



# CONSULTATION CENTER

*"Respecting the Unity of Mind, Body and Spirit"*

790 Lancaster Street, Albany, NY 12203

Spring 2019



## Everyday Spirituality

"Rejoice always, pray without ceasing, give thanks in all circumstances: for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18) You have probably heard that line of scripture before and thought: *What???* *How can I possibly pray at all times? I don't even know if I'm praying correctly.* For those who pray and those who struggle to pray, this series will explore experiencing God through a variety of everyday forms of prayer. These will include traditional and contemporary prayers, centering prayer, meditating on scripture, other forms of mediation and prayer and suffering.

### Barbara DiTommaso, MA

*Barbara DiTommaso enjoys accompanying adults in their faith journey. She has taught in the Kateri Institute's spiritual formation program for laypeople, Spring Enrichment for catechists and others, and in numerous parishes while serving as director of the diocesan Commission on Peace and Justice. She has been studying theology and spirituality for 60 years and has an MA in Religious Education.*

Visit our web site at

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

**Mondays, March 11, 18, 25, April 1 and 8**

**From 6:30 to 8:30 p.m.**

**Consultation Center, 790 Lancaster St., Albany**

**Fee: \$50.00**

To register: email [es.classes2018@gmail.com](mailto:es.classes2018@gmail.com)  
or call 518-227-1142

## *What Makes Us “A Channel of Your Peace”*

In this 4-week story-sharing class, we'll explore the moments, mentors, challenges and choices that have helped us understand what it means to know and live peace.

We'll share memories and strategies in pairs and sometimes with the group

People of all cultures and faith traditions are welcome.



### **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 8, 15, 22 and 29  
from 7:00 to 9:00 p.m.**

**Pastoral Center, 40 North Main Avenue, Albany  
\$50.00**



### **Consultation Center**

**790 Lancaster Street, Albany, NY 12203**

**Phone: 518-489-5531**

**Fax: 518-489-5189**

**E-mail: [consutation.center@rcda.org](mailto:consutation.center@rcda.org)**

**Web site: [www.consultationcentralalbany.org](http://www.consultationcentralalbany.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

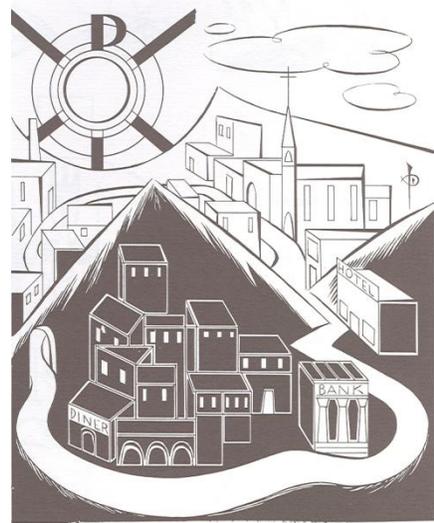
This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ☒ 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.***