



# CONSULTATION CENTER

*“Respecting the Unity of Mind, Body and Spirit”*

**Spring 2016**

## CALENDAR

**March 31**    *Step into the Bible  
through Storytelling*

**April 19**    *Downsizing for Seniors*



## **Downsizing for Seniors**

Thinking of moving to smaller quarters? Need to downsize your “stuff?” Come to this workshop for help. You’ll learn key downsizing points, where to start, how to deal with sentimental items, what lists are important to make, how to determine how much and what to downsize, and why you must start now even if you’re undecided where you’ll live.



### **Helen Volk, BS, JD**

*A retired lawyer and former pack rat who has downsized her possessions three times . . . president of Beyond Clutter, a company that has helped clients de-clutter their lives since 1991 . . . thinking of downsizing again.*

**Tuesday, April 19 from 1:30 to 3:30 p.m.  
Pastoral Center, 40 North Main Ave., Albany  
\$10.00 (Payment after 4/12: \$12.00)**

**Downsizing workbook available from the instructor:  
\$18.00**

Visit our web site at

[www.consultationcenteralbany.org](http://www.consultationcenteralbany.org).

### **Consultation Center**

Published four times a year by the Consultation Center of the Roman Catholic Diocese of Albany, 790 Lancaster St., Albany, NY 12203

**790 Lancaster Street at North Main Avenue, Albany, NY 12203  
(518) 489-4431**

## Step Into the Bible Through Storytelling

In this 4 week class Storyteller Marni Gillard and Bibliodramatist John Courtney will offer exercises and experiences that invite participants to step deeply into the characters and scenes of favorite



Bible tales. As we “Step into the Bible” and identify with the characters, we work both with partners and the group, listening deeply and building storytelling skills. The work is playful yet brings us deeper into the world of scripture. Becoming the Bible’s great and small characters, insights will flow, and we’ll find they were people much like us.

### **Marni Gillard, MA**

*Marni Gillard, MA, brings the joy of sacred storytelling to parishes, schools, prisons, libraries and faith groups. She leads an annual summer storytelling weekend for adolescents and adults at Pyramid Life Center. Her book Storyteller, Storyteacher shows how story work brought middle schoolers to a deep sense of community. Without a Splash, her double CD of personal tales, awakens memories in young and old. Marni can be reached at <http://www.marnigillard.com>.*

### **John Courtney, LCSW, DCSW**

*Is a social worker in private practice and at the Consultation Center. He is a student of Bibliodrama.*

**Thursdays, March 31, April 7, 14 and 21 from 7:00 to 9:00 p.m.**

**Pastoral Center, 40 North Main Avenue, Albany  
\$50.00 (Payment after 3/24: \$55.00)**

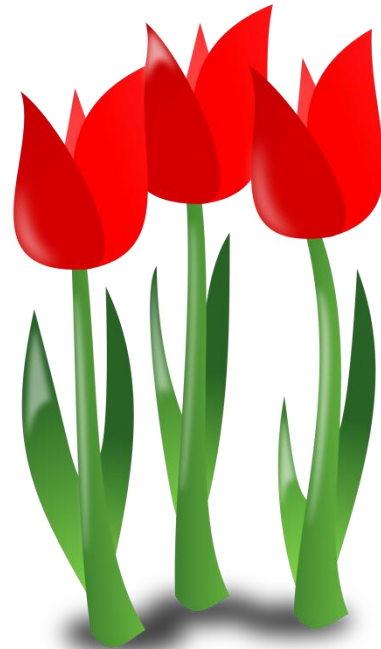
## **Anger Management**



The Consultation Center offers a program of individual sessions on anger management.

Arrangements can be made by calling the Center at 518-489-4431.

The fee for these ten one-hour sessions is \$25 per session.



## How to Create a Supportive Faith Community for Those with Mental Health Issues

This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ raise awareness of mental health issues locally,
- ☒ create an outreach to people with mental health issues,
- ☒ develop an advocacy program to address the larger needs of those with mental health issues.

For more information on how you can make this program available to your local group, please contact Father Tom Konopka at 518-489-4431.

### REGISTRATION FORM

Enclosed is my check for \$\_\_\_\_\_ to cover the fee(s) for the program(s) I have listed below. I understand that the registration fees are nonrefundable unless the program is canceled.

**Name of Program(s):**

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

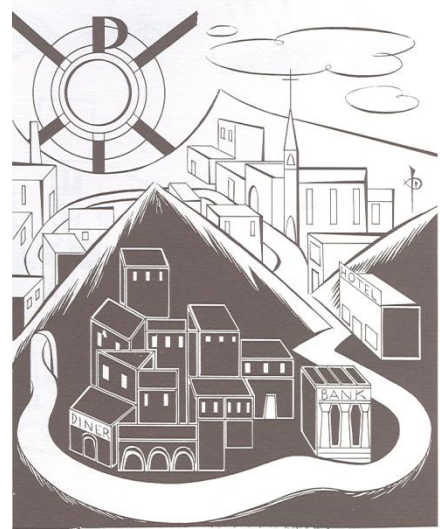
\_\_\_\_\_ Zip \_\_\_\_\_

***Please make check payable and mail to:  
Consultation Center, 790 Lancaster Street, Albany, NY  
12203***



## The Spiritual Exercises for People in Everyday Life

*Have you been wondering about your unique purpose as a Christian? Are you feeling restless in your ministry or personal life, wondering if it is the right choice for you? Would you like to deepen your prayer life and your relationship with Jesus?*



Following the centuries' old process for spiritual growth developed by St. Ignatius of Loyola, the Consultation Center offers this ministry again this year. Over the course of approximately seven to eight months, participants meet once weekly with a spiritual director for about an hour. Together they explore the participant's unique imaginative prayer.

For further information about the Spiritual Exercises and a list of available directors, contact the Consultation Center.

***Letters of attendance at workshops will be provided upon request.***