

"Begin now to be what you will be hereafter." -- St. Jerome



Your September 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.

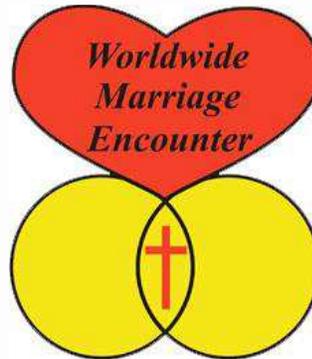
Synod on the Family

You may have heard by now that Pope Francis has called for a [Synod of Bishops](#) on the topic of the pastoral care of the family. A synod is an advisory body for the Pope. This synod will meet next month in October and then again in October next year. There are so many trials facing the family today and for many reasons our enemy wants to break down and disrupt family well-being. Mental illness and addiction, conflict and divorce are common and significant challenges for families. Please pray for our bishops as they focus on this important issue.



Marriage Encounter

There are two Houston area Marriage Encounter weekends approaching: October 10-12 and November 9-11. This event is highly recommended for couples who want to experience growth in their relationship no matter how good or bad it may currently be. [Here is a short video](#) that describes Marriage Encounter, a program which was started in the 1950s by a Spanish priest. [Sign up](#) early so that you can reserve a spot!



Busy September

September was a very busy month for us in the office. We desperately need financial support from the community to keep Gratia Plena in business providing high quality counseling and spiritual direction services for individuals including adolescents, couples married and engaged, and entire families. We have been overwhelmed with the generosity of so many people who have helped us with office supplies, furniture, and computer equipment. However, we must also have cash funds to cover the rent and other large expenses like insurance. Donations to Gratia Plena can be received securely via credit card on [our website](#), or you can mail us a check. Also please consider asking your parish, your church fellowship group, or a business you know if they will support our service work in the community. Our business model is intentionally designed so that we will survive only through the support of the community. Your donations are tax deductible. We pray for our donors: past, present, and future. Thank you in advance.

AmazonSmile

You may have noticed that you can now connect your Amazon purchases to a charity of your choice, and your designated charity will receive a small percentage donation based on what you spend on Amazon. Gratia Plena is in the list, but you must type in our name in the [AmazonSmile](#) search field and select us after you log in to your account. Please do this now before you forget, as the Christmas season approaches! Every penny counts!

GuideStar

[GuideStar](#) connects donors and grant-makers to legitimate and worthy non-profit organizations like Gratia Plena. People sometimes reference GuideStar to see if a charity is in good standing like we are. We have been in the process of providing GuideStar the required documentation so that are easily recognized in this way. Our Form 990 for 2013 has been submitted and accepted by the IRS and this helps increase our status as a non-profit worthy of community support.

Annual Report

Our 2013 Annual Report is finished and ready for the printer except for just one item: a kind sponsor who will cover the printing expense of about \$300 at Katy Printers. We are now providing the opportunity for one business to be listed and recognized in our 2013 Annual Report. This document will be handed out to many local Catholic priests and Archdiocesan leaders, to parish leaders and to potential donors and funding organizations. It is also posted permanently in electronic format on our website, and the report is announced to the public and made available in electronic format on social media such as Facebook, Twitter, and Google+. Thousands of people will likely get a chance to see that your business generously covered the printing of our report. Contact Dr. Ken immediately if you are interested. We would like to get this report printed tomorrow!

WellCatholic

There is a new website that matches Catholics with Catholic healthcare providers. Looking for a family practice doctor who is Catholic? Check this resource and find one in your area. Gratia Plena is listed on [WellCatholic](#) as a resource for mental illness and addictions.



White Mass

The annual White Mass for healthcare providers will be held Saturday, October 11th at 5pm at the [Sacred Heart Co-Cathedral](#) in downtown Houston. Please join Gratia Plena staff and other doctors and nurses as we pray for all those in the medical and healing professions.

Schedule of Growth Enhancing Groups at the Office:

Mondays at 5:30pm: *Loving and Eating Well* group for women on topics related to food

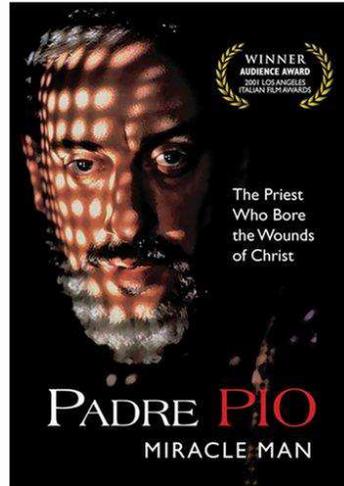
Fridays at noon: *Women's Empowerment* group (bilingual English/Spanish)

Saturdays at 8:30am: *King David's Men* group for sexual fidelity ages 20+yo

Saturdays at 9:30am: *King David's Young Men* group for sexual fidelity ages 13-19yo

Movie of the Month Recommendation:

Dr. Ken recalls that as a boy in the 1960s he read the book "Padre Pio: the Priest Who Bears the Wounds of Christ" about a mysterious priest who experienced the stigmata. This great Italian priest Padre Pio died in 1968 and is now St. Pio of Pietrelcina. We just celebrated his feast last week on September 23rd, which is marked on the day of his death. So this month in his honor, we recommend the movie "Padre Pio: Miracle Man." The film is in Italian with English subtitles, and several people commented to us last week that they had recently enjoyed watching it. It is available on Netflix or in segments on YouTube. 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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Contact Us:

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

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