

"To this end, he has called you through our Gospel to possess the glory of our Lord Jesus Christ." 2Thes 2:14



Your August 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.

Spiritual Direction

Kids are back in school, getting lost in the hallways and on big campuses as they find their pathway to learning. Getting lost can happen to any of us, and it is often the first part of the growth process. We want to call your attention to a really excellent article in the current (August) issue of [St. Anthony Messenger](#) entitled "The Power of Spiritual Direction." Some parishes offer copies of this Catholic magazine, and digital versions are available on-line for a fee.

We offer spiritual direction in our office, as an adjunct to counseling but also as a separate service. Our resident spiritual director Mary Kay Malicki was trained through the Cenacle program in Houston and has over 15 years of experience. She also received special training in Italy for using art in spiritual direction. If you have never tried spiritual direction and would like a better connection in your spiritual life or would like to learn to use art in prayer, we invite you to contact Mary and schedule a time to have a consultation with her. Your spirit will not be disappointed!

Labor Day

The Gratia Plena office will be closed Saturday, August 30th and Monday, September 1st for Labor Day. We hope that you are able to have some extra time to enjoy the company of family members or friends, and we ask God to keep you safe on this holiday.

Groups at Our Office

Our larger office in Stafford, where we've been located for one year now, has allowed us to offer group services. This is one way in which your donations have allowed Gratia Plena to help others. Our groups are always confidential and always just \$10 per person per session. A new group member can join at any time, as these groups are ongoing. Call or send us an email if you'd like to try any of these groups described below. We would love to have you with us. Maybe this is the time and opportunity you've been waiting for. Here are brief descriptions of our 3 groups:

1. Loving and Eating Well (LEW): This group is for Catholic women who are working on healing having to do with food and eating issues. Our bodies are an important part of what it means to be human. We meet Mondays in our office at 5:30pm for one hour and the group is facilitated by Dr. Ken and Mary Kay Malicki. This confidential group is approaching its one-year anniversary! We have great fellowship and support!

2. Women's Empowerment (WE): This is a new group starting September 12th facilitated by Rosanna Novia and Daniela Colburn for women who would like to receive weekly motivation and life enrichment. If you are interested in learning a more positive approach to life and its obstacles, this group is for you! In this day and age, we usually forget to seek out an uplifting perspective for our daily lives. It seems as if we are losing touch with ourselves and paying more attention to how external influences affect our behaviors. Be part of this group to experience personal introspection and identify what's missing in life! We will help you link mind, body and soul to become truly empowered and discover that YOU ARE ENOUGH! Together we will explore the areas of our lives where we would like to see improvement. The group meets Fridays at noon in our office.

EL Poder Femenino es un nuevo curso de Gratia Plena que se llevara acabo a partir del 12 de Septiembre y será impartido por Rosanna Novia y Daniela Colburn. Este curso es para

mujeres que desean recibir motivación y enriquecimiento de vida cada semana. Si estas interesada en aprender a tomar un enfoque de vida más positivo este grupo es para ti! En la actualidad, nos hemos olvidado de encontrar la perspectiva positiva en nuestras vidas diarias. Parece ser que estamos perdiendo nuestra esencia y le ponemos más atención a las influencias externas de nuestras vidas que afectan nuestros comportamientos. Sé parte de esta experiencia en busca de ti misma para entender cual es el toque que falta en tu vida! Te ayudaremos a unir tu mente, cuerpo y alma para encontrar tu poder verdadero y para que descubras que SOLO TU ERES SUFICIENTE! Se parte del grupo El Poder Femenino (WE por sus siglas en ingles) y juntas exploraremos las áreas de tu vida que necesitan mejorar. Este grupo se llevara a cabo todos los viernes a las 12:00 del día en nuestras oficinas.

3. King David's Men: A new weekly confidential group session for Catholic men will begin September 27th in our office facilitated by Stephen Bonnette and Dr. Ken. This group is not to be confused with "The King's Men" program which has a similar name. The focus of our group will be on men being faithful to the Church's guidelines on sexual morality. King David's Men was developed and started at St. Martha's parish in when Dr. Ken and Fr. Alfonso Tran collaborated with a parishioner there at the beginning of Lent 2013. The original group in Kingwood continues to meet. This new group at our office will start at 8:30am and finish promptly at 9:30am on Saturday mornings. We would like to have two separate versions of this group: one for adult men and one for teens. There is strength in numbers. Pornography and other sexual temptations can destroy souls and marriages and families. With the grace and power of the Holy Spirit, change is possible.

Catholics Coping with College

We held our inaugural event this month at our office for college freshman, just before they left for campus. Originally we considered the title “spiritual boot camp” but based on feedback during planning and development we changed the name. The idea was to help new high school graduates anticipate the emotional and spiritual challenges that might be ahead once they get to campus. We might have a mid-year get together over the Christmas break when freshmen are home for the holidays between semesters. For those college-aged adults in the Houston area, there is a retreat called “[Bayou Awakening](#)” which will be held at Camp Kappe September 12-14, 2014. This retreat is led by young adults and is offered twice a year, sponsored by the Archdiocese. College can be a challenging but wonderful time. Don't leave Jesus at home; take Him with you to school!

The Death of Robin Williams

The death by suicide this month of Robin Williams was a sad tragedy. Like so many, we mourn the loss of this very talented man. Those of us who are older remember his entrance into the public spotlight in the 70s. News reports have suggested that Mr. Williams suffered from addiction as well as mental illness. Year after year in the United States, nearly 40,000 people take their own lives. Those family and friend survivors of these deaths are deeply affected. Please encourage someone who struggles with addiction and/or mental illness to get help because treatment can be effective in most cases. Offer to take your friend or family member to the first consultation, and be willing to just listen if they want to talk or sit together if they just want to be quiet and sit with you. If things are serious or a recent attempt has been made, you can go with them to the hospital emergency room. Keep them in your prayers. Let us pray for Robin and his family. The phone number for the [National Suicide Prevention Lifeline](#) is 1-800-273-8255 but their web site also offers “on-line chat” capability. Their web site has good information on this topic.

Business Issues

The Gratia Plena Board of Directors met earlier this month. Our meal was sponsored and provided by the wonderful ladies of [Salt and Pepper restaurant in Katy](#). Please visit them and thank them for supporting us. The minutes of our board meetings are posted on [our web site](#) once they are approved.

Also this month we submitted to the IRS our first complete Form 990 with the help of [Paul Cashiola, CPA](#). The 990 is the annual federal report for non-profit organizations. Because we are a “new” nonprofit in the first five years of our existence, we could have again submitted the “postcard” version this year but we want to demonstrate publicly that we are accountable to the community with the hope of attracting additional private individual and foundation donors in the future.

Please pray that God will direct generous hearts to support our mission. Our financial documents reveal that despite our service fees and help from our donors, our income barely covers our expenses month to month. Now that our 990 is finished, our 2013 Annual Report will be available soon.



“Hail Mary, Full of Grace” by Allie Rose Daniels

Book of the Month Recommendation:

We recommend this month the book [The Unwanted Gift of Grief](#) by Tim P. VanDuivendyk, DMin. This is a passionate and practical guide through the grieving process for anyone who has suffered a loss. Dr. Tim is a chaplain in the Houston area. 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...

[follow on Twitter](#) [friend on Facebook](#) [forward to a friend](#)

Copyright © 2014 Gratia Plena, All rights reserved.

Contact Us:

10701 Corporate Drive, Suite 190, Stafford, TX 77477
(832) 532-0129 (office landline)
www.gratiaplenacounseling.org