

# The Palisades Archdiocesan Retreat & Faith Formation Center

## "THE PEOPLE WHO WALKED IN DARKNESS HAVE SEEN A GREAT LIGHT."

Isaiah Chapter 9:1

### A voice cries out: In the desert prepare the way of the LORD!

Even now, the great prophets of old help us to prepare for Christmas and for the coming of the Lord. We hear the message now as they did in the time of Mary and Joseph to prepare ourselves... to prepare the way. And the message is of Good News for us all. I believe that in the ordinary experiences of our lives and in the love we share with others, we are gifted with the experience of God - his love enfleshed - his son incarnate.

Now as we wait in times that sometimes feel very dark, the promise of a great light is a gift to look for. This advent is an opportunity for each of us to, once again, prepare the way. And... we also prepare in faith as people who are working to make our hearts a home for the Christ, the Savior who comes to be with us. Jesus comes! When we encounter him, it is important that we have prepared ourselves to recognize him. It is important that we know his face and that we see him in whatever way he chooses to show himself.

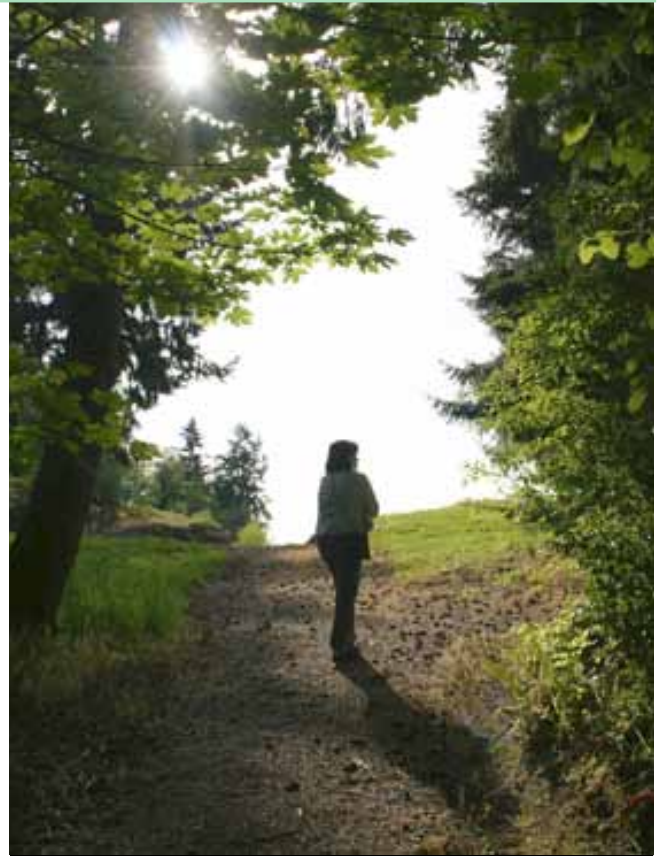
May you experience the joy of this Christmas season and may the new year bring you even more blessings to share with those you love and with those in need.

In Christ, peace,

Deacon Dave Jones                      206 748-7991 (Seattle)  
Director of The Palisades            253 927-9621 (Tacoma)  
And Far-A-Way Retreat                800 330-7622 (Toll Free)  
4700 SW Dash Point Rd - Federal Way WA 98023  
[www.SeattleArch.org/Palisades](http://www.SeattleArch.org/Palisades)

[www.SeattleArch.org/FarAWay](http://www.SeattleArch.org/FarAWay)  
Find Palisades Retreat Center using  
"Google Maps" and when it pops up,  
[write a review](#) about how much you  
enjoy being at the Palisades. This will  
help to make our presence on the web  
more visible for those who seek us.

Thanks!



**27 Weekend Spaces  
Available for Your Group  
at Far-A-Way in 2010!**

**4 Weekend Spaces  
Available for Your Group  
at Palisades in 2010!**

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

# Retreat Schedule 2010

- Jan 22-24 The Catholic Imagination of Flannery O'Connor - A Men and Women's Faith Sharing Weekend Retreat - Fr. Stephen Rowan
- Jan 29-31 A Catholic Contemplative Silent Weekend Retreat - (Introductory & Continuing Centering Prayer) - Kay Kukowski, Mary Solberg & Sr. Joyce Cox, BVM
- Feb 5-7 Learning to Dance in the Rain - A Women's Faith Sharing Guided Retreat - Fr. John Fuchs SJ and Pam McCauley
- Feb 19-21 Love One Another As I Have Loved You! - A Married Couple's Marriage Retreat - Fr. Tom Vandenberg
- Feb 26-28 Reconciliation is the ongoing message of Christ, through whom God is reconciling all things to himself! - A Men's Silent Lenten Preached Retreat - Fr. Pat Howell, SJ
- Mar 5-7 Holiness in Everyday Life - You Too Can be a Saint A women's Preached Silent Retreat Based on the Spiritual Teachings of St. Francis de Sales - Fr. Thomas Dailey, O.S.F.S.
- Mar 19-21 Men's Silent Lenten Preached Retreat for the Everett Parishes - Fr. Frank Schuster
- Mar 26-28 Reliving the Paschal Mystery of Jesus - A Men & Women's Palm Sunday Silent Preached Retreat - Fr. Armand Nigro, SJ
- Mar 30-Apr 1 A Holy Week Journey of the Heart - A Men & Women's Holy Week Silent Preached Retreat - Sr. Joyce Cox BVM
- April 7 The Sacred Art of Living and Dying Transforming Suffering in Ourselves and Those We Serve - Richard Groves
- Apr 16-18 Our Walk in HIS Footsteps - Developing the Attitudes of Christ - A Men's Silent Preached Retreat - Brian Casey & Fr. John Madigan
- Apr 17 Care Giving - A One Day Retreat for people who are care givers - Tom Wagner & Sr. Joyce Cox
- May 7-9 A Spring Women's Silent Preached Retreat - Fr. Jim Northrop
- May 21-23 Chaos, Contemplation And Care for all of Creation - A Men & Women's "Green Retreat" - Sr. Linda Haydock, SNJM
- May 28-30 Welcome Home Catholics Retreat - A Retreat for Returning Catholics
- June 14-20 The Annual Retreat for Women Religious & Associates - "Were not our hearts burning within us?" (Lk 24:32) - Fr. Marlin Connoles & Sr. Sheila Lemieux, CSJP
- July 28-Aug 1 Five Day Mid Week Silent Retreat for Men and Women - TBA
- Aug 20-25 Women's Silent Preached Retreat - Fr. Dave Rogerson
- Oct 15-17 Lectio Divina - Contemplative Practice and Sacred Reading Retreat - Christine Valters Paintner, PhD

Any Open Dates Come to a Private Retreat at The Palisades!

**[www.SeattleArch.org/Palisades](http://www.SeattleArch.org/Palisades)**

## A Contemplative Weekend Retreat January 29-31, 2010 Introducing Centering Prayer

This weekend will be a group retreat with conferences introducing Center Prayer as a silent, contemplative prayer practice. There will be time for practicing Centering Prayer, opportunities to share our experiences and ask questions, and to celebrate the Eucharist and Reconciliation. As we experience our interior silence, we will move more deeply into an environment of group silence. This retreat is primarily designed as an Introduction for those persons who desire to know and practice Centering Prayer and will also include presentations for those who would like to review their Centering Prayer practice.

### Presentations by:



**Sr. Joyce Cox, BVM**, is the Spiritual Formation Director for the Palisades Retreat Center. She is a spiritual director, theologian and a developmental psychologist.



**Kay Kukowski** was invited by Fr. Thomas Keating in 1987 to participate in the first Contemplative Outreach Ltd. Presenter Formation Program. She was in the first group of Presenters to Introduce Centering Prayer. Kay is a member of Our Lady of Guadalupe Parish.



**Mary Solberg** is commissioned to teach Centering Prayer by Contemplative Outreach, the organization founded by Fr. Thomas Keating to renew the contemplative dimension of the Gospel in everyday life. Mary is active with the Contemplative Community at St. Michael, Olympia.

## Learning to Dance in the Rain February 5-7, 2010

### A Faith Sharing Retreat for Women

**Rev. John Fuchs, S.J.**, is the Superior for the Jesuit Community at Bellarmine in Tacoma. He has a background in spiritual formation, direction and counseling, and in pastoral ministry as a pastor. He is known for his spiritual and psychological insight into our everyday lives.



**Pam McCauley, MPA**, is the Program and Volunteer Coordinator at the Palisades. She has been leading retreats with Father John and bringing her experiences and faith to the retreat program. Pam came to Palisades after working for 10 years at a Parish in Olympia and is the mother of five children. She has a love of poetry and understands the challenges of making time for prayer and reflection in the midst of a busy life.



**Theme:** Often we see apparent obstacles on our path and we come up with some very good reasons and "excuses" for not moving forward. We have a tendency to wait for just the right time and right circumstance which, in fact, may never come. So, unfortunately, we let opportunities and life pass us by. But God is the one leading and calling us forward, despite all obstacles, despite the rain. Since God is the one in charge, and nothing is impossible with God, we need to trust God more and keep moving forward, learning to "Dance in the Rain."





## Hospitality for Wildlife!

This beautiful Barred Owl was spotted several times last summer here at The Palisades. While it is primarily nocturnal, it was seen during the day usually along the driveway, sitting on stumps or branches. One time, it even perched on a car, just outside the office. These owls are known to live up to ten years in the wild, and feed off mice, squirrels, young rabbits, birds and fish, all of which are in abundance on our grounds.

We want to make sure that we maintain an environment that is welcoming to the wildlife. Many of you have probably seen the pair of bald eagles that are often soaring over the property. It is likely that they have a nest in one of our tall firs. We believe that the same pair of Mallard ducks has come back every spring for many years. One time, an otter even climbed the hill and walked right in front of our dining room windows. On our beach, a wide variety of gulls, herons and other water fowl make themselves at home.

Sam Keller, our grounds keeper, has taken several steps to preserve our natural environment. Just keeping the ivy from climbing up all the trees is a formidable task. He is interested in finding some volunteers who have some knowledge or interest in forest restoration to help with his efforts to be a good steward of this beautiful property. This becomes all the more important as development encroaches on land that once was available to sustain the kind of wildlife that we find here. Call Sam or e-mail him at [samk@seattlearch.org](mailto:samk@seattlearch.org) if you would like to join in this effort.



**Please Remember the Palisades Retreat  
in Your Christmas Giving!**

## COME HEAR SR. JOYCE COX, BVM A HOLY WEEK GUIDED RETREAT FOR MEN & WOMEN

**MARCH 30 - APRIL 1, 2010**

### "A Holy Week Journey of the Heart"

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 of one's connection with God and self. Optional group faith-sharing provides connection with others.

## Consider a gathering at: Far-A-Way Retreat House ARCHDIOCESE OF SEATTLE

**WWW.SEATTLEARCH.ORG/FARAWAY**

Overlooking Puget Sound one mile south of Longbranch  
Only 40 Minutes from Tacoma

### WHAT YOU'LL FIND AT FAR-A-WAY

- A warm Comfortable Setting
- Fully Equipped Kitchen
- A Small Eucharistic Chapel
- 4 Acres with a Beautiful Beach
- 12 Comfortable Bedrooms (23 beds)
- TV & Wireless Internet Available
- Large Wood Fire Place
- Hot Tub, Sauna & Steam Room
- BBQ Grill
- Lots of space to relax



At both Palisades and Far-A-Way we offer affordable overnight guest rooms & private meeting areas perfect for: staff retreats; group retreats for men, women or couples; in-service Days; RCIA Retreats; training opportunities; Jesu Caritas Groups; on-going education and formation experiences.

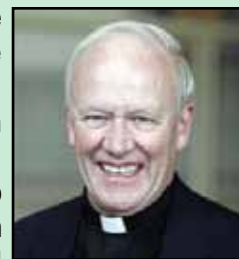
## Reconciliation!

### A Men's Silent Preached Retreat FEB. 26TH-28TH, 2010

*Reconciliation will be at the heart of this men's retreat. It was central to the whole ministry of Jesus. It is the ongoing message of the Resurrected Christ, through whom God is reconciling all things to himself (Colossians 1:20). Reconciliation softens the heart, heals our relationships with our family and friends, and mends a broken world struggling to enact God's shalom, the divine yearning for peace and justice here and now in our world.*

**Retreat Director:** 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. Father Howell is well-known for his regular column on the religion page of the Seattle Times and is also the author of the books *Reducing the Storm to a Whisper: the Story of a Breakdown and A Spiritguide through Times of Darkness*.

**Retreat Format:** This is a traditional, silent, group retreat with large group conferences offering formation in faith. Time is provided for individual and communal prayer, spiritual reading, reflection, and devotions. Opportunities are also available for the celebration of the Eucharist and Reconciliation.



**For registration and more info call:**

- 206 748-7991 (Seattle) + • 253 927-9621 (Tacoma)
  - 800 330-7622 (Toll Free) + email: [palisades@seattlearch.org](mailto:palisades@seattlearch.org)
- [www.SeattleArch.org/Palisades](http://www.SeattleArch.org/Palisades)**

## Retreat Participant Registration

One Participant Per Form – Feel Free to Photocopy    Retreat Date \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Parish and Parish City \_\_\_\_\_  
Name as you want it on your name tag \_\_\_\_\_

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 ☐ ADA Room ☐ 1st floor room only ☐ Vegetarian meals Other special needs \_\_\_\_\_

How did you hear about this retreat? \_\_\_\_\_

In addition to the above, please accept my donation of ☐ \$1000 ☐ \$500 ☐ \$300 ☐ \$200 ☐ \$100 ☐ \$50 Other \_\_\_\_\_

Checks payable to:

*The Palisades*

Archdiocesan Retreat & Faith Formation Center  
4700 SW Dash Point Rd - Federal Way WA 98023  
[www.SeattleArch.org/Palisades](http://www.SeattleArch.org/Palisades)



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## THE ANNUAL RETREAT FOR WOMEN RELIGIOUS & ASSOCIATES

**June 14-20, 2010**

*“WERE NOT OUR HEARTS  
BURNING WITHIN US?” (LK 24:32)*

The Scripture invites us, no less than the disciples on the way to Emmaus, to experience our hearts burning within us. We would like this retreat to be a journey to our hearts in order that we might be refreshed, restored, renewed and set free so to love more deeply.

### Retreat Presentations by:

**Fr. Marlin Connoles** is a priest of the Archdiocese of Seattle and was the Pastor of St. Bridget Parish from 2000 until he was granted Senior Priest Status in 2007. He is a popular speaker, workshop presenter and retreat master.



**Sr. Sheila Lemieux CSJP**, a Sister of St. Joseph of Peace, has served for a number of years in the Seattle Archdiocese as an elementary teacher and principal as well as pastoral associate at St. Joseph parish in Issaquah. Most recently she has completed nearly seven years as Congregation Leader of the Sisters of St. Joseph of Peace in Washington DC.

## The Catholic Imagination of Flannery O'Connor A Men and Women's Faith Sharing Weekend Retreat January 22-24, 2010

**Rev. Stephen C. Rowan, Ph.D.** is dean of the College of Arts and Sciences at the University of Portland, and founding chair of the Fulcrum Foundation. He has been a Professor of English and dean of Seattle University and interim president at Carroll College in Montana. For a period of time, Fr. Rowan also served as the director of continuing formation for clergy and was the principal architect of the formation program for permanent deacons. Fr. Rowan was ordained a priest in 1970.



**Retreat Format:** This is a group retreat with large group conferences offering formation in faith, times of silence and prayer. The retreat will focus on the works of Mary Flannery O'Connor (1925 – 1964) an American novelist, short-story writer and essayist. She was a Southern writer whose writing reflected her Roman Catholic faith, and frequently examined questions of morality and ethics.

## Passion Sunday Weekend RELIVING THE PASCHAL MYSTERY OF JESUS A RETREAT FOR MEN & WOMEN

**March 26-28, 2010**

**Retreat Director: Fr. Armand Nigro, SJ** entered the Jesuits after graduating from Gonzaga Prep in 1944. Ordained in 1956, 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, Latin America, Europe, Iran, Israel, India, Pakistan, and all over the United States and Canada. His broad experience, gentle wisdom and tireless sense of mission have served the faithful, whenever and wherever called. Generations of religious and lay faithful have found him to be a fountain of wisdom and a heart that radiates Christ's love.

