



CONSULTATION CENTER

"Respecting the Unity of Mind, Body and Spirit"

790 Lancaster Street, Albany, NY 12203

Fall 2018



Sharing Stories of Working with God's Grace

In this four-part class, we'll share tales of experiencing grace.

We may have simply noticed grace at work as we interact with family and friends.

Or seen grace heal a brokenness. It might have opened "the eyes of our heart" to another's need.

Perhaps widened our understanding of Spirit's presence in the world.



We will practice deep listening, promise

confidentiality, and tell our tales in pairs or small groups.

Stories voiced and heard help us all learn what it means to be awakened spiritual beings.

Visit our web site at

www.consultationcenteralbany.org.

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.

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>.

Mondays, October 1, 15, 22 and 29

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

Pastoral Center, 40 North Main Avenue, Albany

\$50.00 (Payment after 4/20: \$55.00)

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 Thursday, September 6
Consultation Center, 790 Lancaster St., Albany
\$10.00 per session

Consultation Center

790 Lancaster Street, Albany, NY 12203

Phone: 518-489-5531

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E-mail: consultation.center@rcda.org

Web site: www.consultationcenteralbany.org

SPIRITUAL DIRECTION PROGRAM

What is spiritual direction?

Spiritual direction is a process in which individuals are assisted in developing a relationship with God. It assists a person in paying attention and responding to this personally communicating God in order to become more open to the presence of God in all aspects of life and to enhance personal growth. It helps one to discern and respond to God's call in one's life and take the Gospel message seriously. Spiritual direction is not counseling, therapy or psychological help.

In spiritual direction we relate to a mature Christian to whom we choose to be accountable for our spiritual life and from whom we can expect prayerful guidance in our constant struggle to discern God's active presence in our lives.

- Henri Nouwen

What does a spiritual director do?

A spiritual director listens, encourages, guides, challenges, accompanies and prays with the individual to discern the movement of the Spirit in her/his life. The spiritual director helps to free a person to more deeply discover God and shares in his/her life journey. It is important to note that the directee and the director have the right to terminate direction at any time.



Who can benefit from spiritual direction?

- Anyone who is hungry for deeper meaning, who feels that there must be something more to life.
- Anyone who desires to grow in intimacy with God.
- Those who find themselves touched deeply by their personal life and the events of the world.
- Those who have many questions and few answers, such as who and what I am and who and what God is to me.
- Those who are feeling fragmented, disjointed, out-of-touch and distant from God.
- Those who desire to become more sensitive to God's action in all the areas of their lives.



How Do I Begin?

Call the Consultation Center at 518-489-4431 to obtain an application form and arrange a meeting with a spiritual director. Appointments are ordinarily 50 minutes to an hour once a month.

Suggested donation - \$40 per visit

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

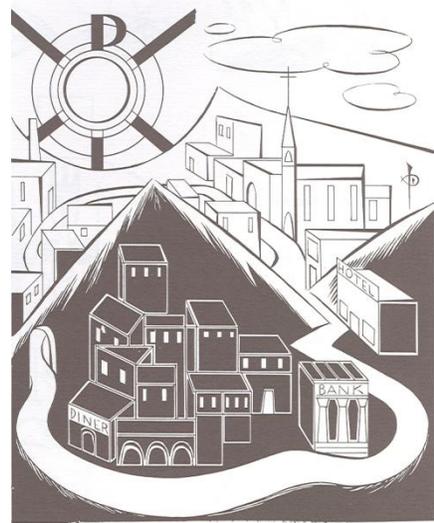
This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ 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.