

Gratia Plena Monthly Newsletter

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To:

- Dr. Ken Buckle <drken@gratiaplenacounseling.org>

"And He (Christ) showed me that it was His great desire of being loved by men..."
from Revelations of Our Lord to St. Mary Margaret Alacoque



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



June 2022 Edition

NEWS FROM GRATIA PLENA

New Workers

A number of new admin and clinical workers have joined us in the first half of 2022, as we strive to keep pace with the increasing number of requests for our services:

- Bruce Williamson, MS, LPC-Associate and Spiritual Director
- David Thies, M.Th. (graduate counseling student)

- Jarvis Cormier (Cristo Rey spring semester intern)
- Jacobo Garcia (Cristo Rey spring semester intern)
- Anne Untermeyer, MS, LPC-Associate (returned from maternity leave)
- Sol Labanca, LMFT-Associate (bilingual)
- Fr./Dr. Michael Grey, C.S.Sp., Ph.D. (chaplain)
- Telma Reyes de Muralles (bilingual MH coach)
- Rosana Morales, LCSW (bilingual)
- Cecilia Garza, MS (MH coach, bilingual)
- Monica Guillen, M.Ed., LPC-Associate (bilingual)
- Mary Therese Hafernik, MS (LPC-A in process)
- Diana Calderon (intake team; bilingual)
- Elizabeth Ferda, LCSW
- Deannella Vitatoe (intake team)
- Laura Jackson (graduate counseling student)
- Chidinma Ukwu, RN, MSN, APRN (graduate psychiatric nursing student)
- Loran Morello (summer undergraduate psychology intern)
- Dominique Webb Holkamp, LPC-Associate
- Olga Hernandez, MS (LPC-A in progress; bilingual)
- Sr. Maria Cruz Ortiz (bilingual Marriage/Family coach)

Crisis Pregnancy and Love

Every baby is a miracle, a beautiful work of the Holy Spirit in cooperation with us humans. God is Creator, and He allows us to create with Him. This is a great privilege and responsibility. God creates with love, and we are also called to create with love. Despite our trying to control pregnancy, conception is somewhat a mystery and babies do not always come at convenient times. Out of love, we are called to help each other at such times. Violence is never the answer. [Here is the USCCB statement](#) "Standing with Moms."

The good news is that because of pro-life efforts over the past five decades, there are more resources than ever to assist pregnant women and their families:

- [Gabriel Project](#) (parish-based practical support)
- [Blessed Beginnings](#) (pregnancy through age five)
- [Jerome's Hope](#) (prenatal diagnosis, miscarriage, stillbirth)
- [Walking with Moms in Need](#) (parish-based support)
- [Rachel's Vineyard](#) (post-abortion healing)
- Gratia Plena (mental and spiritual health counseling)
- [Her Plan](#) (resources)
- Numerous pregnancy centers such as [Foundation for Life](#) and [Houston Coalition for Life](#)

Soothe the Stigma

We continue to raise money for in celebration of our 10th Anniversary since Gratia Plena started, emphasizing the need to reduce stigma and other barriers to mental health care. Use the red "Donate" button below to participate. Become a monthly donor. Any amount is greatly appreciated. Thank you!

Donate

Transgender Movement

The transgender movement is one of the most dangerous and damaging in our current culture and impacts teenagers as well as adults. We seek to educate, not condemn. The goal is healing, and truth based on science. The Ruth Institute held its 2022 "[Summit for Survivors](#)" of the sexual revolution in June in Louisiana. You can also find videos on YouTube regarding [this conference](#).

Human Trafficking

Human trafficking actually increased worldwide during COVID. It leaves a wake of severe trauma for those affected. Gratia Plena provides services for survivors. The organization "Talitha Kum" combats human trafficking in nearly 100 countries. [Read more here](#).

King David's Men Group

Pope Francis recently made some [comments about pornography](#). For men who desire improvement in their sexual integrity (pornography, masturbation, fidelity to marriage, et cetera), this group meets on Wednesdays at our Cecilia Office on Bunker Hill Road in west Houston. Meetings are from 7-8pm. [info@gratiaplenacounseling.org]Contact the office using this link to reserve a spot. Men, don't allow these issues to continue hang over you like a dark cloud. There is hope for healing, taking you from shame to grace. This is likely a change that you cannot accomplish on your own. You will need God's help and the support and encouragement of other men. Give it a try. For women affected by pornography and masturbation issues, we have female counselors available.

St. Joan's Girls Group

For teenage girls in the spirit of the warrior St. Joan of Arc, our theme is "Coping Skills 101" which has to do with managing emotions, stress, and relationships. This summer program led by our young adult female counselors was started years ago when we saw the research evidence that the rate of depression was high and increasing annually for teenage girls, much more so than for adolescent boys. There is a fee, but we have some scholarship money available due to a kind donor. [info@gratiaplenacounseling.org]Contact the office using this link to reserve a spot. The remaining four Saturday sessions are July 9, 16, 23, and 30. [See the flyer here to share at your parish or through social media](#). [See also this promotional video which you can share](#).

THE SPIRITUAL LIFE

Desiderio Desideravi

Pope Francis has just released an apostolic letter for the liturgical formation of the people of God. [Read it here](#).

The Eucharist is the Real Presence of Jesus, Not a Symbol

The Knights of Columbus are promoting the Eucharistic Revival that the Church is celebrating starting this year. [See the stories and links here](#).

World's Oldest Man

A man now the oldest in the world at 113 years, says he prays the Rosary twice daily. [Story here](#).

St. Michael's Center for Spiritual Renewal

The 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. The next live prayer session is Monday, June 27th, which requires free registration in advance. Msgr. Stephen Rossetti is the chief exorcist and is a psychologist. The healing of our wounds by Jesus often involves a combination of psychological and spiritual interventions.

RAISING AWARENESS

Youth Mental Health Crisis

Meta, the parent organization of Facebook, faces a [number of lawsuits](#) which accuse it of contributing to the current mental health crisis among youth in our country. The age for social media use should be raised to 25yo with warnings like those on cigarette packages.

F-U-E-L Quick Mental Health Checkup

We are accustomed to getting an annual physical exam from the family practice doc. What about our mental health? [This article](#) proposes a quick self-evaluation.

Catholic Education

As public education suffers from the effects of politics and alternate world views, Catholic education is more important than ever. Check out this [organization that credentials teachers](#).

Brain Death and the Sanctity of Life

Catholics may be concerned about how death is defined, and the implications for the sanctity of life and issues such as organ donation. [Read here](#).

RESEARCH

Men and Suicide

[This research](#) found that men may not show common mental health signs and symptoms that tip off others to their suicide risk. This suggests that we find new ways to reach out to them for prevention.

Decriminalizing Drug Use

Our country seems to be experimenting with relaxing laws on drug use because courts and jails are overflowing with these cases. It is a surrender, conceding the war on drugs. [This article](#) provides statistics on drug abuse exploding in one state where it was decriminalized.

Sexual Violence, Pornography, and Harm to Women

Sex is a beautiful and necessary part of a loving marriage relationship, an activity of life-giving love. Pornography normalizes sexual violence and creates wounds instead of unity. [This research](#) examines the topic. [Here is another study](#) of women who worked in the porn industry.

Clergy Sexual Abuse and Homosexuality

[Research on the sex scandal](#) in the Church clarifies some issues that the news media have distorted.

COLLABORATIONS

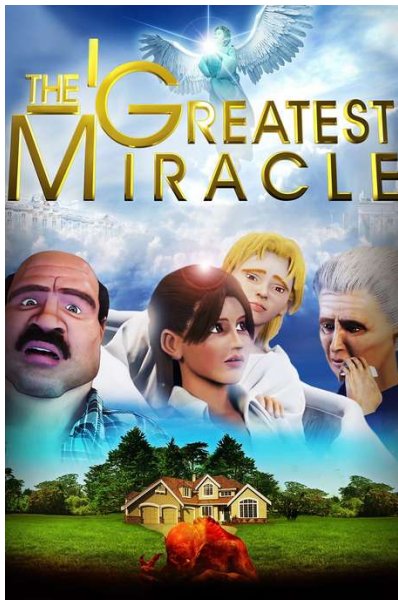
Gratia Plena collaborates with the following fantastic organizations (in alphabetical order)

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
Foundation for Life
The George Foundation
Lamar University
The Merek 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)
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

- July (multiple dates) [Summer Chant Intensive at St. Mary's Seminary](#)
- July 4: Independence Day: Gratia Plena Offices Closed
- July 7: [Mariapolis](#) (St. Anthony of Padua in The Woodlands)
- July 8-9: "[Your Life is Hidden with Christ](#)" single adults retreat at the Christian Renewal Center (Dickinson)
- July 11: Memorial of St. Benedict, Abbot
- July 11: [Cafe Catholica](#) for young adults at the Catholic Charismatic Center (Fr. Dat Hoang is the speaker)
- July 14: Memorial of St. Kateri Tekakwitha, Virgin
- July 15: Memorial of St. Bonaventure, Bishop and Doctor
- July 15-17: [Catholic Silent Retreat](#) at Holy Name Passionist Retreat Center (retreat master Fr. Michael Scherrey, CC)
- July 15-17: [Avila Summit summer conference](#)
- July 18: [Cafe Catholica](#) for young adults at the Catholic Charismatic Center (Meg Hunter-Kilmer is the speaker)
- July 22: Feast of St. Mary Magdalene
- July 25: Feast of St. James, Apostle
- July 25: [Cafe Catholica](#) for young adults at the Catholic Charismatic Center (Cardinal DiNardo is the speaker)
- July 26: Memorial of Sts. Joachim and Anne, Parents of the Blessed Virgin Mary
- July 29: Memorial of Sts. Martha, Mary, and Lazarus, friends of Jesus
- July 29-30: [New Life Remarriage Retreat](#) (from Stella Maris), at St. Paul the Apostle parish (Nassau Bay)
- August 1: [Cafe Catholica](#) for young adults at the Catholic Charismatic Center (Edward Herrera is the speaker)
- August 12-14: [OA men and women retreat](#) at Holy Name Passionist Retreat Center
- August 19-21: [SLAA men's retreat](#) at Holy Name Passionist Retreat Center
- September 9-11: [AA women's retreat](#) at Holy Name Passionist Retreat Center
- September 16-18: [Alanon women's retreat](#) at Holy Name Passionist Retreat Center
- September 17: Gratia Plena Annual Staff Day of Reflection: Offices Closed
- September 23-25: [AA men's retreat](#) at Holy Name Passionist Retreat Center
- October 15: Annual White Mass for Healthcare Professionals, at the Co-Cathedral of the Sacred Heart (downtown)
- October 21-22: [New Life Remarriage Retreat](#) (from Stella Maris), at St. Maximilian Kolbe parish (Jersey Village)
- August 1-6, [2023 World Youth Day](#) in Lisbon, Portugal



Movie of the Month Recommendation

This month we recommend the movie "The Greatest Miracle" which is an animated story about the impact of God's grace, and of unseen spiritual influences in our daily lives, especially during our participation in the Holy Mass. The story focuses on three characters and their guardian angels. It shows the great spiritual power of the sacrament of Confession. It is free on YouTube at the above link.

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 are hiring part-time bookkeepers to assist with Accounts Payable and Accounts Receivable. See our website or contact our office for more information. Contact Maria if interested.
- 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. 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 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 Location:

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)

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