

ST. AGNES EDUCATION CAFÉ

Small Talks on Big Topics

Trusting God in the Storm

When stress, anxiety & uncertainty overwhelm us, how do we trust?

Presented by Fr. Vivek Trindade

St. Anthony Daniel Parish, Kitchener

About the Event

Life's circumstances can sometimes feel overwhelming. Health issues, marriage and family problems, job loss, financial strain – we can feel overwhelmed, fearful and anxious when the future looks so uncertain. Maybe we feel that God is distant. What could possibly be His purpose in all of this? How do I persevere and be patient? This event will help us to hear God's reassuring message "Do not be afraid", calling us in every circumstance, to trust in Him, and to rely on Him to calm our internal storms of fear, doubt and uncertainty. We will also explore this topic for the strong connections between mental health (such as struggles with anxiety, depression, grief) and the impact on healing through developing a deeper spiritual health.

Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. - Joshua 1:9

Sunday March 5th

St. Agnes Parish Hall • 2:00 – 3:15 pm

75 Bluevale St N, Waterloo • 45 minute talk + Q&A and Refreshments

Full 2023 event line up at saintagnescatholicchurch.org/events