

# Grace Place Wellness Retreat September 21, 2017

A life in ministry can be filled with tremendous joy. It can also be demanding and stressful. A church worker's self-care begins with the sensitivity to recognize the brokenness we all experience in life with God, life in community with others and life in ministry service and then to seek the Lord's restorative grace. This workshop will equip participants with simple tools for self-assessment of wellness and suggest strategies for receiving God's healing touch of renewal.

## Who is invited?

Commissioned  
Ordained  
Church office workers  
Highly engaged volunteers

## When?

Thursday, September 21, 2017  
8:30 a.m. to 3 p.m.  
Includes Lunch

## Where?

Trinity Lutheran Church  
11500 German Church Road  
Burr Ridge, Illinois 60527

## Registration

Cost is \$20 for first registration. \$15 for each additional registration from the same location. Complete registration form and submit payment due by September 11, 2017. Payment by check or credit card (form only, no online payment available) payable to Northern Illinois District, note "Parish Professional Event".



**Presenter:**  
**Rev. Dr.**  
**Darrell**  
**Zimmerman**

Rev. Dr. Darrell Zimmerman spent 30 years as a parish pastor in the LCMS, sometimes just surviving, but often thriving in ministry.

Darrell has been serving as Program Director and leading Grace Place Wellness retreats since 2012. He and his wife Carol have three children and three grandchildren and live in St. Louis near all of his family. He enjoys golf, travel, woodworking, fitness walking, jazz, blues and golf. (He really likes golf!)

*"Grace Place Wellness nurtures vitality and joy in ministry by inspiring and equipping church workers to lead healthy lives."*

Any questions should be directed to Dr. Debbie Arfsten at [debra.arfsten@cuchicago.edu](mailto:debra.arfsten@cuchicago.edu).

Grace Place Wellness Event sponsored by Concordia University Chicago  
Director of Christian Education Program, the LCMS Northern Illinois District Office  
and the NID Parish Professional Network

