

"...grant that by his help we may imitate him in fighting the good fight on earth..."
(from the Collect, Memorial of St. Ignatius of Loyola)



Your July 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.

Catholics Coping with College

Last fall an idea for a new event began to take shape. Here is the issue: many good Catholic high school graduates leave home with their faith and morals intact, but cannot possibly anticipate the spiritual battlefield that they will face once they land on the college campus...whether public or private school. We thought of new soldier recruits who must go through boot camp before they go off to war. In boot camp they are prepared by those who have been there, to fight the battles they will face so that they can protect their lives and those of their fellow soldiers. We wondered if a new event in early August might be a type of brief "boot camp" for Catholic youth right before they head off for their new campus. There are emotional, spiritual, and other challenges that they will face...and we will discuss these and offer some tips. Gratia Plena staff Rosanna Novia and Daniela Prado will lead, but there will be input and sharing from others who are in college now and well aware of what goes on out there at our American campuses today. This event will be Friday, August 8th in our office from 12:30pm-4:30pm. We will start with lunch and then have a fun afternoon together. Bring only \$5 to help us offset expenses. Tell a friend and bring a friend. Tell the youth minister at your church. You do not have to be Catholic (nor a freshman) to be part of this new annual tradition. There is a [Facebook event](#) set up where you can let us know you are coming so that we can have an idea of how many to expect. Pray for the success of this event!

School Refusal and School Phobia

The Anxiety and Depression Association of America (ADAA) is offering a free webinar "Getting Ready: How to Help Your

Anxious Child Overcome School Refusal or School Phobia” by psychologist Dr. Anne Marie Albano of Columbia University Medical Center...Wednesday, August 6th at 6pm Central. [Find out more details here.](#)

Family Relationships

After our personal relationship with the Holy Trinity there is nothing more important than our family relationships. Are there any relationships in need of repair in your family? There is great damage and pain and suffering that can occur in families, but also opportunities for healing, forgiveness, and reconciliation. Try some compassion, mutual understanding, forgiveness, communication with careful listening, and most importantly expression of love.[Read Pope Francis' letter to families here.](#)

Veterans Mental Health Summit

This is a single-day free event (Friday, August 15, 2014) highlighting how veteran-serving and nonprofit organizations, schools, companies, and local, state and federal government agencies in the Southeast Texas Gulf Coast Region work together to provide resources and additional support for the mental health and wellness of Veterans and their families. It is being held at the University of St. Thomas. [To register, check the flyer here.](#)

The Valuable Gift of Life

Compared to women who have not been pregnant in the prior year, deaths from suicide, accidents and homicide are 248% higher in the year following an abortion, according to a [13-year study \(published in 2005\)](#) by the European Journal of Public Health) of the entire population of women in Finland. There are numerous studies like this showing the negative effects of abortion, but reports of the results are shunned by the media, universities, and even by professional medical and psychological organizations.

On Friday, June 27th, five members of the Gratia Plena team travelled I-45 to Dallas to hear psychologist and[Rachel's](#)

[Vineyard](#) founder Dr. Theresa Burke speak on several topics related to the healing of trauma from abortion. She pointed out that trauma is an issue not only for the woman receiving the abortion, but often for other family members as well. Rachel's Vineyard offers weekend retreats for women and men affected by abortion. [We posed with Dr. Burke for a photo](#) before heading back to Houston.

Project Rachel is the Catholic Church's ministry to those who have been involved in abortion. [Here is the link](#) for the Archdiocese of Galveston-Houston office. [The Gabriel Project](#) helps women in crisis pregnancies by offering Christian love and practical solutions.

New Staff

This summer Gratia Plena welcomed Scott Rothwell and Stephen Bonnette to our staff. Scott is serving in many important roles but he is frequently seen in our waiting room welcoming clients and taking fee payments. Stephen is an LPC intern working on licensure in Texas. You can [read more about them here](#). We are very glad to have these young men as part of our team!

Groups at Our Office

A new weekly confidential group session for Catholic men will begin Saturday morning, September 27th in our office facilitated by Stephen Bonnette and Dr. Ken. This group is called "King David's Men." The focus will be on being faithful to the Church's guidelines on sexual morality. King David's Men was 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 group there in Kingwood continues to meet. This new group at our office will start at 8:30am and finish promptly at 9:30am. Cost is only \$10 per session. There is strength in numbers. Pornography and other sexual temptations can destroy souls and families. With the grace and power of the Holy Spirit, change is possible.

The Loving and Eating Well (LEW) group is for Catholic

women who are working on healing in the areas of intimacy and food. It meets Mondays in our office at 5:30pm for one hour and is facilitated by Dr. Ken and Mary Kay Malicki. This confidential group is approaching its one-year anniversary! We have great fellowship and support! Only \$10 per session.

Call or send us an email if you'd like to try either of these groups. We would love to have you with us. Maybe this is the time and opportunity you've been waiting for.

Board Meeting

The Gratia Plena Board of Directors will meet Thursday, August 7th at 6pm. We have been blessed with some wonderful people who have volunteered their time and talent to help guide Gratia Plena in its mission. Please pray for Gratia Plena, its board, its staff, its clients, and its donors.

Movie of the Month Recommendation:

We recommend this month the movie "[The Giver](#)" which is based on the book which won the Regina Award. The film stars Jeff Bridges, Meryl Streep, Katie Holmes, and Taylor Swift. It is scheduled to be released in the United States on August 15, 2014. 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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