

## Peace, Power and Prayer

There are daily cries for peace throughout our world. These cries often make us feel powerless. The staff, board of directors, and many friends of NCC are joining together in prayer on the 17th of each month.

If you would like to receive the monthly prayer for your own personal use, send Sr. Barbara Kennedy an email at [barbara@nwcounseling.org](mailto:barbara@nwcounseling.org) and she will add your name to the email list. The prayers will vary from month to month and include prayers from all faiths.

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

## New Counseling Packages

Need just a little help to get you back on track? Aren't sure about counseling but want to give it a try without using your insurance or investing a lot of money? Have a specific issue you could handle if you could just consult with someone a few times? Try a counseling package! These four counseling sessions for \$100 might be just what you need.

**Check our website at [www.nwcounseling.org](http://www.nwcounseling.org) for more information and limitations.** You could also give a package as a gift – the gift of mental health!



# The Northwest Catholic Counseling Center

Volume XX

Winter 2017

Number 1

### EXECUTIVE DIRECTOR'S NOTE

For three decades The Northwest Catholic Counseling Center has worked for social justice – the idea that we all share a common humanity, have a right to equal treatment, are due a fair allocation of community resources, and are valued in our diversity. Recent events, including hateful and degrading rhetoric and violent attacks against minorities, call to the Staff and Board of NCC to redouble our commitment and stand firm in our values.

As we move forward, NCC will speak out more on injustice on our website and Facebook pages. We will educate more on mental health issues and those needing help. We will look for public opportunities to show our solidarity with others. We will communicate with every client, supporter, and member of our community that they are valued and safe in our presence. In our waiting room you will find a bowl of safety pins along with these words:

The safety pin has become a symbol of solidarity with all minorities. It means we

- Promise we will stand with people of color.
- Promise we will protect our fellow LGBTQ family members.
- Promise we will watch over the immigrant community.
- Promise we will walk in solidarity with women.
- Promise we will embrace our Muslim neighbors.
- Promise we will protect those with disabilities.
- Promise we will welcome the refugee.

We promise to be there for you. Promise you will be there for us, too. We will be stronger together.



*Erin Peters  
Executive Director*

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) and tell us!



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The Northwest  
Catholic Counseling Center  
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Portland, Oregon 97220

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**OFFICE ASSISTANTS**

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Marilyn Powers

**OFFICE VOLUNTEERS**

Linda Buttler

Vickie Carl



**OFFICE HOURS**

9:00am – 5:00pm

Evening and Saturday appointments available

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

**Rack ‘Em Up–For Mental Health!**

They swaggered like pool sharks, but they were just old friends, making new friends, accidentally sinking cue balls, and sharing a few laughs. Good shot or bad, it was certainly a fun way to raise money for The Northwest Catholic Counseling Center.

On January 14th, Rich, Barb, and Betsy Katz hosted a great Saturday afternoon “house party” fundraiser at Sam’s Billiards in the Hollywood neighborhood (see the House Party article below). There was a lively turnout despite the big Portland snowstorm that week, and for \$25 each, guests played pool and darts, drank beer, ate delicious food including wings, meatballs, and a sandwich spread, and watched the NFL playoff games.



*Party host Rich “Rack ‘Em” Katz gives expert pool lessons to Sr. Sarah Deeby, who is considering taking her new talent on the road!*

Several lucky winners took home great raffle prizes for coffee, local dining, and a case of beer. The event also racked up \$1,000 to help provide mental health care to all in need. Many who attended have exclaimed, “This should be our new NCC tradition!”

**Host Your Own House Party**

House Parties take all sizes and shapes, and you can host one that fits you and your friends. The three goals of a house party are to raise awareness about the importance of mental health, raise money (any amount!) for NCC, and most importantly, have fun!

Along with the Pool Party, other 2016 House Parties included a soup dinner with friends and a friendly golf tournament. Use your imagination!

For more information and a handy step-by-step guide, email Erin Peters at [erin@nwcounseling.org](mailto:erin@nwcounseling.org).

**Get a Boost with a Workshop**  
*NCC has lots of workshops to help you thrive in 2017*

**Beyond Words: Using Art to Hear Your Inner Voice**

*March 18, 10am–1pm*

Call it intuition, inner compass or inner voice, it’s the quiet tug deep inside telling us something is wrong. Anxiety, depression, or mania often impersonates our inner voice. Sometimes the words from family or friends wanting the best for us can drown it out. Using art to find your inner voice can be both calming and powerful. Experience these first hand as you are led through various creative activities that put you in touch with your inner voice. No art experience necessary.

**Tired of Trying to Measure Up?  
Letting Go of Perfectionism**

*April 15, 10am–noon*

If you recognize the exhaustion of criticizing and comparing yourself to others, please join us. We’ll provide a safe space and an experienced guide to help discover what drives the harsh judgment of yourself. Be empowered to do something different and leave the workshop with a new set of tools for self-acceptance.

**From the Depths of Grief and Loss**

*May 6, 10am–noon*

As humans we all experience loss, but we don’t always recognize grief when it comes to us. Sometimes we don’t understand how losses have been mounting up for us until we start asking questions such as, “I am so sad every day, is this normal? How will I know if it has turned into depression?” or “No one in my life has recently died, so why do I feel like I am grieving?” If you have asked yourself such questions, join us for insights, answers, and hope.



Most workshops cost \$30. Call or register online. Seating is limited. Get more information at our website: [nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

*Did you miss our February workshop on “Using Our Spiritual Gifts to Rise from Depression”?*

Email to [info@nwcounseling.org](mailto:info@nwcounseling.org) and let us know if you’d like us to offer it again!



Here's the scoop: All fun, no fuss!

Come out to our brand new spring event—the **NCC Community Block Party Fundraiser on April 28 at 6:00pm at the Lagunitas Brewing Company Community Room** in Northeast Portland.

Come casual and enjoy a beer, 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.

Check NCC's website at [www.nwcounseling.org](http://www.nwcounseling.org) for tickets, tables, and more information. See you there!

## Comings and Goings

Our staff forms a strong bond, making goodbyes difficult. It is time to wish Godspeed to Richard Rountree, PhD, Lisa Mackin, Turella Woods, and Andie Waits. It has been a privilege to partner with you in our ministry and a gift to call you friends. Thank you.

We welcome Ellie Benjamin and JoAnn McEvoy to our administrative team. On the clinical side, Jason Loverti, LCSW, joins our team of therapists. Jason brings 13 years of a wide array of clinical experiences with him.

## 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

## NCC Cleanup Drive

**“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”**

*Margaret Mead*

At NCC, we believe compassion and collaboration help us provide hope and acceptance to all people, regardless of social, economic, or religious circumstances. It is more important than ever to remember that small acts make a difference, and that our needs are not so different from the needs of our fellow human beings.

**As part of our mission, we are excited to host a donation drive to gather cleaning supplies for refugee families resettling in the Portland area.** Please help us welcome our newest community members home!

Between now and March 20th, NCC will be collecting new cleaning supplies (e.g., sponges, rags/kitchen towels, scrub brushes, mops, brooms, all-purpose cleaners, toilet/bathroom cleaners, toilet bowl scrub brushes, laundry detergent, dish detergent, etc.).

As you make plans for your own spring cleaning, consider picking up a duplicate item or two to donate. If you feel moved to share this with other people and organizations in your community, please do so. **NCC will be collecting items in our lobby (M-F 9am-5pm) until March 20th,** and they will be distributed to newly arrived refugee families by our community partners at Catholic Charities. Thank you for being part of our community!



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.



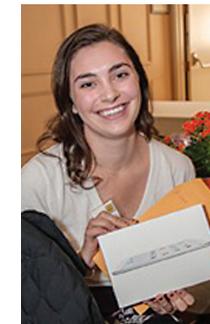
## 2016 Circle of Strength Success



NCC celebrated a double anniversary at the last Circle of Strength Women's Fundraising Brunch - the 15th annual event during NCC's 30th anniversary year! On October 22nd, **220 women raised nearly \$80,000 to help pay for mental health care for women and children who are struggling financially.** Without the generosity of the Circle of Strength attendees, many women and children would go without the care they need.

Along with food and conversation, attendees got an added treat listening to a talk by Marcy Contrell Houle. Ms. Houle's latest book, *The Gift of Caring*, walks through the harrowing decline of her parents' health and offers practical tools we all can use when dealing with health challenges of older loved ones.

It wouldn't be Circle of Strength without a great raffle! Prizes included Blazer tickets, an iPad, a jar of cash, and a Sunriver Golf Getaway. Sponsors of the event included Deborah Habel and Bruce Gulliver, Pacific Seafood, Weston Kia Buick GMC, Magnacorp, Natalie and Oz Osburn, Tim Vanderburg-Guild Mortgage, Pacific Residential Mortgage, Bustos Media, Northwest Lawfirm, Romano PC, and Stoel Rives LLC.



*Betsy Katz is the lucky winner of the iPad in the raffle!*

## Marriage Preparation

### Is Love Enough?

It's New Year's Eve at the airport. People are anxious to get on the plane. As usual, those who needed assistance were seated first. A father shuffles through the appropriate paper work and hands it to the flight attendant so his young son can board. The boy goes down the jetway and disappears. The father walks away and quietly moves to a corner of the boarding area. Slowly sinking into a chair, he buries his head in his hands and sobs.

It seems like there are no winners in this kind of scenario. A mother who didn't get to spend Christmas with her son, a father with limited visitation, and a son forced to travel back and forth alone.

No one enters marriage thinking, "Well, let's give this a try and see what happens." All couples profess their undying love. Then life happens and weaknesses and shortcomings surface. Weaknesses and shortcomings are part of life, and we are often unable to cope with them. That's why The Northwest Catholic Counseling Center offers a range of marriage preparation courses and counseling. It is wisdom, maturity, and courage to take advantage of these offerings.

Dates for our upcoming workshops, which run from 9:00am-4:00pm, are:

Marriage Preparation Workshop Dates	Registration Deadlines
Saturday, March 11	Friday, February 24
Saturday, April 22	Friday, April 7
Saturday, May 20	Friday, May 5
Saturday, June 24	Friday, June 9

More dates and an explanation of options, besides the workshops, can be found on our webpage. For marriage counseling, you can contact our office at any time.

Make sure your relationship is based on more than just love.



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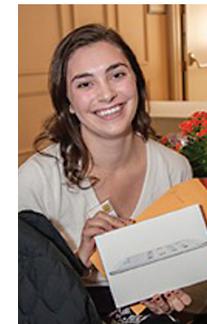
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