



CONSULTATION CENTER

“Respecting the Unity of Mind, Body and Spirit”

Spring 2018

CALENDAR

- March 21 The ABC's of Happiness
- April 5 Journaling As a Spiritual Practice
- April 9 Storying Our Moments of Grace



The ABC's of Happiness

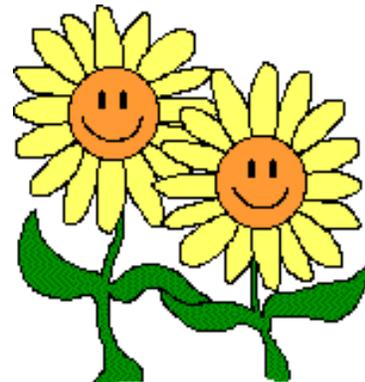
This presentation will explore the definition of Happiness, delve briefly into the science of happiness, identify the benefits of happiness, and explore what we can do to promote a happier lifestyle. This presentation is designed to be interactive.

J. Peter Galliher, LCSW-R

Peter Galliher is a licensed clinical social worker in New York State. Do you want to be listened to? Feel better? Have a sense of peace in your life? Improve your sense of self and relationships with others? Do you want a more meaningful life? Let's talk and work together to help you live and feel better.

Wednesday, March 21 from 7:00 to 8:30 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 3/14: \$12.00)

Visit our web site at
www.consultationcenteralbany.org.



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

Storying Our Moments of Grace

Catholic author and editor Brian Doyle, who passed in 2017, celebrated the small and spectacular moments of life.

He saw grace in every experience: the difficult, amazing, and quietly stunning. In this four-part class we will share some of Doyle's work. Then, working in pairs, we'll story moments we've experienced, witnessed, or heard in which "grace happened." We'll practice deep listening and confidentiality.



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, April 9, 16, 23 and 30 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$50.00 (Payment after 4/2: \$55.00)

Announcing the Formation of a New Initiative of the Center

Diocesan Mental Health Committee

- Following the feedback from October's Diocesan Mental Health Awareness Week, Bishop Scharfenberger has given his blessing to the new Diocesan Mental Health Committee. This committee consists of people from many different ministries and backgrounds. Our goals include Mental Health education, resources, and advocacy. In short, helping all feel welcome in our Catholic communities and helping those in ministry and leadership positions have more Mental Health resources.

If you have questions, comments or thoughts for the committee, please feel free to contact the Consultation Center or email olgsjym@gmail.com

Journaling As a Spiritual Practice

Are you interested in a spiritual practice that is guaranteed to enrich your prayer life, increase your gratitude and help you connect with God's deep love for you? Join with us to launch (or enrich) your own Spiritual Journaling practice! We will meet on four Thursdays in April for an hour each week as instructor Anne Samson shares the benefits and blessings of Spiritual Journaling. Using her own experiences, Anne will teach from her book *Abba House and Me: Prayer Changes Everything*, which is both a spiritual memoir of a challenging time in her family's life, and the history of a local house of prayer. (Abba House was founded and operated in Albany for 30 years by two Religious of the Sacred Heart of Jesus.) Please bring a blank journal so you can get started!



Anne Samson

Anne Samson is an author and speaker who leads classes on spiritual topics and is a freelance magazine writer, publishing on a variety of subjects. Anne is an energy Healer, doing business as Healing Grace, and has practiced 12 Step Recovery for over 26 years.

Thursdays, April 5, 12, 19 and 26 from 6:30 to 7:30 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$20.00 (Payment after 3/29: \$25.00)

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

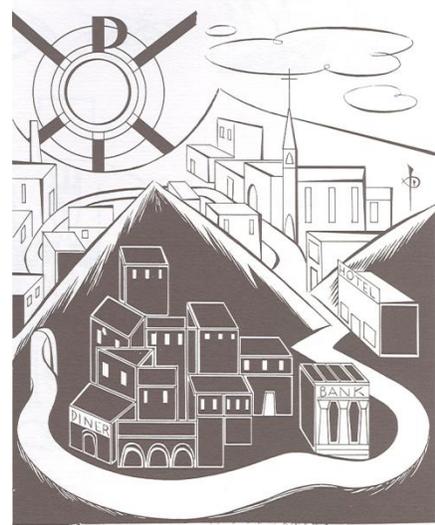
This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ 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 St.
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.