

News from Gratia Plena

Dr. Ken Buckle <drken@gratiaplenacounseling.org>

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To: Dr. Ken Buckle <drken@gratiaplenacounseling.org>

**"And now, bless the God of all, who has done wonderful things on earth;
who fosters growth from the womb, fashioning it according to His will."**

Sirach 50:22 from Thanksgiving Day Mass



The Monthly News

OUR MISSION

is to provide mental and spiritual health services for mental illnesses, addictions, and marriage/family problems and the spiritual distress that usually accompanies them...in a manner that is faithful to the teachings, values, and traditions of the Catholic Church.

OUR PRIMARY SERVICES

are evaluation and intervention (counseling and spiritual direction) for people of all ages, ethnic groups, and religions, in several modalities (individual, couples, families, groups). In addition, our Catholic workers are also available for presentations in the community and to assist with other special projects (such as retreats) when requested. We also serve as a training ground to help ensure a steady supply of faithful Catholic counselors for the future health and flourishing of the community.



November 2022 Edition

NEWS FROM GRATIA PLENA

Save the Date: Tuesday, November 29!!

Giving Tuesday is a worldwide tradition of giving to nonprofits after the holiday spending of Black Friday and Cyber Monday. Watch for our campaign on Facebook, Twitter, email, and our website. We are very thankful that the community has sustained us financially for the past 10 years. Gratia Plena belongs to you and is a sign of your compassion and mercy to your neighbors, even those you do not know, just as Jesus described the Good Samaritan. With your help during the holidays, we can keep going strong for another year. The demand for our mental and spiritual health services is at an all-time high. COVID and inflation have been very hard financially on nonprofits. Please open your heart and share God's bounty with others.

You can use the button below to contribute join our healing mission for Giving Tuesday. You can also set up a recurring monthly donation of any size, using the "Donate" button below. Thank you!

Donate

Gonsoulin Charitable Trust

We are pleased to report that we received a generous donation from the Gonsoulin Charitable Trust to support our mental health mission of mercy.

Two Students Complete Their Training

We are pleased to report that David Thies finished his training with us in November and will graduate in December with his master's degree in Counseling. He was interested in continuing with Gratia Plena, and so we have hired him to work part-time at our Cecilia Office! Congratulations David, and welcome aboard! Nurse Practitioner Chidinma Ukwu, MSN, APRN, FNP-C completed her training rotation with Gratia Plena in December as she pursues her doctoral specialty in psychiatric nursing at the University of St. Thomas. Nurse Chidi was well-loved at Gratia Plena, and all will miss her.

King David's Men Group

This support group for adult men addresses issues of sexual integrity such as porn/masturbation and infidelity/promiscuity. The group is confidential and led by Dr. Ken who is joined at times by other male counselors. The ongoing weekly group meets on Saturdays from 10-11am, except for the Saturdays of Thanksgiving and Christmas weekends, as well as December 3rd. The cost is small, only \$10 but scholarships are available so that cost does not have to be a barrier. The timing of KDM resuming near Advent season is no accident. Use this group as a time for a moral, psychological, spiritual, and physical reset to enter 2023 with a new spirit, vitality, and integrity. Set your pride aside, release shame, and be not afraid to make this important change for yourself, for your relationship with God, and to avoid harming others. [info@gratiaplenacounseling.org] Send a message to us just to let us know to expect you. If you have never been to Gratia Plena before, there may be some minimal paperwork to complete. [This excellent article](#) talks about the "best kept secret" in preparing kids to stay away from pornography.

Women's Group is Forming for a 2023 Start

We are also restarting a group for women which will be co-facilitated by our counselors Dominique and Mary Therese. This group will begin after the first of the year, so stay tuned as the details are finalized. For now, if you are interested in attending, [info@gratiaplenacounseling.org] please send us an email and we will put you on the "interested" list.

Help Us with Our 2023 Gala

We are planning our very first gala celebration and fundraiser for Spring, 2023. In this event, we are marking our 10th anniversary of offering service to the community, to bring healing for mental, spiritual, and family health. We could really use help with this event. Please join the host committee, sign up to volunteer, and/or donate an item for auction. We want to see you there! Contact Ricardo Granie, Gratia Plena Development Manager for more information.

Fridge Update

We were blessed to receive a used refrigerator for our large office this week! A kind person referred to our newsletter request to the family of an elderly man who is moving to an assisted living facility and selling many of his belongings. They were so good to donate the refrigerator to Gratia Plena, for our staff. God bless this elderly gentleman and his family, and the person who referred them to us!

We are still in need of some shelving in our storage closet at the Stafford office. If you're a carpenter or handyman and would like to build some simple shelves for us, we'd very much appreciate your kind assistance. Thank you!

How are we doing? We really want to know!

We really want to know! We strive to provide high quality services that are respectful and mindful of the values of those we serve. We regularly hear good things about our work in the community, but hard data really matters to our Board of Directors and to those who fund our grants. If you have less than 2 minutes, you can complete a little survey about our workers and our services. Complete the survey [here in English](#) and [here in Spanish](#). Also, if you have attended a presentation by Gratia Plena workers, you can also complete a survey [here in English](#), and [here in Spanish](#). Thank you for your assistance! This really helps us greatly!

THE SPIRITUAL LIFE

Practice Radical Gratitude

The ability to give thanks involves humility. In the scriptures, we hear Jesus giving thanks to His Father as He begins to pray. People with a sense of entitlement or in the extreme, narcissism, expect things to be given to them and then they have no reason for gratitude. Genuine gratitude is built upon the notion that we are not entitled to anything at all, and therefore concluding that everything good that comes to us is a gift. See James 1:17. Gratitude is a mental habit that can be developed with practice. Try it with small things, and watch it grow in you. Practicing gratitude can switch our thoughts from the negative to the positive and good. Happy Thanksgiving!

Eucharistic Revival

The Church is in the midst of a return to Mass and a deeper respect and appreciation for the real presence of Christ in the Eucharist. Loyola Press offers a free webinar on the book "Living the Mass." [Read more here](#). The Holy Mass is about worship of God in fellowship with others and is not meant for our entertainment like a football game or rock concert. It is a sacrament of grace and healing, along with Confession and the Anointing of the Sick. Return to Mass in person and be not afraid. It is a beautiful taste of heaven.

New Spiritual Direction Training Program.

The Holy Name Passionist Retreat Center is starting a new spiritual direction training program. For many years they have had a spiritual direction training [program in Spanish](#) but will now also offer a training program in English. [Find out more here](#).

St. Michael's Center for Spiritual Renewal

The Center is a nonprofit Catholic organization in the Washington DC area that prays with people who are suffering and in need of healing and sometimes deliverance from evil influences. The Center conducts spiritual education workshops and trains clergy, religious, and laity. [On their website](#) are prayer resources to be used by specific groups (such as prayers only for clergy, or prayers only for exorcists, or prayers that the laity can use). They also [post video recordings](#) of their prayer and education sessions. The next livestream prayer session is Monday evening, November 28th, which requires free registration in advance. These are minor exorcism prayers, as the formal Rite of Exorcism is only done in one's diocese at the discretion of the local bishop. These monthly prayer sessions that last one hour are watched live by about 4000 people with thousands more watching the recordings later, and the numbers are increasing each month. Msgr. Stephen Rossetti is the chief exorcist in Washington DC and is also a psychologist. He answers a few questions from the audience at the end of each prayer session. The healing of our afflictions and wounds by Jesus often involves a combination of psychological and spiritual interventions. The sacraments bring healing and grace.

RAISING AWARENESS

Human Right to Healthcare

Oregon voters passed Measure 111 on the November ballot, making it the first state to make healthcare a human right. [Read more here and here.](#)

Detransition and Conversion

You don't always hear about these in the mainstream media, but there are testimonies given about people who attempted gender transition and then de-transitioned. [Here is one.](#)

Emergency Room Visits for Sexual Assault are Increasing

[Here is the original study](#) and [here is an overview.](#)

Out of the Darkness Walks

The American Foundation for Suicide Prevention hosts walks to raise awareness for suicide prevention.

[Read more here.](#)

RESEARCH

Alcohol Death Rate in US is Rising

[See the report here.](#)

Alcohol's Negative Impact on the Brain

[Read more here.](#)

Stroke Risk Rises from Young Adult Drinking

[Explore this topic here.](#)

Predictor of Problem Drinking in Young Adulthood

[Find out about the new predictor here.](#)

Impact of Alcohol on Sleep in Young Adults

[Described here.](#)

For help with problem drinking, [contact Alcoholics Anonymous.](#)

COLLABORATIONS

Gratia Plena collaborates with the following fantastic organizations (in alphabetical order)

Adore Ministries

The Archdiocese of Galveston-Houston Family Life Ministry

The Archdiocese of Galveston-Houston Office of Pro-Life Activities

The Archdiocese of Galveston-Houston Secretariat for Clergy Formation

The Harry S. and Isabel C. Cameron Foundation

Christian New Creation

Cristo Rey Jesuit College Preparatory School of Houston

Divine Mercy University

Dominican Sisters of Mary Immaculate Province

Foundation for Life

The George Foundation

Lamar University

The Marek Family Foundation

Our Lady of Guadalupe Catholic Church (Rosenberg)

Prince of Peace Catholic Community (Houston)

Rachel's Vineyard of Houston

Sacred Heart Catholic Church (Conroe)

Saint Constantine School

San Jose Clinic (Midtown and Rosenberg)

St. Cecilia Catholic Community (Houston)

St. Faustina Catholic Church (Fulshear)

St. Laurence Catholic Church (Sugar Land)

The Scanlan Foundation

The Stella Maris Center

The University of St. Thomas (Houston)

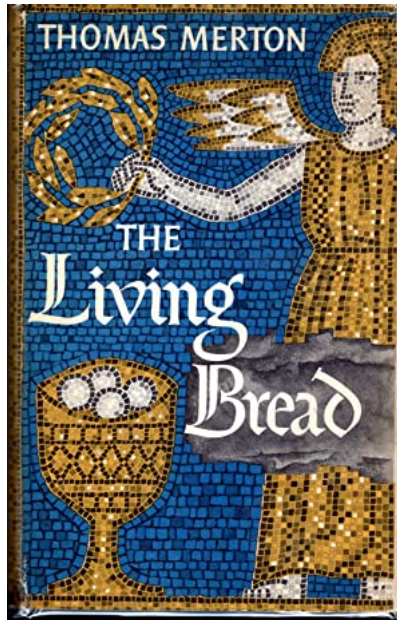
IN THE COMMUNITY

Upcoming Events of Interest

- November 24: Thanksgiving Day (**Gratia Plena Offices are Closed**)
- November 24: Memorial of St. Andrew Dung-Lac, Priest and Companions, Martyrs
- November 25-26: **Gratia Plena Offices are Closed**
- November 27: **First Sunday of Advent**
- November 28: Msgr. Rossetti's livestream prayer session, [from the St. Michael's Center](#).
- November 30: Feast of St. Andrew the Apostle
- December 2-4: [Women's Retreat](#) at Holy Name
- December 2-4: [Miles Christi silent Ignatian retreat for women](#) in the Houston area
- December 3: **Gratia Plena Offices are Closed**
- December 3: Memorial of St. Francis Xavier, Priest
- December 4: Our Lady of Guadalupe Procession (8:30am) and noon Mass (downtown Houston)
- December 7: Memorial of St. Ambrose, Bishop and Doctor
- December 8: Solemnity of the Immaculate Conception of the Blessed Virgin Mary (**Holy Day of Obligation**)
Gratia Plena Offices are Closed
- December 9-11: [Advent Weekend Retreat](#) at the Christian Renewal Center in Dickinson
- December 10: [Advent Deliverance Retreat](#) 10am-1pm Central via Livestream from St. Michael's Center for Spiritual Renewal
- December 11: Our Lady of Guadalupe Procession and Mass (Rosenberg)
- December 12: Feast of Our Lady of Guadalupe
- December 13: Memorial of St. Lucy, Virgin and Martyr
- December 14: Memorial of St. John of the Cross, Priest and Doctor
- December 16-18: [Silent Retreat in Spanish](#) at Holy Name: "The Church and Spiritual Accompaniment"
- December 16-21 ["Come and See" vocation retreat weekend](#) for Dominican Sisters of the Mary Immaculate Province (Houston)
- December 23-24: **Gratia Plena Offices are Closed**
- December 25: Nativity of the Lord (**Gratia Plena Offices are Closed**)
- December 26: Feast of St. Stephen, first martyr
- December 26: **Gratia Plena Offices are Closed**
- December 27: Feast of St. John, Apostle and Evangelist
- December 28: Feast of the Holy Innocents, martyrs
- December 30: Feast of the Holy Family of Jesus, Mary, and Joseph
- January 2: New Year's Day Observed (**Gratia Plena Offices are Closed**)

Next Year:

- 2023 details TBD: Gratia Plena 10th Anniversary Gala Celebration and Fundraiser
- April 15, 2023: [Fort Bend Hike for Hope](#) (American Foundation for Suicide Prevention)
- August 1-6, [2023 World Youth Day](#) in Lisbon, Portugal



Book of the Month Recommendation

As part of our promotion for the Eucharistic Revival, this month we recommend the book "The Living Bread" by Fr. Thomas Merton, the late Trappist Monk. This book on the Eucharist was written in the 1950s prior to Vatican II, and early in Merton's writing career. The intro states: "This book is concerned with the Eucharist as sacrifice and sacrament, a perpetuation of the Real Presence of Jesus through time and space, the center of the Christian's life and worship, the symbol and cause of the unity of the Mystical Body of Christ."

As always, if you purchase books or movies on Amazon, be sure to log in to "AmazonSmile" with your charity set to "Gratia Plena" and we will receive a portion of the sale as a donation with no extra cost to you. Thank you!

Disclaimer: Gratia Plena and its workers do not receive any compensation or earthly benefits from recommending books, movies, music, websites, blogs, apps, et cetera...

WE INVITE YOU TO JOIN OUR MISSION!

Workers are Needed for the Following Positions:

We can always use full-time or part-time volunteer receptionists at any of our four branch offices (NASA area, The Woodlands area, Memorial area, and Upper Kirby area). We provide the training, and you can then add this experience to your resume for future healthcare professions work/study. This is a great opportunity for a Psychology undergrad students, Pre-med students, or Nursing students. Contact Maria if interested.

Call or email the main office. Thank you for being part of our team!

[Facebook](#) [Instagram](#) [Twitter](#) [Linkedin](#)

KEEP UP WITH GRATIA PLENA

On Social Media

We don't recommend that anyone spend a whole lot of time on social media, but maybe you can briefly check out our social media channels (see links above) occasionally to see what we've got going on and the messages we share with the public. Please like, subscribe, and follow Gratia Plena and share our links with your friends and family. This helps you stay connected with us and at the same time helps people in the community to locate mental and spiritual health assistance through the increased visibility of Gratia Plena on the Internet. Thank you!

Contact Us:

(832) 532-0129 (office land line)

info@gratiaplenacounseling.org

www.gratiaplenacounseling.org

Services are provided at:

St. Thérèse Office:

10707 Corporate Drive, Suite 135, Stafford, TX 77477 (main office on the edge of Sugar Land also serving the Stafford, Missouri City, and Richmond/Rosenberg areas)

St. (Mother) Cabrini Office:

1110 NASA Parkway, Suite 111, Houston, TX 77058 (Clear Lake, Pearland, Friendswood areas)

St. Thomas Aquinas Office:

3100 Richmond Avenue, Suite 210, Houston, 77098 (Upper Kirby, Montrose areas near University of St. Thomas)

St. Cecilia Office:

911 Bunker Hill Rd, Bishop Rizzotto Building Suite G117, Houston, TX 77024 (Katy, Spring Branch, Memorial areas)

St. (Padre) Pio Office:

26410 Oak Ridge Drive, Suite 115, Spring, TX 77380 (The Woodlands, Spring, Conroe areas)

St. Faustina Location:

28102 FM 1093, Fulshear, TX 77441 (Katy, Fulshear, Rosenberg areas)

Our Lady of Guadalupe Location

2405 Navigation Blvd, Houston, TX 77003 (inner city areas)

Prince of Peace Location

19222 State Highway 249, Houston, TX 77070

San Jose Clinic Location:

2615 Fannin St, Houston, TX 77002

San Jose Clinic Location:

1615 Avenue E, Rosenberg, TX 77471

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