

**"They will fight against you but not prevail over you, for I am with you to deliver you."
Jeremiah 1:19**



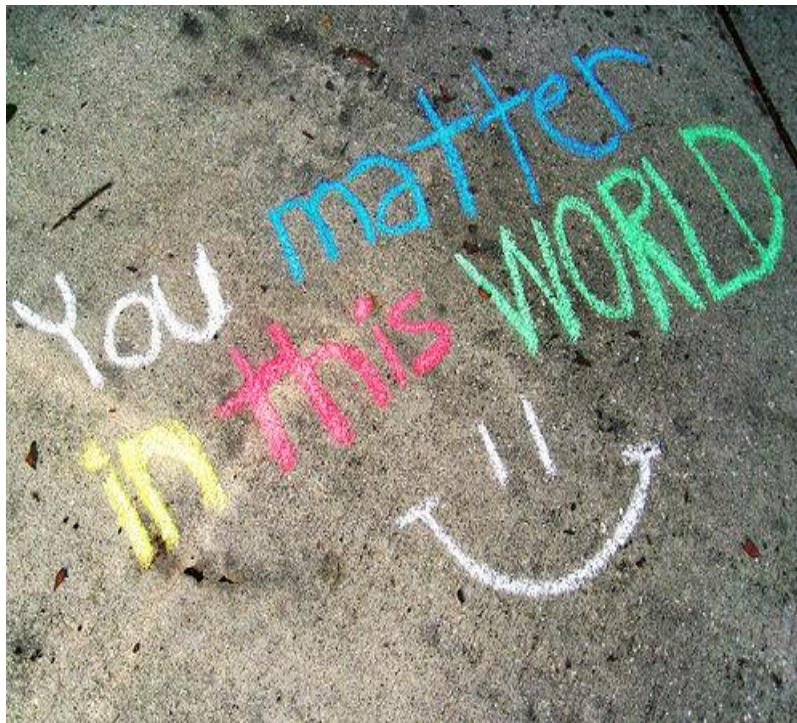
The Monthly News

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 treatment for people of all ages, ethnic groups, and religions, in several modalities (individual, couples, families, groups). Our all-Catholic staff members are also available for presentations in the community and other special projects when requested.



January 2022 Edition

NEWS FROM GRATIA PLENA

Our 10th Anniversary

February 9th officially marks Gratia Plena's 10th Anniversary! The first office opened in Sugar Land on February 11th, the feast of Our Lady of Lourdes. The first counseling session was on February 12th. Gratia Plena was never envisioned as a large counseling center, but just a place to do God's merciful work. We believe that several intercessors have been helping spiritually behind the scenes: in particular our namesake the Blessed Virgin Mary, St. Mother Cabrini, and St. Padre Pio. God is good.

Gratia Plena could never have developed and survived without the support of countless members of the community. Most nonprofits fail after just a couple of years. Seed money for Gratia Plena came from St. Laurence but especially from St. Theresa parish in Sugar Land. Our main corporate office and largest clinic is named for St. Therese of Lisieux for this reason. Several private foundations have been instrumental in our growth. We could not have done it without spiritual and practical help.

Thank you to all those who contributed financially to support Gratia Plena on Giving Tuesday in November and in our End-of-the-Year Campaign in December. 2021 was a year of financial loss for Gratia Plena but our workers provided more services than ever, nearly 8900 in total at our five offices. We will press on with your help and God's blessing.

We are currently forming a planning committee for our 10th Anniversary celebration and fundraiser, our first fundraising event, to be held later this year. We especially need a chairperson. If you would like to help in the planning, please contact us at [this email address](#).

Wait List

Over the past 10 years, Gratia Plena has only rarely and briefly had any sort of wait list for scheduling new intake evaluation appointments. We have always taken extra measures to answer the phone 24/7/365 and get people quick appointments because we know that most are suffering greatly. However, by the end of 2021, the high number of requests for our services caused us to have a wait list, which we work daily and continually prioritize. We greatly dislike having a wait list. We promise to get everyone scheduled just as soon as we can. Thank you for your patience.

No Surprises Act

A new federal law went into effect January 1, 2022. Part of this law includes healthcare billing protections that were particularly targeted at hospitals who sometimes surprised their patients with unexpected and significant bills due to insurance coverage issues. The federal law however now applies to all healthcare organizations, including Gratia Plena. Mental health advocates are protesting that this law didn't take into consideration the special intricacies of mental health services and procedures, treating mental health interventions as being the same as medical care. Unless the law changes, it will require that we update our Fees and Payments form (from a single page document to a four-page document) and that we discuss our fees with both new and existing guests and have them sign the new form. Please be patient with this process...we must comply like all other healthcare organizations.



THE SCANLAN FOUNDATION

75th Anniversary of the Scanlan Foundation

The Scanlan Foundation supports the work of the Catholic Church in Texas by stimulating innovative ideas and initiatives, by equipping organizations, measuring their impact, and expanding their processes and procedures for effectiveness and partnerships. The Scanlan Foundation has been instrumental in the growth and success of Gratia Plena through significant grants and practical support over the past several years. Ricardo Granie and Dr. Ken represented Gratia Plena January 2 at the 75th Anniversary Mass of Thanksgiving at the Co-Cathedral of the Sacred Heart. [See the video of the Mass here](#), which was celebrated by Daniel Cardinal DiNardo and had beautiful worship music and a wonderful worship aid.



100th Anniversary of the San Jose Clinic

Our [friends.at](#) San Jose Clinic are celebrating their 100th Anniversary of providing medical care for those in poverty and with no medical insurance. The San Jose Clinic was started by Msgr. Walsh, pastor of Annunciation Church downtown, after he observed that pregnant women from Mexico were not able to find prenatal care. After Hurricane Harvey, San Jose Clinic opened a branch clinic in Rosenberg on the campus of Our Lady of Guadalupe Church. Gratia Plena counselors provide mental health services at both the Midtown and Rosenberg clinics.

THE SPIRITUAL LIFE

Lourdes: The True Story

Starting on Friday, February 11th (feast of Our Lady of Lourdes), Fr. John Eckert will lead students through a 13-session program about Lourdes, St. Bernadette, and Our Blessed Mother. [Sign up here](#).

St. Michael's Center for Spiritual Renewal

The St. Michael's Center is a nonprofit Catholic organization in Washington DC that prays with people who are spiritually suffering and in need of healing and deliverance. 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 prayer and education sessions. Msgr. Rossetti is the chief exorcist and is a psychologist.

Applauding at Mass?

Is it okay to applaud at the end of Mass? Is it ok to talk before Mass? [Here's what four popes have said about it](#).

Pro-Life Month of January Winds Down

The March for Life in Washington DC and smaller nonviolent protest events in various states were again this year largely ignored by the pro-abortion big news media. Catholic OB/GYNs this month reminded women that if they have regret after taking the chemical abortion pill(s), it is sometimes possible to reverse the process if the intervention happens quickly. [Read more here](#). This month we also remember other pro-life issues, such as suicide including assisted suicide, war, and capital punishment. If we believe that all human life is inherently valuable, then we may choose to follow a Consistent Life Ethic. [Read more about it here](#).



RAISING AWARENESS

3-Digit Crisis Hotline Number Coming in July 2022

This will connect callers with mental health professionals. [Check it out here](#). Instead of calling 911, those in mental health crisis will be able to quickly dial 988.

New Version of the DSM Coming in March 2022

The Diagnostic and Statistical Manual (DSM) is being revised. The new version will be published soon, called "DSM-V-TR" and will cost over a hundred dollars. We would greatly appreciate a donor or donors who might provide us the funds so that we may buy copies for all of our service locations. [Here is an article about the changes](#).

Autism Awareness Month

The National Catholic Partnership on Disability (NCPD) had an interview recently about Autism. [Check it out here](#).

Children Awaiting Adoption

Adopt a child. Why not you? [See the state of Texas website details here](#). Adoption is a pro-life issue! Every child needs a father and a mother.

Human Trafficking Prevention Month

Human trafficking involves sexual slavery and work enslavement. [Here is a participation guide](#) for prevention.

RESEARCH

Early Release of 2019 Health Data

[Note in this report](#) of 2019 health surveys the mental health estimates for anxiety, depression, and receiving mental health consultation in the USA.

Suicide Data for 2020

[To view this data](#) having to do with the top 15 rankable causes of death in the USA, choose the "I agree" button at the bottom, and then select the "Results" tab to examine the list. Suicide is a pro-life issue.

Mental Health by the Numbers

[Check out these infographics and statistics](#) gathered by the National Alliance on Mental Illness (NAMI).

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

Cristo Rey Jesuit College Preparatory School of Houston

Divine Mercy University

Dominican Sisters of Mary Immaculate Province

The George Foundation

Lamar University

The Merek Family Foundation

Our Lady of Guadalupe Catholic Church (Rosenberg)

Rachel's Vineyard of Houston

Sacred Heart Catholic Church (Conroe)

San Jose Clinic (Midtown and Rosenberg)

St. Laurence Catholic Church (Sugar Land)

The Scanlan Foundation

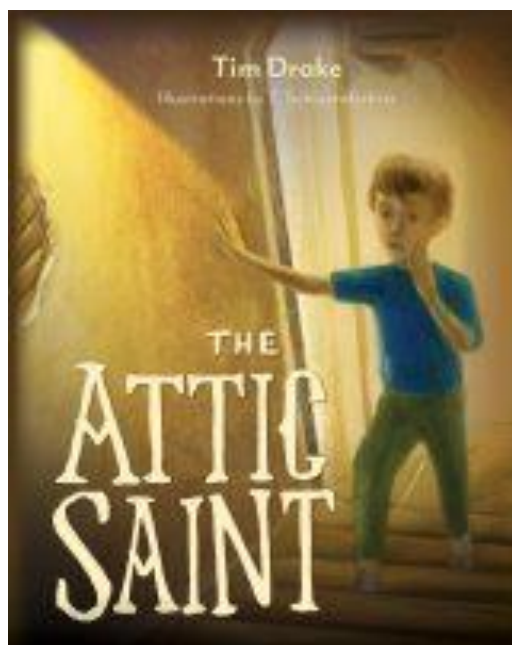
The Stella Maris Center

The University of St. Thomas (Houston)

IN THE COMMUNITY

Upcoming Events of Interest

- January 31: Memorial of St. John Bosco, Priest
- January 31: Birthday of Padre Candido Amantini, C.P.
- February 2: Feast of the Presentation of the Lord
- February 3: [Holy Rosary Young Adult Study Series](#) Thursday evenings "Introduction to Theology of the Body"
- February 5: Memorial of St. Agatha, Virgin and Martyr
- February 5: [Formation Day: Evangelizing Spouses](#) at Circle Lake Retreat Center (bilingual tracks) AGH Family Life Ministry
- February 7: [National Marriage Week](#)
- February 10: [Tough Love series on marriage](#) (Workout #1: "Tough Love Master Plan")
- February 10: Memorial of St. Scholastica, Virgin
- February 11: Feast of Our Lady of Lourdes
- February 11-13: [Retiro de El Vinedo de Raquel](#) (Rachel's Vineyard Retreat in Spanish) for post-abortion healing
- February 12: [Heart of Worship](#) at St. Laurence (Sugar Land)
- February 12: [Steps for Students 5K](#) (fundraiser for Catholic Schools)
- February 12: [Date by the Lake](#) (date night with Mass and dinner with Bishop Italo)
- February 14: Valentine's Day
- February 14: [A Date with Jesus](#) AGH Vocations event for high school girls
- February 14: Memorial of Sts. Cyril, Monk, and Methodius, Bishop
- February 15: [Adoration by Candlelight](#) at the Co-Cathedral of the Sacred Heart (downtown)
- February 18-20: [Rachel's Vineyard Retreat](#) (English) for post-abortion healing
- February 21: Presidents' Day (Gratia Plena is OPEN)
- February 22: Feast of the Chair of St. Peter, Apostle
- February 23: Memorial of St. Polycarp, Bishop and Martyr
- February 25-26: [Annual Mental Health Ministry Conference](#)
- February 26: [Junior High Youth Rally](#) at St. Bernadette AGH Office of Adolescent Catechesis
- March 2: Ash Wednesday **(Gratia Plena is CLOSED)**
- March 3: Marek Family Foundation [Bishop Rizzotto Golf Tournament](#) for St. Dominic Village
- March 10: [Tough Love series on marriage](#) (Workout #2: "Disciplined Dialogue")
- April 14: [Tough Love series on marriage](#) (Workout #3: "Knives In: Fight Fair")
- May 12: [Tough Love series on marriage](#) (Workout #4: "Building Up Power Packs")



Book of the Month Recommendation

Author Tim Drake created "The Attic Saint" which is a heartening tale for children of all ages. In it the wisdom and beauty of the Catholic faith shines brilliantly. [Read about the book here.](#)

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!
Volunteers are Needed for the Following Work:

- We need an Information Technology installation technician who can connect our new phone line in our Stafford Office, or we could use a sponsor to hire an installer.
- We can always use full-time or part-time volunteer receptionists at our four branch offices (NASA area, The Woodlands area, Memorial area, and Upper Kirby area). We provide the training, and you can add this experience to your resume for future healthcare professions work/study. This is a great position for a Psychology undergrad student.

Interested persons can 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 lot of time on social media, but maybe you can briefly check 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

Locations:

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)

