 overnight or weekend event at Far-A-Way Retreat House and we will offer a Complimentary one day midweek Private Retreat Day, Board or Staff Meeting at Far-A-Way Retreat in 2010 - 2011 *Come and enjoy the beauty of Far-A-Way!*

Prior bookings excluded. Based on availability. The overnight event must be equal or greater value than the Meeting.
(Overnight use does not include the rental of the Care Taker's Cottage)

A note on the Palisades Labyrinth...

Since the Palisades labyrinth has been proposed, I've had a number of people contact me with both positive feedback and some questions and concerns regarding the "Catholic" nature of the labyrinth. At the bottom of this note, I am attaching a commentary that is the beginning of our educational material on this project. It is important that people of the Archdiocese be informed that the work we are doing will continue to support a Christ focused and church involved approach to all the prayer forms that are available at the Palisades.

I will of course take any calls, emails and letters and respond to each in a prompt and respectful way. It continues to be our desire to serve the needs of the Catholic Archdiocese in all the ministries of the center and in all our various elements.

Peace in Christ

[Deacon Dave Jones](#)

(see the end of this email for the more complete material on the Labyrinth.)

Retreats that are coming soon!

[The Contemplative Journey:](#)

**An opportunity to grow in our understanding and practice of contemplative prayer for those who are experienced in Centering Prayer
August 27-29, 2010**

Please consider a donation to the ministries of Palisades or Far-A-Way Retreats

[DONATE NOW](#)

[Check out the Palisades photo gallery!](#)



Calendar of Retreats

At The Palisades Retreat

The retreat will be primarily but not exclusively silent. It will include presentations; time for group and private contemplative/centering prayer; group sharing, discussion and reflections on contemplative living and celebrating the Eucharist together. The purpose of the retreat is to provide participants an opportunity to continue to grow in their understanding and practice of contemplative prayer.

The presentations will draw from writings and material from St. Paul, St. John of the Cross, St. Theresa Avila, Thomas Merton, and Fr. Thomas Keating,

Retreat Presenters: Sr. Joyce Cox, BVM and Mr. Pat Sursely



Register online by clicking ["here"](#)



[Spirituality & Mental Illness](#)

One Day Retreat at Palisades

Spirituality & Mental Illness: Guide for the Journey

Sat., September 25 - 9:00 am – 3:00 pm



This retreat will invite participants to continue the journey of faith that often comes out of crisis, that taps down into deepest desires, that evokes immense courage, and which ultimately leads us to the heart of Mystery. It will undertake a voyage of discovery. Drawing on themes from his book *Reducing the Storm to a Whisper: the Story of a Breakdown, Faith*, Father Howell will invite retreatants to a series of reflections and meditations about how God is working in their hearts even in the midst of crisis, turmoil, and the cry for healing

and peace. This retreat experience will be held on Saturday September 25 from 9:00 am – 3:00 pm.

Fr. Patrick Howell SJ serves as Rector of the Jesuit Community at Seattle University. Since 1985 he has served in several positions at the university, most notably as Dean of the innovative School of Theology and Ministry and as a Pastoral Theologian. For many years Father Howell has contributed to pastoral outreach to people with mental illness and their families. Father Howell is well-known for his regular column on the Religion page of the Seattle Times. **Presenter: Fr. Patrick Howell SJ**

Register online by clicking ["here"](#)

Don't Forget that the Archdiocese also has a Retreat Center on The Key Peninsula and it's called, Far-A-Way

[The Contemplative Journey:](#)

g 27- An opportunity to grow in our understanding and practice of contemplative prayer for those who are experienced in Centering Prayer

[Wisdom & Wonder in the Second Half of Life](#)

Nov 19- 21 - A Men & Women's Faith Sharing Retreat

[Advent 2010 Silent](#)

Dec 3 - 5 **[Preached Retreat](#)** - A Silent Retreat for Men & Women

[Women's Silent Advent](#)

Dec 17- 19 (19- 21) **[Retreat 3 day or 5 day](#)** Weekend [\$188] or 5 day [\$350] - your choice

Jan 21- 23 **[Lessons for Men from the Prodigal Son...](#)** A Men's Faith Sharing Retreat

Jan 28- 30 **[Introduction to Contemplative Prayer](#)** **[Silent Retreat](#)**

More Retreats Coming At The Palisades Retreat

[Finding God in All Things: A](#)

Feb 4-6 **[Women's Faith Sharing Retreat](#)**

[Men & Women - Weekend](#)

Feb 11-13 **[Faith Sharing Retreat](#)** on themes from William Shakespeare's *King Lear*

[A Married Couples Retreat](#)

Feb 25-26 with presentations by Fr. Tom Vandenburg



Far-A-Way is an exclusive wooded retreat located on the Key Peninsula south of Longbranch WA, set on the shores of Filucy Bay on Puget Sound. It is a beautiful, unique and an ideal setting to facilitate your staff retreat, small group retreats for men, women or couples; RCIA retreats; training for Jesu Caritas Groups; or other get-a-way style experiences. Far-A-Way is a place where your group can get to know each other, build as a team, have fun and get things done. This is an ideal location for Men's or Women's groups and for any group wishing to bond over food, prayer and time together. Call me today at 206-274-3130 or [e-mail](mailto:rachel@seattlearch.org) me to schedule a site inspection or discuss your retreat needs in more detail.

Sincerely,

[Rachel O'Reilley](#)

Group Rental and Facility Use Registrar

And

Your friends at Far-A-Way Retreat House

Far-A-Way Retreat House
6505 Cliff Ave. Road
Longbranch, WA
www.seattlearch.org/faraway

The Labyrinth at the Palisades

4- [Entering Into the Paschal Mystery](#) - A Silent Lenten Preached Retreat for Men

[A Silent Lenten Retreat for Men](#) (this retreat is reserved for men from the Parishes in the Everett area.)

[Women's Silent Lenten Preached Retreat](#)

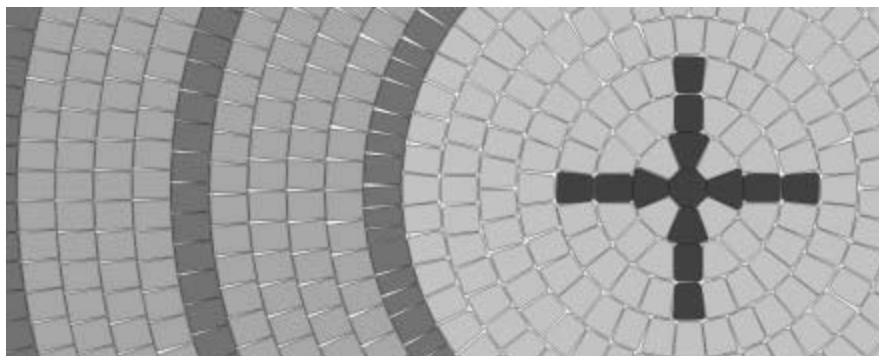
Mar 25-27 [Men's Silent Lenten Retreat](#)
 The Healing Power of Christ
 Apr 1-3 in Men's Lives - Fr. Jim Lee

[And More!](#)



[Visit our website to view a virtual tour of our property at Far-A-Way!](#)





The Church has learned from experience that authentic popular devotions are an invaluable means of promoting an increased love of God. The important role of popular devotions was discussed at the Synod for America and received particular mention in Pope John Paul II's post-synodal apostolic exhortation *The Church in America (Ecclesia in America)*: The Synod Fathers stressed the urgency of discovering the true spiritual values present in popular religiosity, so that, enriched by genuine Catholic doctrine, it might lead to a sincere conversion and a practical exercise of charity. If properly guided, popular piety also leads the faithful to a deeper sense of their membership of the Church, increasing the fervor of their attachment and thus offering an effective response to the challenges of today's secularization. (Popular Devotional Practices: Basic Questions and Answers - Issued by USCCB, November 12, 2003)

The labyrinth at the Palisades is rooted in our Catholic faith as one among many devotional practices. Throughout Church history, going on “the Way” or, later, on a “pilgrimage” to places such as Bethlehem, Jerusalem, Lourdes, Fatima, Guadalupe, Czestochowa and Compostella have been seen as a meaningful form of prayer discipline. “Processional” as prayer arose from the same understanding. During the Middle Ages, two forms of walking contemplation surfaced: the “Stations of the Cross” and the labyrinth. The outdoor Stations of the Cross at the Palisades have been appreciated and well used by retreatants at the Palisades for many years. Adding the labyrinth gives retreatants an opportunity to experience another historical devotional practice that is being requested as a way to continue to foster the prayer of the people of God.

History of the Labyrinth

The labyrinth is at its most basic level, a design or pattern on the ground that is meant to be walked. This type of path has existed across cultures since prehistory. In our Catholic History, the labyrinth design was incorporated into the floors of the great Gothic pilgrimage cathedrals of France in the twelfth & thirteenth centuries. The most famous extant design is the example in the nave floor of the Cathedral of Notre Dame de Chartres outside of Paris. This labyrinth was built of honey colored limestone with marble lines around the year 1200 and is now over 800 years old.

**“Come to me, all you who labor and are burdened, and I will give you rest,”
Matt. 11:28**

[Visit the webpage for the Cottage at Far-A-Way](#)



The cottage at Far-A-Way is a quiet one bedroom cottage with kitchen and bath and beautiful view overlooking Filucy Bay. The house has a deck that provides a wonderful space to sit and reflect on the glory of God's Creation.

[Visit the Website for the Cottage at Palisades](#)

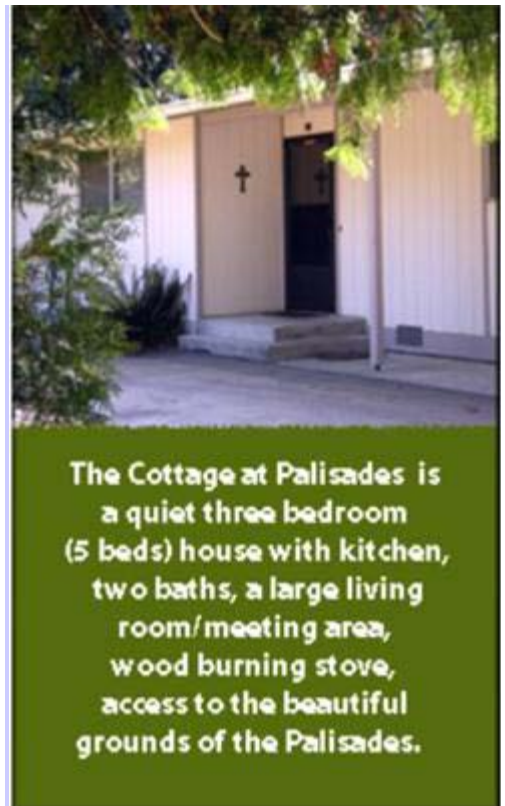
Some early Christians took a vow to visit the Holy City of Jerusalem at some point in their lives. During the middle ages the Crusades made travel to the Holy Land unsafe, so they used other means to honor their commitment. Catholics made their pilgrimages to the cathedral cities including those of Chartres, Rheims or Amiens. There were as many as 22 labyrinths in the 80 Gothic cathedrals that were constructed during the Middle Ages throughout Europe. In Chartres Cathedral there is an intricate 40 foot diameter labyrinth of tile imbedded in the floor of the church. This labyrinth was meant to be walked as a pilgrimage and/or for repentance. As a pilgrimage it was a questing journey with the hope of becoming closer to God. When used for repentance the pilgrims would walk on their knees. Sometimes this eleven-circuit labyrinth would serve as a substitute for an actual pilgrimage to Jerusalem and as a result came to be called the "Chemin de Jerusalem" or Road of Jerusalem. Labyrinths have been used throughout history as a tool for prayer and meditation, with a revival of sorts in the early 1990s.

The Palisades Labyrinth

The Palisades labyrinth is not a maze, but a walking tool for prayer with a single winding path from the edge to the center. There are no tricks, choices or dead ends in a labyrinth walk. The same path is used to return to the outside. The labyrinth represents the journey inward to the center of our understanding (Christ and his love for us) and back out into the everyday world and our call to love of God and service of neighbor.

There are labyrinths in parishes and retreat centers across the nation. St. Michael Parish in Olympia may be the most recent in our Archdiocese to add an outdoor labyrinth to their grounds. It is our hope that the experience of walking the labyrinth works in such a way as to attract and direct our souls to God. If practiced as a way of repentance, it moves the walker to conversion and turning away from their sins, encouraging them to practice virtue. It is the goal of the designers of this labyrinth, that its use will inspire those who walk it to advance along the path of sincere piety by accustoming them to meditate on the eternal truths and disposing them better to contemplate the mysteries of the human and divine natures of Christ. In the Palisades Labyrinth, the center is a circle of white stone with a cross in the center, a reminder of the Eucharist which is central to our experience of Christ and his love for us. As one walks the four quadrants of the Labyrinth, expectancy is created as to when the center will be reached. In the four quadrant structure, the four arms of the cross are readily visible and add to significant Christian symbolism of the design.

The three stages of the spiritual life made popular by the Spanish



Carmelite St. John of the Cross (1542-1591) are often used as a model for a typical Catholic labyrinth walk. These steps or stages are referred to as purgation, illumination and union, all of which have deep meaning in the Catholic mystical tradition. The walk of purgation is meant to be a time of letting go of the past, turning away from sin and embracing the gospel. In coming to the center of the labyrinth, we reflect on the stage of illumination which is a new closeness to God and a deeper conversion of the heart, mind and spirit. The return part of the walk is the path of Union, when one attempts to realize a greater closeness or union with God and a call to go forth, bringing back to the world a renewed understanding or a refreshed spirit.

In our ongoing efforts to serve the needs of the people who come to the Palisades, we wish to offer not only the design of a labyrinth which people can walk, but also the guidance and formation in how to practice this walking reflection in ways which reflect the prayer and history of our church. We believe that this will work to strengthen those who walk the labyrinth, in peace, in hope and in our faith and move them to ever more generous commitments to serve and be proof for God's love to the world.

Please feel free to [contact me](#) if you have any questions or suggestions regarding our labyrinth project and if you are interested in making a contribution to its completion, please visit our website and go to the ["Donation"](#) page. Let us know in the notes box that you wish your contribution to go toward the labyrinth and the resources needed to educate those who walk it in the way, the truth and the light of Christ.

Peace in Christ,

Deacon Dave Jones, Director

Palisades Retreat Center

Far-A-Way Retreat House

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<http://www.seattlearchdiocese.org/Retreats/Palisades/emailalerts.aspx>

Deacon Dave Jones, Director

Palisades Retreat Center

Far-A-Way Retreat House

www.seattlearchdiocese.org/Palisades

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