

"...to live in a manner worthy of the Lord...." -- Colossians 1:10



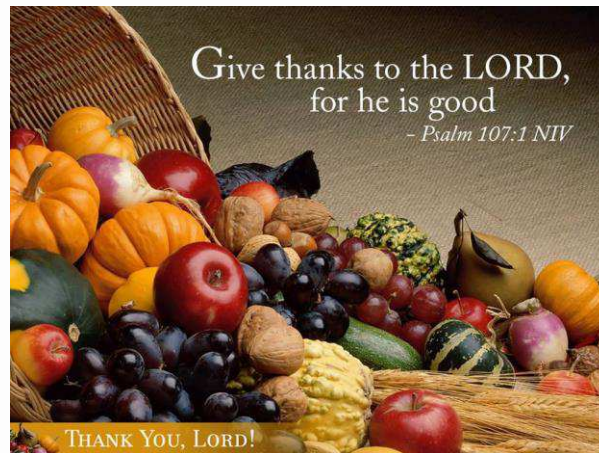
## Your November Newsletter

**Our Mission:**

to provide counseling which is faithful to the teachings, values, and traditions of the Catholic Church.

**Our Primary Services:**

Evaluation and Treatment for mental illness, addictions, and spiritual distress.



### **We Choose our Attitude**

Let's make our Thanksgiving season a time of gratitude and generosity! We are blessed with good human minds that tend to analyze, judge, compare, and so on. However these mental habits when used incorrectly can also rob us of joy and peace. To obtain these graces involved in right thinking, let us ask the Holy Trinity for them. We can try practicing an attitude of gratitude for the blessings we have each day, all day and then we can give back to the community in a generous way with our time, talents, and money. This can become a new habit for you and it will be contagious around your home, workplace, and church.

### **Office Holiday Closures**

The Gratia Plena office will be closed for Thanksgiving on Thursday the 27<sup>th</sup> and Friday the 28<sup>th</sup>. The office will also be closed on Monday, December 8<sup>th</sup> for the Solemnity of the Immaculate Conception (a Holy Day of Obligation). [Here is a good article](#) about the history of this doctrine of the Immaculate Conception, which also describes her state of grace.



### **Giving Tuesday and End of the Year Donations**

#GivingTuesday refers to the Tuesday after U.S. Thanksgiving, which is the fourth Thursday in November. Giving Tuesday is a movement to create a national day of giving to kick off the giving season. This new tradition was started in 2012 by the 92nd Street Y and the United Nations Foundation as a response to the commercialization and consumerism in the post-Thanksgiving season (Black Friday and Cyber Monday). Gratia Plena is designated by the US IRS as a 501(c)(3) charitable non-profit organization. Your donations are tax deductible and we gladly provide receipts. We use your donations to keep our office open and providing services to as many people as possible. As 2014 winds down, we are approaching having provided 2000 individual, marital, family, and group counseling and spiritual direction services. Since opening, we have served people from approximately 60 different Catholic parishes in five different Texas dioceses. We are considering a second office location in Houston that may

open soon (stay tuned). Please share what you can with Gratia Plena on Giving Tuesday or anytime in December. You can mail in a check or [make a donation via credit card on our website](#). Your gift makes you part of our mission. Thank you in advance!

BLACK FRIDAY. CYBER MONDAY.

#GIVINGTUESDAY

DECEMBER 2, 2014

### **Our Broken American Mental Health System**

A very excellent article appeared recently in the Denver Post. Check it out

here: <http://extras.denverpost.com/mentalillness/#health>

### **The Psychology of Shopping**

It is very easy to get caught up in the excitement of Thanksgiving and Christmas shopping. This article, also from the Denver Post, is great for families who are trying to maintain a budget and teach their children well when it comes to spending. Read this before you hit the stores!

[http://www.denverpost.com/smart/ci\\_26988424/black-friday-prep-crowd-psychology-can-help-you](http://www.denverpost.com/smart/ci_26988424/black-friday-prep-crowd-psychology-can-help-you)

### **Happy New (Liturgical) Year**

You might overlook it in the midst of the Thanksgiving weekend, but Sunday, November the 30<sup>th</sup> is the first Sunday of Advent and the beginning of the new liturgical year. Spiritual resolutions anyone?

### **Matthew Kelly is Coming to the Galveston-Houston Area**

The founder and president of Dynamic Catholic and author of "Rediscovering Catholicism" will be presenting a program "Living Every Day with Passion and Purpose" at St. Jerome in Spring Branch on Friday evening, January 30<sup>th</sup> at 7pm, then at St. Bartholomew in Katy on Saturday morning the 31<sup>st</sup> at 9am, and at St. Paul in Clear Lake on Saturday evening the 31<sup>st</sup> at

7pm. Accompanying him for this program is musician Eliot Morris. [Follow this link for more information.](#)

**Movie of the Month Recommendation:**

This month we recommend the movie “It’s a Wonderful Life.” This is a Christmas season classic from 1946 (your kids and grandkids might enjoy for a change a movie filmed in black and white). In this story, after main character George Bailey (played by acting great Jimmy Stewart) wishes he had never been born, an angel (played by actor Henry Travers) is sent to Earth to make George's wish come true. During the adventure, George starts to realize how many lives he has changed and impacted and how these people and their lives would be different if George had never been there. Every life has value, and this movie is a powerful reminder of this truth. By the way: do you talk with your Guardian Angel? In next month’s newsletter, watch for our “Book of the Month” recommendation.

*Disclaimer: Gratia Plena and its staff do not receive any compensation or earthly benefits from recommending books, movies, music, websites, blogs, apps, et cetera...*

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