



Spiritual and Mental Armour

How do they fit together?

Speaker: Dr. Timothy Lau,

Distinguished Teacher, Faculty of Medicine, Psychiatrist, and President of the CFCPS

- We are experiencing a crisis of mental health with increasing rates of depression and anxiety across the world.
- A spiritual crisis is also increasingly evident with empty churches, broken homes and broken hearts.
- What is the relationship between the two? What can we do to address this crisis? What are we missing?
- What difference does Jesus Christ make?
- Join Dr Lau to discuss the answers to these and other questions about faith and mental health.

May 29, 7:00pm, St. Patrick Basilica Scavi

Join us and put on the Armour of God

We seem to live in an age of never-ending violent news stories that challenge our Catholic faith. We also encounter political polarization, not moral leadership. Have you ever wondered how our faith should affect current events? Join our Armour of God discussion group. We will examine what influential Catholic writers, academics, theologians, public figures and saints have to say about living out our Catholic faith.

Visit our Website:

GodsArmour4Us.org

Website: Past presentation notes, Paul's letters, Beatitudes, Bishop Barron, Confession, & much more.

Oct 31 "Why the West is Such a Mess!"

Nov 28 "The Consistent Life Ethic"

Jan 30 "Can Catholic Values and Canadian Politics Mix?"

Feb 27 "Education: Catholic Problem? Catholic Solution."

Mar 27 "Battle with the Devil - Arm Yourself !"

Apr 24 "Poverty Calls for Your Mercy"

by Richard Bastien

by Taylor Hyatt

by Garnett Genuis, MP

by T.J. Stevens, Headmaster

by Msgr. Kevin Beach

by Jean-Serge Quesnel

UPCOMING: May 29 "Spiritual Health and Mental Armour"

by Dr. Timothy Lau, Psychiatrist

Send us an email:

GodsArmour4Us@gmail.com

Monthly gatherings - last Wednesday of the month: (Jan 30, Feb 27, Mar 27, Apr 24, May 29, summer break)

Send us your questions and topic suggestions. Invite your friends!

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