



CONSULTATION CENTER

"Respecting the Unity of Mind, Body and Spirit"

February - March 2016

CALENDAR

- March 15** *Filing 101*
- March 29** *De-Clutter, De-Stress Your Life*
- March 31** *Step into the Bible through
Storytelling*
- April 19** *Downsizing for Seniors*



Visit our web site at

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

Dreamwork and the Inner Life -

Facilitating an Individual's Movement Towards Wholeness

The *inner life* . . . is the secret life we all lead, by day and night, in constant companionship with our unseen, unconscious, inner selves. If this relationship is attended to consciously, growth, healing and personal transformation occurs. If dismissed as unimportant, the inner world will exact its due through some sort of disquiet in our lives. Dreams afford us an opportunity to foster this inner relationship through the language of symbolism, an ancient language that the noted Jungian Analyst John Sanford referred to as "God's forgotten language." The process of dream work is sacred work as the dream material emanates from the depths of the dreamer's inner world, the realm of the soul.



Come experience the process of working with dreams in a warm, non-judgmental group setting. Participants take turns in presenting their dream material to the group who assist in an attempt to unpack the message of the dream. Meaning and interpretation are never imposed, for in the end it is the dreamer alone who best verifies the meaning of the dream. The group meets from September through May on the first and third Thursdays of each month from 6:30 to 8:00 p.m. No experience is necessary. The only prerequisite is that you agree to reverence the inner voice of each participant that speaks through the powerful and symbolic dimension of one's dream life.

Deacon Charles Hall, MA

Chaplain at the Capital District Psychiatric Center. He holds a certificate in Jungian Psychoanalysis from the C.G. Jung Institute of New York and an MA in Theology from Saint Bernard's School of Theology and Ministry. He received his training in spiritual direction at Wellsprings Retreat Center.

Thursdays from 6:30 to 8:00 p.m.

**Consultation Center, 790 Lancaster St., Albany
\$10.00 per session**

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

Filing 101: Keep It Simple!

Overwhelmed by paper?
Afraid to put papers away
because you won't find them
when you need them? Filing
seem too complicated? Come,
learn the basics of filing so you
will file, not pile. We will
discuss filing methods, how to
create and name folders, "must-
keep" papers, and how to set up your paper ICE so you'll
have, and be able to find, documents in time of
emergencies. Instructor will use Filing 101 workbook in
class so you'll be able to use this valuable tool as soon as
you get home.



Helen Volk, BS, JD

*A retired lawyer and former pack rat who has lived clutter-free
for decades . . . president of Beyond Clutter, a company that has
helped clients de-clutter their lives since 1991 . . . just finished
the process of purging her archives.*

Tuesday, March 15, from 6:00 to 8:00 p.m.
Pastoral Center, 40 North Main Ave., Albany
\$10.00 (Payment after 3/8: \$12.00)

Additional materials fee payable to the instructor: \$14.00

De-Clutter, De-Stress© Your Life

Can't let clutter go? Don't know
where to start? Clutter causes stress,
but it's a stressor we can control.
Learn what keeps you stuck in clutter
and leaves you motivated to act, using
the tips and techniques provided
which will enable you to let go of
clutter. Time permitting, we'll
discuss clutter prevention strategies to keep clutter out of
your life for good!



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helped clients de-clutter their lives since 1991 . . . just finished
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Tuesday, March 29 from 6:00 to 8:00 p.m.
Pastoral Center, 40 North Main Ave., Albany
\$10.00 (Payment after 3/22: \$12.00)

Additional materials fee payable to the instructor: \$18.00.

Step Into the Bible Through Storytelling

In this 4 week class
Storyteller Marni Gillard and
Biblio-dramatist 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

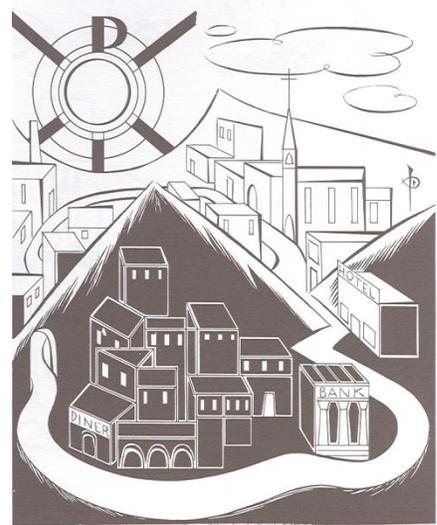
This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ 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.

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?



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**

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.

