



# CNH DISTRICT

CALIFORNIA NEVADA HAWAII

LUTHERAN CHURCH MISSOURI SYNOD

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November 2021

Dear Leaders and Members of the CNH,

Our CNH District Human Care Committee and I are so pleased to be able to bring to the entire CNH family five different regional **R-3** seminars. **Renew, Re-form, Reconnect** Health and Wellness seminars are designed to provide a refreshing breath of wellness. The Rev. Dr. Darrell Zimmerman, of Grace Place Wellness, will lead a gathering in each of our five regions in the winter and early spring of 2022.

Who should attend? This gathering is designed to bless any member of our churches. We especially desire our professional workers and their spouses to attend.

Why attend? To receive encouragement in your faith and wellness, and for fellowship, laughter, and some new or renewed strategies for you to apply.

When should I attend? Choose any of the five regional conferences, regardless of the region you live.

Special Needs? Should special circumstances arise and make it difficult to attend, do not hesitate to contact my office for confidential assistance.

I have learned and am still learning that personal wholistic wellness is THE necessary foundation for all of my best productivity. Your knee jerk reaction better be saying, “Ahhh, Pastor Lange, you have just made health and wellness an idol over our Lord Jesus.” May it never be so! As Gospel-centered mission directed Christians (LCMS Lutheran in tribe), our wellness begins, ends, and has at its center this truth:

***In Baptism, you are a new creation in Christ.***

All the other essential building blocks of personal wholistic health and wellness are enlivened and strengthened by this eternal truth. Come, be encouraged. May your “nets be mended” by the love of our Lord Jesus and the blessing of his Spirit.

Praying always in the power of redemptive hope!

Michael R. Lange  
President – CNH District