Our 2022–2023 public theology series focuses on being centered in Christ—not as an escape from the needs of the world, but as a necessary means to the transformative work of the church in the world, reflecting on Jesus’ invitation in Matthew 11:28–30.

**Rest as Resistance**

**October 26**

12:00–1:30pm CT, Zoom

How can individuals and faith communities find healthier rhythms of rest and resistance without falling into or apathy on the one hand or burnout on the other? Our panelists will draw on their expertise in the legacy of Howard Thurman (Rev. Dr Amy Steele) and community mental health (Rev. Dr Pablo Anabalón) to draw practical insights for the church today.

This event is free and open to the public but requires registration [here](#).

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**Rev. Amy Elizabeth Steele**, PhD, is the Executive Director of Programs and the Dean of the Chapel of The Upper Room. She served as Assistant Dean for Student Affairs and Community Life at Vanderbilt Divinity School for more than a decade. Amy’s scholarly interests are in twentieth century Black religious thought, with emphasis on the work of Howard Thurman, Black and womanist social ethics, spiritualities, homiletics, and aesthetics. She is the mother of one son, a college freshman. She is ordained by the National Baptist Convention, USA.

**Rev. Pablo Anabalón**, PsyD, is an ordained minister of the Evangelical Covenant Church and is currently part of the pastoral team of the Iglesia del Pacto Evangélico in Eagle Rock. He is a licensed psychologist in the state of California and works in community mental health and serves as adjunct faculty at Fuller Theological Seminary and at Centro Hispano de Estudios Teológicos (CHET). He and his wife have a daughter and son.

For future event topics and dates, please visit [www.northpark.edu/seminary/calendar-and-events](http://www.northpark.edu/seminary/calendar-and-events)