

"And suddenly there was a multitude of the heavenly host with the angel, praising God and saying 'Glory to God in the highest and on earth peace to those on whom his favor rests.'" -- Luke 2:13-14



End of the Year Giving Plea

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.

In today's special edition email blast (the only fundraising edition of the year), we beg you to consider making an end-of-the-year donation for Gratia Plena today. Here's why:

The Spirit of St. Francis

St. Francis of Assisi was known for begging alongside the poor. We approach you today in the spirit of Francis, seeking funds for a good cause that is in place for the purpose of building the kingdom of God. If your mailboxes and inboxes are anything like ours, you are getting overloaded with requests right now from nonprofits for end-of-the-year donations. So this is our very own humble plea to you. We hope you will read a little further before moving on with your next activity.



Why a nonprofit?

Gratia Plena is a nonprofit charitable organization recognized by the IRS as a 501(c)(3), which means that your donations are tax deductible as described in the law. Gratia Plena was created as a nonprofit because we strongly desired the involvement of the community in our healing mission. The way we do business at Gratia Plena requires the support of the community in order to survive. The early Christian church pooled their funds to serve and help the community. In reference to this, it says in the 2nd letter to the Corinthians (9:7) ***"You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. 'For God loves a person who gives cheerfully.'"*** If the community chooses not to support Gratia Plena, then we will take it as a sign that we need to find some other mission.

2014 in Review:

The final numbers are almost in for 2014: Our income from service fees was about \$95,000 while our expenses were about \$113,000...and so you can see why we are looking to you today to help us finish out the year in good fiscal shape. By giving a donation, you become a real part of our mission. You are providing needed counseling and spiritual direction for individuals, couples, and families who are affected by mental and/or spiritual distress. We are very thankful to those who have donated funds and items during this year. We would not be here without you.

Counting, weighing, and measuring the numbers are really not so important to us, but we know that some donors need to see the numbers in order to know and trust that a situation is real. In 2014 we provided 2000 counseling and spiritual direction services. 93% of our clients are Catholic. Our staff are Catholic and our counseling guidance is always in keeping with the teachings of the Church.

Since opening Gratia Plena nearly 3 years ago, we have assisted about 425 individuals, couples, and families from nearly 60 different parishes and churches in 5 different dioceses. We assist people who are suffering from severe mental illnesses as well as those who are just trying to understand God's will for them. We help families and couples through intense crises that sometimes involve dangerous

situations and sometimes who are on the brink of divorce. We provide guidance to those who are seeking freedom from addictions to street drugs, to alcohol, to prescription pills, to pornography and sex, to food, to video games and the Internet. We help Catholic high school and college students who are trying to study while fighting anxiety and depression or family stress. We address mental illnesses that get in the way of people wanting to work a job. We are and seek to be tools of the Holy Spirit, the Great Healer.



We offer supportive groups for those seeking change in the area of pornography and sexual behavior (men's and teen's groups), for women working on issues related to intimacy and overeating, and for women who need to regain their self-esteem and healthy assertiveness. Groups are a powerful way to encourage each other in growth. We are willing to speak in parishes when we can manage to find some time away from the office.

There is a tremendous lack of funding and availability for mental health services in the community. This can make it very difficult for people to access treatment. Gratia Plena helps by offering a sliding fee scale. We have never turned anyone away for lack of funds. We offer flexible hours so that people can access services. Our dedicated staff see people early in the morning, at lunchtime, in the evenings, and on Saturdays. This helps people access services. Our staff are professional and discrete, but also quite compassionate and warm...and this helps people feel comfortable coming to receive help when there is still such a great stigma. This too helps people access treatment services.



In summary...

we seek your financial support and partnership at this time to help further our mission. Tell a friend. Let's grow Gratia Plena together, as a community! Please make a one-time gift offering today either by credit card [on our website](#) or by mailing in a check to our office address below. Also consider joining others by becoming regular monthly donors for Gratia Plena. Talk with your pastor or the leader of your church organization (like the Knights of Columbus or other group) and ask them to make a donation for Gratia Plena. If you are unable to help us financially at this time, please consider dropping off a ream of plain white copy paper or a few boxes of tissue when you can. Last but certainly not least, please pray for Gratia Plena: for our clients past, present, and future and for our donors past, present, and future...and for our staff who serve them. Thank you in advance for your generosity. God bless you!

Correction: In the December newsletter Timothy Barta was referred to as Dr. Ken's grandson, but is actually a godson. Please continue to pray for the repose of the soul of Timothy and for his grieving family and friends. Timothy remains with us not in the form we are used to, but rather in spirit.

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