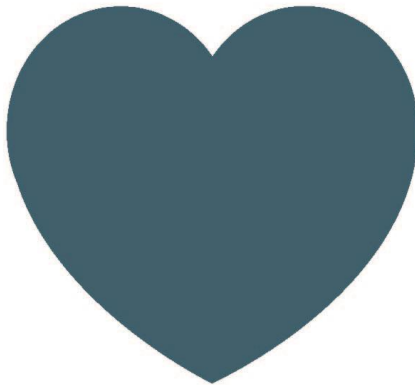


Barking Episcopal Area Study Day



# Sabbath Rest: The Beauty of God's Rhythm for a Digital World



## SABBATH REST

**All Saints Westham**

Church Street, Stratford

London E15 3HU

**Thursday 23<sup>rd</sup> May 2019**

**9.30 am– 2:00pm**

## Dear Colleagues

**What does it mean to keep the Sabbath and how would our Christian discipleship and ministry be changed if we took proper Sabbath rest?**



Revd Dr Mark Scarlata is Tutor and Lecturer in Old Testament Studies at St Mellitus College. Mark grew up in the USA and did his theological studies at Gordon-Conwell Theological Seminary and Yale Divinity School.

His latest book 'Am I my Brother's Keeper?: Christian Citizenship in a Globalized Society', deals with issues related to Christian life and the response of faith within a global community.

Mark is also the Vicar-Chaplain at St. Edward, King and Martyr, Cambridge where he serves as priest in one of the oldest churches in Cambridge that was also integral in the English Reformation. Mark is married to Bettina and they have three children.

**Book** by email to Hillary Henry [HHenry@chelmsford.anglican.org](mailto:HHenry@chelmsford.anglican.org) so that we can arrange catering and other practicalities. Cost £10 (which can be taken from CMD grant), £5 concessions for retirees and clergy with PTO. **Closing date 16<sup>th</sup> May 2019**

I very much look forward to what is sure to be a stimulating day and I hope to see you there.

As ever,

+ Peter

## Programme

9.30 am	Arrival and Coffee
10.00 am	Welcome and opening prayer
10.15-10.45 am	First talk (10 minutes Q &A)
10.55–11.15 am	Coffee
11.20–12 noon	Second Talk
12.00-12.45 pm	Response and panel questions
1.00 pm	Lunch
2 pm	Depart

**Cost:** £10 (which can be taken from CMD grant),  
£5 concessions (retireds, clergy on PTO)

- Full grant
- Cash on the day
- Concession

## Venue:

Parish of West Ham  
All Saints Church  
Church Street, Stratford  
London E15 3HU  
Telephone 0208 519 0764



## Travel

**Underground:** London Stratford Station or Plaistow

### **Buses:**

Church Street Stop 69, 241, 262, 473

Stratford Park Stop 104, 234

Barnby Street Stop 69, 104, 234, 241, 262, 273, 473

All Saints Church is near to the centre of Stratford and is a 10 minute walk from Stratford train, tube and bus stations. It is also on the 69 bus route.

From Plaistow station it is a 14 minute walk or 4 minutes by bus 69,241 or 262.

### **Car Parking**

The nearest car parks are at Stratford shopping centre and Westfield

For queries about the event: Revd Alex Summers, CMD Adviser on 0208 519 0764 or [email](mailto:asummers@chelmsford.anglican.org) [asummers@chelmsford.anglican.org](mailto:asummers@chelmsford.anglican.org)