



Quiet Pools and Love Ottawa are presenting a city-wide evening event for men and women:

Sabbath Rest – God’s Gift to Us

Friday March 24th, 7:00 – 9:00 pm ~~at the Met (Fireside Room)~~

Important: We have outgrown our space! - we are now meeting at the

Vineyard Ottawa Building, 51 Greenbank Rd, south of Hwy 417

Join us for a refreshing and meaningful evening as we consider how Sabbath can joyfully deepen our walk with God and strengthen us as leaders. We all need more rest!



Special speaker: **Dr. David Barker**, Professor at Heritage Theological Seminary since 1978. Dr. Barker is “everyone’s favorite professor”, an awesome teacher of the Bible, passionate, engaging and funny. Dr. Barker will be speaking about Sabbath and his personal journey towards Sabbath-keeping.

Agenda: Dr. David Barker’s talk, refreshments, a panel of 5 guest Ottawa leaders giving an interesting and practical 5 minute Ted Talk on how they try to practice Sabbath including the challenges they face to overcome their own busyness.

Special Guest Panel for 5 Minute Ted Talks:

Kevin Presseault, Sr. Pastor – Greenbelt Baptist Church. Hear how Kevin navigates Sabbath being a senior pastor, with teenagers and Star Wars!

Hope Versluis, Exec. Director – Jericho Road Ministries, from Parkway Rd. Pentecostal. Hear how Hope tries to protect her Sabbath as a busy pastor’s wife and director of a major ministry.

Robin and Alan Gilman, Founder and Director - Torah Bytes Ministries, from Calvary Chapel. Hear how they navigate their Sabbath as a Messianic family with 10 kids!

Tracy and Mark Peterkins, Director – One Way Ministries, from Chapel Ridge Free Methodist. Mark and Tracy share their Sabbath in times of delight and also through grief.

Registration: \$10.00 per person, \$15.00 per couple.
Scholarships are available. Register online: www.quietpools.ca

Everyone is welcome: pastors and wives, ministry leaders, congregations, and students.
Don’t miss it - it will be a great evening!