

Happy New Year from the Palisades Archdiocesan Retreat & Faith Formation Center!



We haven't had snow this year but I thought you'd like to see what it looked like last year when we did!

View our Christmas Newsletter by clicking on this link



[Christmas Newsletter 2009](#)

Come home to the quiet and peace of a retreat!

Click on any UNDERLINED item for more info!

See a list of retreats for the spring of 2010 below

Featured Retreats Coming SOON!



[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, who was an important voice in American literature. O'Connor wrote two novels and 32 short stories, as well as a number of reviews and commentaries. She was a Southern writer whose writing often reflected her Roman Catholic faith, and frequently examined questions of morality and ethics.



**[A Contemplative Silent Weekend Retreat](#) : Introductory
& Continuing Centering Prayer
January 29-31, 2010**



Retreat Format: 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.

Retreat Leaders: **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.”

Email: [Palisades Retreat Center](mailto:PalisadesRetreatCenter) Please print the retreat registration forms found below, fill it in and send it to the Retreat Center for processing.


Date	Retreat	Director/Speaker
Any Open Dates	<u>Come to a Private Retreat at The Palisades!</u>	
Jan 22-24	<u>The Catholic Imagination of Flannery O'Connor</u> A Men and Women's Faith Sharing Weekend Retreat	Fr. Stephen Rowan
Jan 29-31	<u>A Contemplative Silent Weekend Retreat</u> A Catholic Contemplative Silent Retreat (Introductory & Continuing Centering Prayer)	Kay Kukowski, Mary Solberg & Sr. Joyce Cox, BVM
Feb 5-7	<u>Learning to Dance in the Rain</u> A Women's Faith Sharing Guided Retreat	Fr. John Fuchs SJ and Pam McCauley

Feb 19-21 (FULL)	Love One Another As I Have Loved You! A Married Couple's Marriage Retreat (FULL)	Fr. Tom Vandenberg (FULL)
Feb 26-28	Reconciliation! A Men's Lenten Retreat 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
May 7-9	A Spring Women's Retreat with Fr. Jim Northrop A 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	Fr. Michael Evernden CSP
June 14-20	The Annual Retreat for Women Religious & Associates "Were not our hearts burning within us?" (Lk 24:32)	Fr Marlin Connole and Sister Sheila Lemieux, CSJP
Any Open Dates	Come to a Private Retreat at The Palisades!	

See a complete list of retreats for the spring and summer of 09 visit our website at:
www.seattlearch.org/palisades

Come to a Private Retreat at The Palisades!

Come away to a quiet place and rest a while. This is a Non-Directed Private Retreat Weekend, with communal and individual prayer and no large group presentations outside of the homily given at Mass. You will have lots of time to pray, walk on the beach, read in the library, walk the outdoor Stations of the Cross or sit in the rose garden. Both weekend and mid week retreat times are available.

You can register or get more information through the following link:  **Private Retreats at The Palisades!**

This link can also be accessed at the Palisades Page of the Archdiocese of Seattle website:
www.SeattleArch.org/Palisades
and you can go to Far-A-Way Retreats webpage at: www.SeattleArch.org/FarAWay