

St. Andrew the Apostle's

sataps.com/outreach

Catholic Spiritual & Mental Health Resources

Spiritual & Mental Health rests in God, partaking in the Sacraments, and growing in faith and virtue. Frequenting Mass, Confession, and Eucharistic Adoration provide powerful supernatural grace necessary to living out our lives as God intended. Additionally, reading Scripture, the Catechism, and taking in other solid Catholic materials; being active at Church and in Catholic communities; and contributing our charisms within the body of Christ provides the optimal conditions for our soul on the journey home.

There are times when we may need counsel, seek direction, or are unsure where to turn. Made for communion with God and one another, the below resources connect us with ministries, spiritual and otherwise, to provide for our spiritual and mental health.

Eucharistic Adoration, Prayer,& Devotions

Eucharistic Adoration

Parish: sataps.com/adore

Diocese: kcsjcatholic.org/eucharistic-congress

See website for Eucharistic Adoration times.

National Eucharistic Revival

eucharisticrevival.org

Learn more about events and activities of the National Eucharistic Revival.

First Saturday Devotions in Reparation to the Immaculate Heart of Mary

First Saturdays Devotions includes Confession (7:30-7:50am), 8am Latin Mass, Eucharistic Adoration, and Rosary in reparation to the Immaculate Heart of Mary.

Our Lady of Fatima Purgatorial Society

sataps.com/souls

Second Saturdays Confession 7:30-7:50am, Latin Mass 8am, Eucharistic Adoration with Rosary and Devotions to assist the suffering souls in purgatory. Confessions heard during Eucharistic Adoration. See website for more details.

Precious Blood Devotions

Contact: Barbara Furnari at [816-878-2838](tel:816-878-2838)

National Website: preciousbloodinternational.com

Tuesdays, 7-8PM

Divine Mercy Chapel 1400 NE 42nd Terr., KCMO 64116

We pray the Holy Rosary and the Chaplet of the Precious Blood of Our Lord Jesus for: An increase of believe in the Real Presence of Jesus in the Eucharist; for our priests to be given all the graces needed to live out their vocation in holiness; and to expel evil from our families.

Catholic Communities

Cursillo

Men: Fahren Green [816-305-3646](tel:816-305-3646) fahren62@yahoo.com

Women: Mary Giordano [816-215-2677](tel:816-215-2677) wannabsaint@gmail.com

Parish: sataps.com/cursillo

KCSJ Diocese: cursillo.net

National: natl-cursillo.org

Cursillo is a lay movement of the Catholic Church originating in Spain in the 1940's with the same mission as the Church – Evangelization. It begins with a weekend, a “short course” in Christianity - an encounter with oneself, Christ, and our brothers and sisters and continues through group reunions to assist you in your faith journey.

That Man is You!

Parish: sataps.com/that-man-is-you

National: paradisusdei.org/that-man-is-you

An accompaniment program for men addressing concerns faced in one's faith journey as one strives for holiness within oneself, family, and environment.

The Msgr. Joseph Mancuso Council-Knights of Columbus

Contact: Johnny Davis [816-810-6119](tel:816-810-6119)

Parish: sataps.com/kofc

Missouri: mokofc.adamerica.org

National: kofc.org

The Knight of Columbus is a Catholic brotherhood that provides a tremendous amount of programming, education, and more.

Legion of Mary

Contact: Kolly Mars [816-807-1319](tel:816-807-1319) or kolly.mars@icloud.com

Parish: sataps.com/mary

Global: legionofmary.ie

The Legion of Mary is a lay Catholic association with a deep history and devotion to Mary and is active at St. Andrews in prayer, service, etc. Learn more about joining on the website.

Altar & Rosary Society

Contact: Babette Hiles [816-716-6525](tel:816-716-6525)

Parish: sataps.com/ars

Humbly serving Our Lord through taking care of His Sanctuary, promoting devotion to Our Lady of the Rosary, cleaning altar cloths and linens, hosting fundraisers, and other duties.

Life, Mercy and Love Group

Contacts: Mary Purnell [816-359-2269](tel:816-359-2269) marygpurnell43@gmail.com

Edie Ferrara [816-820-5864](tel:816-820-5864) ferrara126@gmail.com

sataps.com/life

Active group working to minister to the human heart by educating parishioners and our community about the sacredness of life from conception to natural death through education, events, and more.

Heart of the Redeemer

heartoftheredeemer.org

A lay Catholic charismatic covenant community who work together living out the Catholic Faith.

Opus Dei

stjosemaria.org

A Catholic lay movement, community, and spirituality to help one grow in holiness in everyday life. Recollections are regularly offered in the Kansas City area.

Charism Surveys

Spiritual Gifts/Charism Survey

KCSJ Diocese Office of the Domestic Church and Discipleship

activateyourbaptism.com

You can take a free online spiritual gifts survey, which can help you discover your God-given giftedness and help you discern where God may be calling you in life.

Called & Gifted Program

The Catherine of Siena Institute

siena.org/called-gifted

Helps individuals discover their charism through workshops, interview, and/or other resources. They offer in-person workshops, an online learning platform, speakers, a bookstore, and more.

Adult Formation

St. Andrew's Adult Faith Formation & Bible Classes

Contact: Fred Hack fhack@sataps.com

See parish app or bulletin for dates, information, and other details.

St. Andrew's Apologetics Classes

Contact: Barbara Furnari at [816-878-2838](tel:816-878-2838)

While Catechesis Classes can help you understand the teachings of the Catholic Church, an Apologetics Class can help you walk through comprehensive lines of thinking defending Catholic Church teachings, which together can help you live out the fullness of our Catholic faith. Ultimately, understanding our Catholic Faith more and more fully can aid and increase our spiritual health and well-being.

Family Formation

If U Love Me

godsrecipe.org

Provides educational programming on the 10 commandments through videos, presentations, and materials in a beautiful format recommended by Bishop Johnston.

Youth Formation

St. Andrew Youth Programs

Deacon Buckner, Director of Religious Education [816-453-2089](tel:816-453-2089) ext 309

Lucinda Buckner, CGS Head Catechist [816-453-2089](tel:816-453-2089) ext 5

Carolyn Anch, Saltire Youth Director (Gr 6-12) [816-305-1903](tel:816-305-1903)

Paige Rioux, Saltire Middle School [816-394-8870](tel:816-394-8870)

sataps.com/youth

St. Andrews has well-developed youth programing including Catechesis of the Good Shepherd, Middle School Saltire, High School Saltire, Sanctimonia (HS young women) and Benedictine Brothers (HS young men).

KCSJ Diocese Youth Office

kcsjyouth.org

The KCSJ Youth Office is a good place to learn of upcoming events, resources, and other information related to youth programing.

Camp Savio & Camp Bosco

campsavio.com

campsavio@diocesekcsj.org

Both Catholic summer camps provide a wide range of fun summer activities for youth. Camp Savio is for middle school age youth and Camp Bosco is for high school age youth. See website for more information and registration.

Benedictine College Youth Outreach

[913-360-7406](tel:913-360-7406)

1020 North 2nd Street, Atchison, KS 66002

youthoutreach@benedictine.edu

benedictine.edu/faith-life/outreach

Offers a variety of programs, retreats, and events for High School Youth to encounter Christ.

National Catholic Youth Conference

ncyc.us

Is a powerful 3-day youth conference for high school aged youth. You can check with the KCSJ Youth office for local details here: kcsjyouth.org

Virtues in Practice

nashvilledominican.org/apostolate/evangelization-and-catechesis/virtues-in-practice

Offers educational programming on the Virtues for Pre-K ~ 8th grade.

Chastity

Chastity Project

chastity.com

Provides numerous chastity resources for youth, parents, schools, and parishes.

The Prophetic Witness of Chastity - an article by Bishop James Conley

lincolndiocese.org/op-ed/bishop-s-column/9716-the-prophetic-witness-of-chastity

Theology of the Body by Father John Riccardo – 11 session podcast

[stanastasia.libsyn.com/category/Theology of the Body](http://stanastasia.libsyn.com/category/Theology%20of%20the%20Body)

Dr. Coleen Kelly Mast · Respect Incorporated

respect4u.com

Dr. Coleen Kelly Mast is on Ave Maria radio, does public speaking engagements, life coaching, and sells life-affirming workbooks on life, love, sexual morality, and growing in virtue.

Theology of the Body Institute

tobinstitute.org

The Theology of the Body Institute is devoted to providing numerous resources on Saint John Paul II's work in an understandable, accessible, and relevant manner through podcasts, books, courses, speakers, and more.

Fired Up

fireupministries.com

Shares the Catholic Churches teachings on Human Sexuality and Authentic Love through speaking engagements, podcases, and courses for purchase.

Young Adult

City On A Hill

staff@kansascityonahill.org

500 W. 40th Street

Kansas City, MO 64111

kansascityonahill.org

A Catholic young adult community with a mission for forming saints through various offerings including large events, outings, sports leagues, small men's and women's groups, Eucharistic Adoration, and a great resource page.

St. Paul's Outreach

SPOKANSACITY@SPO.ORG

3220 West 53RD Street

Roeland Park, KS

spokc.org

Offers college aged students and young adults' a Catholic community to gather in for ministry nights, small men and women's groups, large group events, retreats, and more.

Retrouvaille Program

[1-800-470-2230](tel:1-800-470-2230)

info@retrokc.com

retrokc.com

Is a multi-phased program to help struggling marriages in a safe environment foster communication, conflict resolution, and more with a proven track record of helping married couples.

The Choice Wine Program

paradisusdei.org/the-choice-wine

Offers a 7-Step program to a superabundant marriage with proven results. Learn more and find a local session on their website.

Worldwide Marriage Encounter

[1-405-206-1600](tel:1-405-206-1600)

Local Website: wwme4youandme.org

National Website: wwme.org

Offers a marriage enrichment program typically held through peer-to-peer weekends where couples take time reflect on their vocation and learn tools for fostering their relationship. Learn more and sign-up for upcoming weekends.

School of Love

schoolofloveusa.com

A Kansas City based Catholic Association offering married couples and family programs, outings, prayers, videos, and more to help you live out Catholic Marriage and Family Spirituality based on 12 Tenets. Learn about upcoming gatherings and check out their website.

Natural Family Planning

St. Andrew's Natural Family Planning

Mr. & Mrs. Paoletti

[816-507-1591](tel:816-507-1591)

Educates parishioners on Natural Family Planning.

USCCB Natural Family Planning Program

Secretariat for Laity, Marriage, Family Life & Youth

[1-202-541-3240](tel:1-202-541-3240)

nfp@usccb.org

usccb.org/topics/natural-family-planning

Provides information on church teaching, Natural Family Planning, & related topics.

End-of-Life

Missouri Catholic Conference

End of Life Decisions for Individuals and Families Guide

mocatolic.org/sites/missouricc/files/mcc_end_of_life_guide_-_updated_2021.pdf

A comprehensive end-of life decisions guide for individuals and families with Missouri's Durable Power of Attorney for Health Care Plannings Tools by the Missouri Catholic Conference

Archdiocese of Kansas City, Kansas

Catholic Guide for End-of-Life Planning

archkck.org/wp-content/uploads/2021/03/PRINT-EndOfLifeDocument-LetterSize-FINAL-3.pdf

An outstanding comprehensive guide for end-of-life planning.

Catholic Community Hospice

[913-621-5090](tel:913-621-5090)

catholiccommunityhospice.com

Provides hospice care locally.

Sister Servants of Mary

[913-372-3423](tel:913-372-3423)

800 N 18 St, Kansas City, KS 66102

sisterservantsofmary.org/contact-us/kansas-city

Takes care of individuals who are dying.

Vocations

KCSJ Diocese Office of Priestly Vocations

kcsjatholic.org/office/priestly-vocations

Find information on priestly vocations including discernment resources, a variety of events, monthly discernment nights, and more.

KCSJ Diocese Office of Consecrated Life

kcsjatholic.org/office/consecrated-life

Find information on consecrated life in our diocese including a Directory of Men's and Women's Orders.

Serra Club Kansas City Missouri

KC: serrakcmo.org

[816-942-5380](tel:816-942-5380) serra.kcmo@gmail.com

Parish: sataps.com/serra

Sandy Sutton [816-718-4824](tel:816-718-4824) Sutton436@gmail.com

Lay Catholic association who work to foster, promote, and support vocations to the priesthood and religious life.

USCCB Committee on Clergy, Consecrated Life and Vocations

usccb.org/committees/clergy-consecrated-life-vocations

Helps promote, support, and educate about the pastoral needs of the church. You can find educational material for fostering vocations (including lesson plans), events, and more.

The National Conference of Diocesan Vocation Directors

[1-631-645-8210](tel:1-631-645-8210)

office@ncdvd.org

440 West Neck Road

Huntington, NY 11743, USA

ncdvd.org

Offers a large range of vocational programs, events, retreats, educational information, and resources.

Institute for Priestly Formation

[1-888-528-5668](tel:1-888-528-5668)

ipf@priestlyformation.org

11626 Nicholas Street

Omaha, Nebraska 68154

priestlyformation.org

Provides a lot of educational materials, programs, trainings, and other resources.

Diocesan Priest

[1-631-645-8210](tel:1-631-645-8210)

office@ncdvd.org

diocesanpriest.com

Provides a lot of educational materials, an online discernment tool, blog, videos, and so much more.

Vianney Vocations

vianneyvocations.com

Promotes priestly and religious vocations, mostly working with Diocese, though has some good information and an online store with a good selection of materials.

The Melchizedek Project

melchizedekproject.com

Provides information, resources, and support for young men discerning the priesthood, namely through The Melchizedek Project Small Groups. Website includes a Discernment Rosary, a 4-part discernment retreat podcast, 7-part series including readings from To Save a Thousand Souls by Father Brett Brannen, and more.

National Religious Vocation Conference

nrvc.net

Offers a large variety of educational, networking, and other resources to support vocations.

Catholic Spiritual Mentors & Spiritual Direction

St. Andrew's Catholic Spiritual Mentors

Men: Ed Barlett ffasteb@gmail.com

Kolly Mars kolly.mars@icloud.com

Women: Maryann Barlett terppahmeh@gmail.com

sataps.com/mentorship

Spiritual Mentorship available through the above contacts.

City On A Hill-Spiritual Direction Page

kansascityonahill.org/spiritual-direction

Provides good guidance on spiritual direction.

Ignatian Spirituality Center Kansas City

ignatiancenterkc.org

Provides individual and group programs based on Ignatian Spirituality.

SpiritualDirection.com

spiritualdirection.com

Offers a large amount of Catholic spiritual direction education, videos, podcasts, events, and more.

Catholic Media

Formed

formed.org

Divine Mercy Plus

divinemercyplus.org

The Rescue Project

rescueproject.us

Adore Him Daily

adorehimdaily.org

Shalom World

shalomworld.org

Catholic Counselors

Archdiocese of KCK Catholic Counselors List

archkck.org/family/care-support/catholic-counselors

This is a list of local Catholic Counselors who vow to follow Catholic Church teaching.

Catholic Therapist Locator

catholictherapists.com

Find a Catholic Therapist, screened for faithfulness to the Magisterium of the Catholic Church, who follows church teaching in your area by zip code. You'll also find helpful mental health related articles on this website as well.

Catholic Counselors

1-800-274-4658

catholiccounselors.com

Offers pastoral counseling services via telecounseling, videos, books, podcast, and self-assessment quizzes with brief result analysis leading you to educational materials.

CatholicPsych Institute

catholicpsych.com

Offers Catholic Mental Health Courses, appointments, books, and services.

The Association of Catholic Mental Health Ministers

catholicmhm.org

Provides resources for establishing local mental health ministries as well as provides education.

Catholic Life Coaches

Catholic Life Coach Locator

catholiclifecoaches.com

Find a Catholic Life Coach, screened for faithfulness to the Magisterium of the Catholic Church, who can help coach and mentor you in reaching life goals in a variety of areas in life -from career and family to health and finances.

National Catholic Mental Health

The National Catholic Partnership on Disability

[1-202-529-2933](tel:1-202-529-2933)

ncpd@ncpd.org

415 Michigan Avenue, N.E., Suite 95

Washington, D.C. 20017-4501

ncpd.org

Addresses various disabilities including mental illness by partnering with all levels of the Catholic Church to support those with disabilities in being able to fully participate in the Church and Society.

Domestic Violence

National Council of Catholic Women

Women Healing the Wounds: Responds to Domestic Violence Against Women, PDF:

catholicsforfamilypeace.org/uploads/9/7/5/4/9754767/domestic_violence_final_rev_012815.pdf

USCCB Secretariat of Laity, Marriage, Family Life and Youth Report

Catholic Response to Sexual and Domestic Violence and Abuse, PDF:

usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/upload/Catholic-Response-to-Sexual-and-Domestic-Violence-Report-Final.pdf

Catholics For Family Peace

Education and Research on Domestic Abuse

catholicsforfamilypeace.org

Provides many educational resources on domestic abuse and violence.

National Domestic Violence Hotline (secular)

24/7 Hotline: [1-800-799-7233](tel:1-800-799-7233)

Text "START" to 88788

thehotline.org

Provides help, referral, education, and more.

Suicide

National Suicide and Crisis Lifeline (secular; call or text): [988](tel:988)

When a Loved One Dies by Suicide: Comfort, Hope, and Healing for Grieving Catholics (book) by Association of Catholic Mental Health Ministers

avemariapress.com/products/when-a-loved-one-dies-by-suicide

When a Loved One Dies by Suicide (8-Part Film Series)

catholicmhm.org/whenalovedonediesbysuicide

Divine Mercy and Suicide – (video) Fr. Chris Alar, MIC

youtube.com/watch?v=GJvepzcN9Zc

After Suicide: There's Hope for Them and for You (book) by Father Chris Alar, MIC

shopmercy.org/catalogsearch/result/?q=suicide

Addiction & Rehabilitation

Comunità Cenacolo America

9485 Regency Square Blvd., Ste. 110

Jacksonville, FL 32225

[1-904-501-7872](tel:1-904-501-7872)

hopereborn.org

Comunità Cenacolo, a worldwide Catholic association, welcomes young people struggling with the darkness in the world - from addiction and desperation to sadness and marginalization through a "School of Life" community journey.

Addictions Talk (video) by Father Chris Alar, MIC

National Shrine of Divine Mercy

thedivinemercy.org/addiction

Catholic in Recovery

catholicinrecovery.com

Catholic in Recovery is a nonprofit ministry providing parishes and laity with resources to help connect those struggling from a variety of addictions into a group setting.

Pulling together the twelve-step recovery model, the sacraments of the Catholic Church, and Scripture promote healing and recovery. There is currently not a group meeting in the Kansas City area, however one could be started and there are many good resources on this webpage including the award-winning book: The Twelve Steps and the Sacraments: A Catholic Journey through Recovery published by Ave Maria Press.

Virtual meetings are available here: catholicinrecovery.com/virtual-meeting-schedule

The Calix Society

Neil: [913-645-7244](tel:913-645-7244)

Mary: 913-747-5039

calixsociety.org

A Catholic lay association for those working to maintain sobriety in fellowship.

Healing

The John Paul II Healing Center

info@jpiihealingcenter.org

2910 Kerry Forest Pkwy #D4-344

Tallahassee, FL 32309

jpiihealingcenter.org

Provides Catholic healing in-person and virtual events; online video series; books, and other resources on healing and the New Evangelization.

UnBound: Heart of the Father

heartofthefather.com

Unbound is a church prayer and deliverance ministry with many resources.

Life-Giving Wounds

lifegivingwounds.org

Life-Giving Wounds is healing ministry for young adults and adults of those with divorced or separated parents. They have retreats, support groups, resources, and much more.

Mercy Forgiveness Healing by Father Ignatius Mazanowski

mercyforgivenesshealing.com

Offers a Spiritual Healing Programs, with God at the center, geared towards those in healing ministry (pastors, counselors, etc.). Website includes educational information, events, videos, and more. **The Virtue of Mercy and Forgiveness** read by Father Mazanowski is available here:

youtube.com/playlist?list=PLAU5LDMhq9uleYrjTEV12RGujo2oEy8ik

Hidden Wounds (video) by Fr. John Burns

youtube.com/watch?v=SOL_7GsT8B8

Eucharistic Mercy For Inner Healing

Article excerpt from God's Healing Mercy by Kathleen Beckman, L.H.S.

kathleenbeckman.com/eucharistic-mercy-for-inner-healing

No Greater Love (6 session podcast) by Fr. John Riccardo

stanastasia.libsyn.com/webpage/category/No%20Greater%20Love

Healing The Original Wound (book) by Fr Benedict Groeschel

Be Healed: A Guide to Encountering the Powerful Love of Jesus In Your Life

(book) by Dr. Bob Schuchts

God's Healing Mercy: Finding Your Path to Forgiveness, Peace and Joy

(book) by Kathleen Beckman

Grief & Loss

Beginning Experience

[1-785-766-6497](tel:1-785-766-6497)

register.bekc@gmail.com

Local Website: beginningexperiencekc.org

National: beginningexperience.org

A ministry tending to the losses experienced from separation, divorce, widowhood, and children of these losses. Programs help individuals move through grief to new beginnings in life. Learn more on their website and for upcoming program offerings.

Help & Healing Unwanted Sexual Behavior

My House Workshop

centerforhealingkc.com/my-house/my-house-workshop

Offers local 3-day workshops for men determined to rise above unwanted sexual behaviors. See website for upcoming workshop dates and location.

Integrity Restored

integrityrestored.com

Provides education, training, events, resources, online store with various materials, and more to help those affected by pornography addiction.

USCCB: Create in Me a Clean Heart: A Pastoral Response to Pornography

32 Page PDF: usccb.org/issues-and-action/human-life-and-dignity/pornography/upload/Create-in-Me-a-Clean-Heart-Statement-on-Pornography.pdf

Strive 21

strive21.com

Is a 21-day pornography detox program via email, videos, and an online community.

Same Sex Attraction

Courage

Local Helpline to join a confidential group: [816-714-2371](tel:816-714-2371)

National Website: couragec.org

Local: kcsjfamily.org/courage-encourage

A Roman Catholic Apostolate for those experiencing same sex attraction.

EnCourage

Local Helpline to join a confidential group: [816-714-2371](tel:816-714-2371)

National Website: couragec.org/for-families

Local: kcsjfamily.org/courage-encourage

Help for family members of loved ones experiencing same sex attraction.

Community Resource Directories

The following community resources directories can refer you to organizations that help with a multitude of mental health needs from domestic violence and youth shelters to substance abuse and eating disorder programs. Please keep in mind most of these resources are with secular organizations who may provide needed help, however, often hold views opposing to Catholic Church teachings. Therefore, it's a good idea to keep this in mind when guidance/counseling is provided as they may mislead, unintentionally or intentionally, in the direction they provide.

Northland Human Services Directory

northlandhumanservices.org

This extensive directory provides information on a wide range of programs, services, and need-based resources available for those living in Clay, Platte, & Ray county.

United Way 211

Dial [211](tel:211)

Toll free [1-866-320-5764](tel:1-866-320-5764)

uwgkc.myresourcedirectory.com

United Way 211 is a community resource locator tool that can help you find help with a variety needs. You can either use the above link or dial 211 for free confidential help 24/7.