



CONSULTATION CENTER

"Respecting the Unity of Mind, Body and Spirit"

Winter 2017

CALENDAR

January 5 *Dreamwork and the Inner Life*

January 18 *The Empowered Parent*

February 16 *Centering Prayer*

April 27 *Step into the Bible through
Storytelling*



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. beginning January 5
Consultation Center, 790 Lancaster St., Albany
\$10.00 per session

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

The Empowered Parent

In a world of conflicting values and parental expectations, how can we parent with confidence and “take back” our parenting role? We’ve all been there...made an unpopular decision that caused conflict with our children, or made a popular decision that we regretted later!

Join us as three panelists discuss some helpful strategies for taking charge of your parenting and respond to your questions:

- ▣ *How to communicate appropriately*
- ▣ *How to act on your values*
- ▣ *Parenting in multiple-parent situations*

Wednesday, January 18, 2017

6:30-8:30 PM

St. Kateri Tekakwitha Church, 1803 Union St., Schenectady



There is no fee for this program, but a free will offering will be gratefully accepted.

Childcare will be offered during the program by St. Kateri Tekakwitha School for children, ages 3 through 12. If you would like to reserve childcare, please call Holly (between 8 am and 3 pm) at St. Kateri School at 382-8225. Note: *No childcare will be provided without a reservation.*

Co-sponsored by The Consultation Center of the Roman Catholic Diocese of Albany, the Office of Lay Ministry Formation, and St. Kateri Tekakwitha Parish.

The Consultation Center
Holy Ground Program for Spiritual Directors

Invite you to

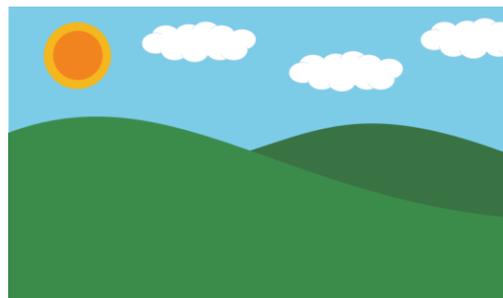
CENTERING PRAYER

AN EVENING WITH WILLIAM SHEEHAN, OMI

William Sheehan, OMI, is part of the Contemplative Outreach movement. He has been practicing centering prayer and guiding others in this way of prayer for 25 years.

Fr. Bill has a rich background in pastoral ministry as pastor and in marriage counseling. He served as Director of Ministry to Priests in the Miami Diocese and has served his Oblate community as provincial and formation director.

Fr. Bill comes to us as a presenter in the Holy Ground program to form spiritual directors. We also welcome parish staff, spiritual directors, and anyone interested in centering prayer, particularly those who guide or advise others in a life of prayer.



LOCATION: Pastoral Center, 40 North Main Avenue, Albany

TIME: 6 - 7:30 PM, Thursday evening February 16, 2017

There is no charge but you are asked to register by contacting Sister Kitty Hanley at kitty.hanley@rcda.org or 453-6633.

Step Into the Bible

Through Storytelling

By popular request, this program is being repeated.

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, April 27, May 4, 11 and 18

from 7:00 to 9:00 p.m.

Pastoral Center, 40 North Main Avenue, Albany

\$50.00 (Payment after 4/20: \$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

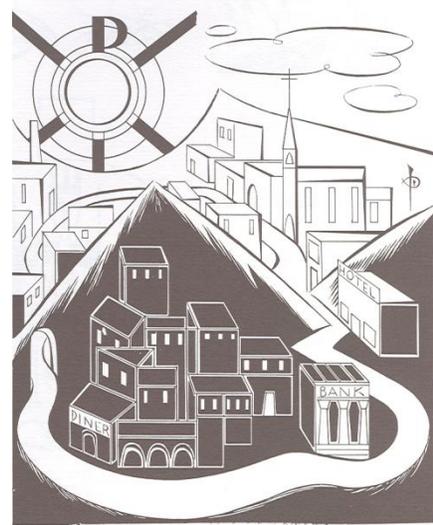
This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ 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.