

"Suddenly a violent storm came up...(Jesus) said to them 'Why are you terrified, O you of little faith?'..." cf. Matthew 8:23-27



## Your June 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 #38**

### **Summer Donations**

The summer months are traditionally a time of decreased donations for many nonprofits like Gratia Plena. Before you and the family take off for the lake or the beach, could you take two minutes and send us a little something to help us with our operating expenses? Our [website donation link is here](#). Your contribution means that you have joined us in our mission to bring help to the community for individuals, couples, and families struggling with mental illness or addictions, marriage problems or other issues. We also occasionally assist young men and women who are discerning and assembling applications to the seminary or entry into religious life. Your donation makes you part of our ministry. We pray for our donors: past, present, and future. We are overjoyed to have your support. Thank you in advance!

### **What Makes a Healthy Marriage?**

Tune in to this free live video webinar on July 7<sup>th</sup> at 6pm Central for a panel discussion by Fr. Charles Sikorsky ([Institute for the Psychological Sciences](#)), Dr. Greg Bottaro ([WellCatholic](#)), Anna Mitchell ([Son Rise Morning Show](#)), and Mark Hartfiel ([Paradisus Dei](#)). [Register in advance](#).

### **Living in the World**

Dr. Ken's [blog article](#) on the recent US Supreme Court decision on same-sex marriage.

### **MoodNetwork**

Led by a team from Massachusetts General Hospital, this newly established organization represents a collaboration between patients, treatment personnel, advocacy groups, and researchers in order to identify better treatments for mood disorders. [Check it out here](#) if you might be interested in participating. The website also has a good list of resources.

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

Gratia Plena staff were among 12 Catholic counselors who met Friday, June 26<sup>th</sup> at St. Cecilia's to hear a presentation from Fr. Tom Thomas, MSFS, Ed.D. of the Shalom Center entitled "The Importance of Forgiveness in Personal Life and Clinical Practice." We meet quarterly for fellowship, education, and networking.

### **New Office Assistant**

We are pleased to introduce Miss Noelia Valdivieso and welcome her to our Stafford office staff! She and her family are parishioners at St. Laurence in Sugar Land, but they are also very involved in the "Sanasion de la Familia" (Family Healing) program which meets at the Catholic Charismatic Center near downtown Houston. She is originally from Bolivia and is bi-lingual.

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

This month, we recommend the book [The Case for Marriage: Why Married People are Happier, Healthier, and Better Off Financially](#) by the authors Linda J. Waite and Maggie Gallagher. The authors are a sociologist and journalist, and they provide a good analysis of the current status of the institution of marriage, a look at cultural influences, and recommendations for strengthening marriage as the foundation of an effective community and well-functioning society.

*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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