

"Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come." cf Revelation 1:8 (Trinity Sunday Mass Gospel Acclamation)



Your May 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 #37

It is summertime, so we've packed a lot into this issue. We hope you'll find it interesting.



Board Meeting

The Gratia Plena Board of Directors convened for our 2nd Quarter meeting on Wednesday afternoon of May 6th. The meeting minutes are [posted on our website](#) after they are approved, and the agendas are posted there as well.

Bishop Brendan

During our board meeting we offered congratulations to board member Fr. Cahill and practiced referring to him as "Bishop Brendan!" His episcopal ordination is scheduled to take place June 29th in the Diocese of Victoria. Please remember pray for our bishops, priests, and deacons as well as religious women and all those in formation for religious life.

Form 990 and 2014 Annual Report

Our 2014 numbers have been finalized and officially reported. American nonprofits complete a Form 990 each year for the IRS and this becomes a public document. You can find ours elsewhere with all of the others but we also [post them on our website](#) for easy access. We also produce an annual report and these are also available on our website. We hope that this transparency will encourage the community to support Gratia Plena financially. Your financial help makes you a partner in our service work. We also hope that more parishes will support us financially as well. Please suggest to your parish council a donation in support of our mission. We have served Catholics from over 65 parishes in the Archdiocese, but only a small number of churches have donated thus far. 94% of those we serve are actively practicing Catholics. Join us with a donation today!

Development Director

Gratia Plena seeks a skilled and experienced individual, perhaps a retiree, who might volunteer 2-3 days a week in the role of Development Director. This person will be inspired to assist us with fundraising projects, grant applications, and other ideas for supporting the growth of Gratia Plena. Please contact Dr. Ken if interested.



Summer Intern/Volunteer Opportunity

Gratia Plena is offering a summer intern volunteer opportunity for a college student who might be interested in a career in counseling or other social service work. Bilingual applicants (Spanish) are particularly welcome.



AmazonSmile

If you make purchases on Amazon, would you please select Gratia Plena as your charity for the AmazonSmile donations program? This is easy to set up on your existing Amazon account. Once you have selected Gratia Plena as your charity, then do your shopping by logging in to [AmazonSmile](#) instead of just Amazon, and Gratia Plena will get a percentage of whatever you spend on Amazon. It is the same website but just a different pathway to getting there. Thank you for this consideration! Father's Day is approaching...



1 Million Steps for OCD Walk

From Dr. Elizabeth McIngvale-Cegelski... "We are hosting the Houston leg of the 1 million steps 4 OCD walk in collaboration with the International OCD Foundation (iocdf.org). The walk will raise awareness for Obsessive-Compulsive Disorder and will be held next Saturday on June the 6th at the new Gallery Furniture Grand Parkway (GFGP) store in Richmond, Texas. The walk ceremonies will begin at 8am and after the walk Brick at Mortar restaurant at GFGP is hosting a post-walk brunch offered for a donation to the Peace of Mind Foundation (peaceofmind.com) for OCD. To register for the walk and receive a t-shirt there is a \$25 donation to the IOCDF foundation which can be given through this

link: <https://www.crowdrise.com/peaceofmindfoundation>.

However, if payment is an issue or anyone wants to walk for free we still hope they will come and support the cause! To walk for

free we simply ask that individuals email their registration to us at info@peaceofmind.com by Friday, June the 5th.” Dr. Ken will be on retreat next weekend or else he’d be doing this walk for sure!



Houston Catholic Charities

Did you know that Catholic Charities is today one of the largest charities in the United States? They were started in 1910 in New Orleans by the Ursulines and have been in Houston since 1943. What types of services does [Catholic Charities provide in the Galveston-Houston area](#)? Here are a couple of examples. They offer help for pregnant women such as medical referrals, education, and counseling services. They support parents by teaching parenting and life skills, securing resources for the family, medical care and, when requested, assistance with infant adoptions. Catholic Charities in Houston also helps with disaster recovery, AIDS Ministry, immigration legal services, housing initiatives, foster care, and more. Their main location is downtown on Louisiana Street but they also operate the Mamie George Community Center in Richmond, Texas which has an array of services for seniors. Dr. Ken serves on the Houston Catholic Charities Advisory Board.



Annual USCCB Fortnight for Freedom

From the US Catholic Bishops: “The *Fortnight for Freedom: Freedom to Bear Witness* will take place from June 21 to July 4, 2015, a time when our liturgical calendar celebrates a series of great martyrs who remained faithful in the face of persecution by political power—St. Thomas More and St. John Fisher, St. John the Baptist, SS. Peter and Paul, and the First Martyrs of the Church of Rome. The theme of this year's Fortnight will focus on the "freedom to bear witness" to the truth of the Gospel.” Here are two good publications from the bishops: the [Religious Freedom Restoration Act](#) (RFRA) and [Defense of Marriage](#).



The Choice Wine

Parish registration for “[The Choice Wine: 7 Steps to a Superabundant Marriage](#)” is now open! This program is offered by Paradisus Dei, the same group which offers the “That Man is You” series for men. Their implementation team will guide your parish in setting up and launching this program which is available free of charge. Call them at (281) 974-3541.

Published “Research”

It used to be that we could trust most scientific research, but professional organizations have become political machines, as have most of our major media companies...so when the two team up, watch out! Here is [one article](#) for consideration, and [here is another](#). [Here's just one example why](#) Dr. Ken completely gave up on the American Psychological Association.

Mental Health in Texas

Austin TV station wins Peabody award for [story on mental health in Texas](#).

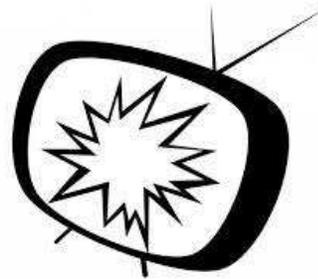


Law Enforcement and Mental Health Emergencies

We've been seeing a recent increased media focus on law enforcement with some of it painting negative pictures for the public. [Here is a video](#) that shows another side, a compassionate side, of law enforcement and the highly challenging but effective work they do in this regard. Dr. Ken's old friend and colleague Gilbert Gonzales of San Antonio has done great things there through his jail diversion program work for many years with the Center for Healthcare Services and now through his position as Mental Health Director for Bexar County. Thankfully, these programs are spreading and increasing around the country. Jail is usually not the most appropriate intervention for people who have mental illness. Please watch the video (not suitable for children).

Growing Up Male

[Brief video](#), good message...as Father's Day approaches. Video plays on the pop-up (don't close the pop-up window).



Kids and TV

“Family Guy” is an animated TV sitcom for adults that got its start in 1999. Unfortunately it has been very popular and doubly disturbing is the fact that many children and adolescents are watching it despite its rating. One of the problems is that the show writers consider it entertaining to joke about sexual violence, including sexual violence against children and adolescents. It doesn't seem very funny to us to make light of something that is traumatic for others. [See the research study report here](#). What can we do? First, be sure to control the TV access of young people in our homes. Second, don't watch the show (so that it will die away). Third, write the show sponsors, such as McDonald's (that's right, the makers of our children's Happy Meals). Tell them we're not very happy with the material they are sponsoring on this show. Complaining to TV networks and to sponsor companies actually works. When they don't hear complaints, they assume that nobody cares and they continue doing what they think they need to do to make profits.

The Charlie Charlie Challenge

Parents, do you know about this new and very popular social media game that kids are playing? You can read about it [here](#) if you haven't heard about it yet. Note well that any instance of summoning demons, visiting a psychic or palm reader, et cetera is not a game, but rather a spiritually dangerous activity.

The [Catechism of the Catholic Church](#) in paragraphs 2115-2117

speaks to this matter in a section called “Divination and Magic.” Parents, you are the primary catechists of your children. Teach your children well.

Mental Health Apps

Smart phones and notebooks seem to be the popular technology these days. We are seeing more and more apps being developed for mental health and addiction issues, and some of them are very good. Check out these apps: Sleep Cycle (analyzes your sleep phases and acts as an alarm clock), Sleep Pillow (provides a white noise machine), SAM (for managing anxiety), DBSA Tracker (for support of Major Depression and Bipolar Mood Disorder), MediSafe (a pill organizer and medication reminder), and Simply Being (which is guided meditation for relaxation).



St. Francis Pledge

The [Catholic Climate Covenant](http://catholicclimatecovenant.org) organization encourages schools, parishes, and other organizations to take the “St. Francis Pledge” and be thoughtful stewards of our earthly resources. Gratia Plena took the pledge in 2012. Pope Francis is reportedly due to publish an encyclical soon that addresses this topic.

Movie of the Month Recommendation

In the holy Easter season the Mass readings take us through the book of the Acts of the Apostles, including the conversion experience of St. Paul. This month, we recommend the 2013 movie “[Ring the Bell](#)” which spotlights the conversion of a high-powered sports agent who is trying to recruit baseball players. While there were no Oscar awards for the acting in this movie, it is safe for the whole family and full of great messages.

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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