



The Advocate

A NEWSLETTER OF CATHOLIC CHARITIES OF SCHOHARIE COUNTY

April 2009

THE ART AND CRAFT OF COUNSELING

The mission of Catholic Charities is to respond to “human need at all stages of life” and to reach out to the poor and vulnerable regardless of their circumstance or situations. There are a dozens of ways Catholic Charities fulfills this mission, but one of the most crucial is in the counseling relationship. It is there that trained staff listen, counsel, and guide hurting people into new places where they can experience healing, hope, empowerment and even joy.

Maria Bullock is our Clinical Director and has counseled men, women, couples, and children for 19 years at Catholic Charities. On the door of her office is a hanging that reads “The Key to Life.” For Maria, this is critical. “Everyone has a key to his own life and therapy helps to get in touch with this.” Maria believes that healing happens within, and that she is a guide to help the client find the “key.” When a client commits to discovering the “key”, everything changes.



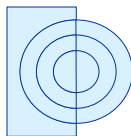
For Maria, counseling is sacred work. “The people I work with are the greatest teachers,” she says. It is a profound experience to sit with a person who allows herself to become vulnerable and to trust her counselor. Counseling is more than just know-how; it is a vocation. Maria considers herself privileged to be a part of a wonderful process of healing and self discovery. “I am so lucky, because I love what I do and even get paid for it!”



Diane Szabo has been counseling at Catholic Charities for 11 years. For Diane, counseling is less about telling someone what to do and more about gentle guidance with the goal of helping a person find answers within. While she works with adults in many counseling situations her special ability to connect with children is nothing short of remarkable.

In fact, throughout the county, social service agencies frequently bring troubled children to Diane and are amazed at what she can do. Children are spontaneous, imaginative and full of wonder. They have an innocent openness and are not filled with preconceived ideas of what they can do or can't do. Diane believes that when working with children, anything is possible. The results prove this time and time again.

Continued on page 3



A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,



It's hard to believe that nearly two years has passed since I started my tenure as Board President, but alas it is true. Our Annual Meeting will be held on June 1st and a new slate of officers will be named at that time. I want to thank these volunteer officers in advance for their willingness to serve and all of my fellow board members for all that you do to ensure the well being of the agency.

I would also like to thank all of you, our friends, community leaders, and others for your continued support during the last two years. It has been a very rewarding (and busy!) period for me personally and for Catholic Charities. Collectively, we are weathering fairly well the economic struggles that continue on the national and local level. With the dedication of our community and the guidance of our Executive Director, Tim Mulligan, I have no doubt that there are many good things yet in store for the agency.

And, on a final note – a special thanks to the staff at Catholic Charities of Schoharie County. They have been very supportive and helpful to me and the entire Board, and they have a tremendous dedication to their jobs and the agency. They are to be commended for the work they do every day which positively impacts the quality of life for so many in Schoharie County and beyond.

Sincerely,

Diane Pierce

COUNSELING

Continued from page 1

Diane is a firm believer that a person is more than his "diagnosis." Every woman, man or child can learn new behaviors. When the counselor helps a client to understand his behavior and its root causes more clearly, and do this in a safe environment, then he can begin to make real change, create new beliefs about himself, and self-actualize.

Diane uses Expressive Art Therapy especially in dealing with children. Expressive Art Therapy is a way to express feelings without words. If a girl is experiencing a broken heart, drawing this reality with charcoal and deep red colors can open new doors to feel and heal. Diane uses drawing, poetry and movement to connect to deep places in children's lives.



Masks created by children in Expressive Art Therapy

In their 30 combined years of counseling at Catholic Charities, Maria Bullock and Diane Szabo continue to find each day a new opportunity to share in the struggles and hurts of people as they journey toward healing.

Wish List

Pick up Truck	\$24,000
High Speed Color Copier	\$ 6,000
Lap top Computer	\$ 2,000
Play Station II with games	\$ 200
VCR/DVD	\$ 150
New bath towels	\$ 100
New bed pillows	\$ 100
Full size sheets	\$ 75
Video games for Play Station II	\$ 40
Bed spreads and blankets	\$ 40
Walmart Gift cards	\$ 25
School supplies pencils, pens notebooks,	\$ 20

2009 Partnership Drive

GOAL: 200 Partners
\$15,000.00

CURRENTLY: 28 Partners
\$1,580.00

Our Goal is 200 partners. Become a partner today!

2009 PARTNERSHIP DRIVE

To help my neighbors who are facing difficult times,
I am making a donation of \$_____.

Name: _____

Address: _____

Phone: () _____

E-mail: _____



NON-PROFIT ORG.
U.S. POSTAGE PAID
Cobleskill, NY
Permit No. 6

489 West Main Street
Cobleskill, New York 12043-4641

E-mail comments to:
services@catholiccharitiesofschoharieco.org



THRIFT SHOP

The Thrift Shop needs your help! Please consider making a donation of the following items: Beds, desks, tables and chairs, sofas and love seats, pots and pans, sheets, curtains, towels and blankets, toasters, microwave ovens, blenders, radios, clocks and lamps. We do not accept clothing and please donate only quality items. To arrange a pick up, call Catholic Charities at 234-3581 or drop off your donations at 489 W. Main Street, Cobleskill when the Thrift Shop is open. Thank you for your continued support.

Hours of Operation

Wed—Saturday 10am– 2:30pm

STEWART'S HOLIDAY MATCH

Each year, Stewart's Shops collects donations at their 1300 stores and directs proceeds toward non profits that serve children. This year, Stewarts collected 1.14 million that was distributed to non profits in 30 counties throughout New York State. Catholic Charities of Schoharie County received \$3000 for our Domestic Violence Program. Thank you to Stewarts and all who generously donate to the Stewarts Holiday Match.



Life's most urgent question is: **What are we doing for others?**
Martin Luther King Jr.