

"A selfish attitude of indifference has taken on global proportions, to the extent that we can speak of a globalization of indifference." -- from Pope Francis' Lenten Message January 27, 2015



## Your February 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.

### **Monthly Newsletter Issue #34**

#### **The Psychology of Indifference**

What causes the psychological state of "indifference?" [Read the article by Dr. Ken.](#)

#### **Mental Health Counselors are in High Demand**

If you are a Catholic high school or college student and not sure what direction of service God may calling you into, consider the vocation of a mental health counselor. [Read more here.](#) In the Houston area, we need Catholic counselors who are bilingual in Vietnamese, Spanish, and other languages represented in our richly diverse international community.

#### **New Degree Program at UST**

The University of St. Thomas (Houston) will begin in the Fall Semester, 2015 a new graduate degree program to prepare mental health counselors. [Read about it here.](#)

#### **Houston Catholic Mental Health Professionals**

Catholic mental health counselors, psychologists, and social workers from around the greater Houston area have begun organizing meetings for networking, fellowship, and education. Our most recent gathering was held at St. Cecilia's Catholic Church. Gratia Plena fields a high number of calls from Catholics seeking help for mental illness, marital problems, addictions, and spiritual distress. When people call us but they live far from our office, we are happy to refer them to a good Catholic counselor closer to their home.

### **Survey on Marriage**

Our UST student counselor Pui Au invites you to participate in a research study exploring the relationship between personality traits, attachment style, premarital education, sexual attitudes and marital satisfaction. You are being asked to participate if you are (1) currently married, previously married, or considered yourself married; and (2) at least 18 years of age. Your participation in this research study is voluntary. If you decide to participate in this study, you will be asked to complete a 15-25 minute online questionnaire. If you are able to finish the entire questionnaire you will have the option to enter your information into a drawing for one of three \$50 gift cards! Your responses will be kept anonymous and your personal information will not be linked to your responses in any way. [Get started here.](#)

### **Two New Staff Members**

Gratia Plena enthusiastically welcomes two new staff members. Mary Kay Hemenway joins us as Office Manager. She grew up in Spring Branch in St. Jerome parish, but now goes to Prince of Peace. Yes, we now have two “Mary Kay” staff members! Thomas Kasper, MA, LPC-I obtained his master’s degree from the University of Houston-Clear Lake. His undergraduate degree was from Texas A&M, where he was actively involved in campus youth ministry. He is originally from the Dallas-Ft. Worth area. Thomas is a parishioner at the Shrine of the True Cross in Dickenson.

### **Two New Board Members**

Gratia Plena is honored to announce two new board members. Dr. Charles S. DeJohn, M.D., Ph.D. has been a staff psychiatrist in the Mental Health Care Line at the Michael E. DeBakey VA Medical Center, but will be leaving the VAMC soon. He has also been an assistant professor in the Psychiatry & Behavioral Sciences at Baylor College of Medicine. He is a graduate of the University of St. Thomas, and obtained his medical degree from the University of Texas Medical Branch in Galveston and completed his residency in psychiatry at Baylor College of Medicine. Dr. DeJohn is board

certified by the American Board of Psychiatry and Neurology in general psychiatry and geriatrics. Dr. Ken and Dr. Charles knew each other many years ago when both were on the management team of Northwest Community Services Center, the largest adult mental health clinic of the MHMRA of Harris County. Dr. DeJohn is the father of Dr. Carla Falco, MD who organized and is currently President of the Catholic Healthcare Professionals of Houston, a chartered guild of the Catholic Medical Association.

Sr. Rosalie Karstedt, CDP is a native of El Campo, Texas, Sr. Rosalie serves as a General Councilor and has been a CDP ([Congregation of Divine Providence](#)) for 46 years. She has ministered mainly in education and religious vocation work. Her last mission was as associate director of vocation for priesthood and religious life, and as associate director of seminarians for the Archdiocese of Galveston-Houston for 22 years. She has a B.A. in History, Philosophy and English from Our Lady of the Lake University and a Master of Arts in Theology from St. Mary University. She has also served in these roles: Catholic Day School teacher (elementary & high school), 1961—1972; parish Director of Religious Education, 1972—1983; Associate Director of Vocations, Archdiocese of Galveston-Houston, 1983—2005; Board of Directors, Shalom Center, Splendora, TX, 1991—2004; Board of Directors, Assumption Seminary, 2008—2011.

#### **A.C.T.S. Men's Retreat (St. Laurence)**

Sacred Heart (Richmond) ACTS is missioning St. Laurence as they begin offering ACTS retreats. The first retreat for men is June 4-7. Register on-line today [using this link](#). The spots will fill quickly.

#### **New Website for the Family Life Office**

The Family Life Office for the Archdiocese of Galveston-Houston has a new website! [Check it out here](#). You will find good resources for Natural Family Planning (NFP), Marriage Enrichment, Marriage Preparation, Parenting, and Family Transitions (including Grief support).

### **Social Media**

Please take a moment and “like” [Gratia Plena’s Facebook page](#) to “follow” us on [Twitter](#), and [Pinterest](#). This social media activity helps by using modern technology to spread the word about our mission, to share information about mental health, and to find new donors for Gratia Plena.

### **Book of the Month Recommendation**

This month, we recommend the book [Unbound](#): A Practical Guide to Deliverance, which is the result of Neal Lozano's years of experience helping people uncover the freedom they have been given in Christ. Unbound presents Five Keys to freedom and how to use them to close the doors to repetitive types of sin and evil influence, and unlock the door to the Father's plan and blessing for your life. The book focuses upon the Lord and His work in the believer's life, rather than on demons. In next month's newsletter, watch for our “Movie 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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