



# The Northwest Catholic Counseling Center

*Volume XXI*

*Winter 2018*

*Number 1*

## EXECUTIVE DIRECTOR'S NOTE

### A Special Anniversary

I am happy to share my regular space this newsletter with two remarkable, wonderful women!

*Erin Peters*  
*Executive Director*



Dear Friends,

This year, the Servants of Mary are celebrating 125 years of compassionate presence and ministry in the United States. An important part of our history has involved the Servite sisters ministering at The Northwest Catholic Counseling Center. We wish to celebrate this history and our spiritual connection with you by offering **125 Days of Prayer** for you. Special Servite Feast Days will honor the beginning and close of these days of prayer.

Between **February 16th** and **June 20th**, we invite you to send your prayer requests to us at **servites125@gmail.com**, or mail them to: Servants of Mary, 125 Days of Prayer, 7400 Military Avenue, Omaha, NE 68134. We will collect your intentions and place them near the altar in our Motherhouse Chapel. Our sisters will pray for your individual intentions each day.

We hope you will honor us by entrusting your intentions to us during these **125 Days of Prayer!**

Thank you,

*Sr. Sarah Deeby, OSM*  
*Sr. Barbara Kennedy, OSM*  
*Servants of Mary*



Providing Help . . . . . Creating Hope

## Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so!

Just email [info@nwcounseling.org](mailto:info@nwcounseling.org)

## EXECUTIVE DIRECTOR

Erin Peters

## CLINICAL MANAGER

Polly Burton, LPC

## CLINICAL STAFF

Lesley Burke, LPC

Sarah Deeby, OSM, LPC

Tod Fiste, LPC

Brooke Galster-Boston, MA

Sally Gardner, LCSW

Grace Hoinowski, BS, Graduate Intern

Barbara Kennedy, OSM, LPC

Shirley Price, LPC

Alan Rutherford, MA

Dr. Thomas Welch, MD, Spiritual Director

Debby Willett, RN

## OFFICE MANAGER

Melissa Nelson

## DEVELOPMENT ASSISTANT

Ellie Benjamin

## OFFICE ASSISTANT

Marilyn Powers

## OFFICE VOLUNTEERS

Linda Buttler

Vickie Carl

Mary Hill



## OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday  
appointments available*

[www.nwcounseling.org](http://www.nwcounseling.org)

## Welcome To Some New Faces!

**Lesley Burke, LPC** is a professional counselor as well as a Registered Art Therapist. Lesley strives to provide a trauma-informed, non-judgmental healing space for her clients. She uses EMDR, Art Therapy, Mindfulness and Cognitive Behavioral Therapy. As a certified yoga instructor, Lesley may also incorporate breath and body awareness when appropriate to facilitate relaxation and grounding.



**Tod Fiste, LPC** is also trained in ACT (Acceptance and Commitment Therapy). Whether it is with couples, families or in individual therapy, Tod pays special attention to the relational component because relationships contain our strongest sources of both hurt and healing. And all relationships reflect and reveal your relationship with yourself. Tod believes that most issues “can become a journey to increased connection to yourself and others.”



**Tom Welch, MD, MA**, worked for two decades as a psychiatrist. He recently earned his Master’s degree in pastoral ministry from the University of Portland and completed the Spiritual Direction Training Program at the Franciscan Renewal Center. We are pleased to have Tom with us on Fridays to offer spiritual direction. To set up an appointment for spiritual direction, call Tom at 503-794-8542x102.



**Mary Hill** is our newest volunteer. She brings years of professional experience as a Human Resource Manager. When she is not using her myriad of skills at the Center, you can find her spending time with family and friends, travelling, honing her culinary skills and working on her golf game. We are so fortunate to have Mary as part of the NCC family!



# Good Times, Good Cause

Not long ago, if you asked Siri what political party she belonged to, her response was, “Party? YAY!” Now her response is “I am more poetical than political.” Regardless of your party affiliation, here are some great ways to party for a good cause – providing mental health care to anyone in need.



More than 200 women gathered at Riverside Golf and Country Club on November 4, 2017 for the 16th annual **Circle of Strength**. The annual women’s brunch featured lawyer and peace activist Soraya Deen and raised more than \$80,000 to care for lower-income women and children. Jill is one of the women helped by this event. She is a single mom working part-time jobs. Her world collapsed when her four-year-old was killed by a hit and run driver. Jill didn’t think she could go on, but a counselor at NCC has helped her work through her all-encompassing grief. You, too, can help women like Jill by coming to Circle of Strength this year on **September 29, 2018**.



*Lawyer and peace activist Soraya Deen spoke of the power of women standing together at the 2017 Circle of Strength.*



*Cory Joynt is a big winner in the Circle of Strength raffle!*



You don’t have to wait that long to help NCC and our community, though. The **Community Block Party** is on **April 6** from 6-9 at the Lagunitas Brewing Community Room. Enjoy food trucks, great beer, and Oregon wines. If you hold the winning raffle ticket, you could win a week at an oceanfront house on the Oregon coast, a trip to the Running Y Ranch, or a jar of cash! Tickets are \$50, with tables available for \$360. Plus the special “30 Under 30” deal. Under 30 years old is only 30 bucks! Get in before it sells out at [www.nwcounseling.org/block\\_party/](http://www.nwcounseling.org/block_party/)



## PARTIES WITH PURPOSE

Want to do your own thing? We have that covered, too! The new **Parties with Purpose** lets you tap into your own creativity. You decide how to do it: big or small; theme or not; late or early. Download our Parties with Purpose guide at [www.nwcounseling.org/parties-with-purpose/](http://www.nwcounseling.org/parties-with-purpose/) or call 503-253-0954, or email [donate@nwcounseling.org](mailto:donate@nwcounseling.org).

## facebook

Not interested in hosting? Consider having a cyber party! Long-time supporter of NCC, Cindy Campbell, just celebrated her birthday by creating a Facebook donate page. Cindy generously asked friends to donate to the Center instead of giving gifts. It’s celebratory, easy, and a great way to get the word out about NCC!

# Workshops For Every Stage Of Life

Sign up for one of our 2018 Life Span workshops!  
All workshops run from 10am-noon and are \$25, except where noted.  
You can get more information and register online at  
**[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)**  
or call 503-253-0964.

APRIL 14

## **Heeding our Heart, Nurturing our Spirit: Finding our Dreams Again**

*Nancie Potter, JD, LMFT*

What does it take to know and follow our heart's desire, and what stands in our way? How do we cultivate and nurture our spirit, especially if we're not religious or we feel overwhelmed? Nancie will lead a morning of self-exploration, insights, and tools for the journey.

MAY 5

## **Initiative: Relationship Power Tools for Men**

*Paul Elmore, MA, MS, LPC*

Men, do you feel stuck, usually take the path of least resistance, or feel like you have to tolerate unhappy circumstances? If so, you're just like almost every other guy! These behaviors are rooted in fear and shame, and can damage ourselves and our relationships. Learn to change your mental radio station and find a better way to keep your relationships stress free most of the time.

JUNE 9

## **Cognacio: A Toolbox for a Joy Filled Relationship, \$35 per couple**

*Katherine Calvert, LCSW and Rodrigo Baena*

Meaning "relational," Cognacio is a workshop for couples wanting an intentional relationship that breaks the habitual, frustrating, and hurtful patterns of relating to each other. Learn how forgiveness and flexibility help create a sense of connection that is passionate, safe, and secure.

SEPTEMBER 15

## **Using Our Spiritual Gifts to Transform Sadness**

*Tom Welch, MD, MA*

Sadness is a common human experience coming from many circumstances, and our spiritual gifts can be harnessed to transform it into an opportunity for grace and hope. Tom is both a spiritual director and a psychiatrist who will blend insights gained from both fields to assist in your search for a grace-filled way through sadness.

NOVEMBER 10

## **Labor of Love: Facing the Challenges of Caregiving for a Spouse or Partner**

*Nancie Potter, JD, LMFT*

It's one thing to promise faithfulness in sickness and in health, but the reality of caring for a spouse with chronic or terminal illness can feel like too much to bear. Get help and hope dealing with the fear, grief, anxiety, disappointment, and anger that saps emotional strength and undermines our spiritual foundation.

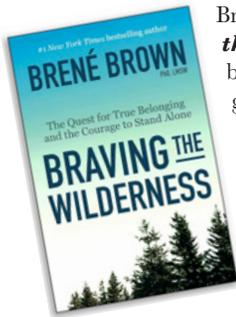
## 2Have & 2Hold



*Marriage preparation has a new name and look!*

There's a lot more to a healthy and happy marriage or relationship than just saying, "I do." We want couples to have the tools they need to build a solid foundation for their wonderful new life together. We offer both workshops and individual sessions to meet the needs of busy couples. Find a full list of dates and options at [www.nwcounseling.org/services/marriage-prep/](http://www.nwcounseling.org/services/marriage-prep/)

## For The Nightstand



Brene Brown's latest book, ***Braving the Wilderness***, is one of her best. No matter our ideology, race, gender or background this book has the potential to challenge us. Briefly, it is about how to be brave, kind and good to one another and ourselves, and the act of "re-humanizing as opposed to dehumanizing" our country, city, neighborhood, family and ourselves.

Brown writes, "True belonging... is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness."

The book is both practical and provocative.

*-Sr. Barbara Kennedy  
Center Co-Founder*

## With Gratitude

A thank you to our NCC friends and to Cathedral Parish for making Christmas special for 10 families, ranging from grandparents raising their grandchildren to emancipated teenagers out on their own for the first time.



*Hector Nunez, head of the Cathedral young adult group, and (from left) NCC co-founders Sr. Barbara Kennedy and Sr. Sarah Deeby, are nearly swallowed by the generous gifts the Cathedral supplied NCC families in need.*

## Thanks For The Support!

NCC recently received grants from these foundations:

Hoover Family Foundation  
BP Lester and Regina John Foundation  
Herbert A. Templeton Foundation  
Jackson Foundation  
Storms Family Foundation  
Spirit Mountain Community Fund  
PacificSource Foundation

These grants bring mental health care to lower-income older women, children, and families. We are so grateful for their partnership in our work!

The Northwest  
Catholic Counseling Center  
8383 NE Sandy Blvd., Suite 205  
Portland, Oregon 97220

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## Join Us!



FRIDAY, APRIL 6 • 6 PM–9 PM

**LAGUNITAS BREWING  
COMMUNITY ROOM**

237 NE BROADWAY  
SUITE 300

PORTLAND, OREGON

Come casual and enjoy a beer or glass of wine,\* great street food, raffle prizes, and tons of fun, all for the good cause of bringing mental health care to those who couldn't otherwise afford it.

### **PURCHASE TICKETS:**

Online at [www.nwcounseling.org](http://www.nwcounseling.org)  
or call 503-253-0964

***\*All attendees  
must be 21 or older***



*Melissa Nelson (from left), Marchelle Carl, Ellie Benjamin, and Brook Galster-Boston all sport their support for NCC at the 2017 Community Block Party.*

## Website and Social Media

Check out our website regularly. The staff is frequently adding short, timely articles of interest. You will also find all updates

to programs or events. The same is true for our Facebook Page. Find useful information and don't forget to "Like" us! Follow us on Twitter @nccorg.



[www.nwcounseling.org](http://www.nwcounseling.org)