

Target Attendees

ALL ARE WELCOME!!

Because this seminar focuses on a personal level, the content is applicable to lay leaders and professional workers alike.

Things have changed a lot in the last 20 or so months of the Covid-19 pandemic. It seems like a good time to reexamine relationships and habits of times past in light of our recent experiences. In each seminar there will be opportunities to:

Renew and deepen the relationship with our God who has remained unchanging in an ever-changing world.

Re-form practices and habits for wellness as we learn strategies for godly self-care.

Reconnect with fellow workers in the Kingdom as we learn together and then share insights with our families and congregation.



The Rev. Dr. Darrell Zimmerman, who speaks with humor and relevance in an engaging way, is the speaker for these seminars. He is the Executive Director and CEO of Grace Place Lutheran Wellness Ministries in St. Louis, MO. He has been instrumental in developing the Congregational Wellness Weekend and Ministry Team Wellness Workshop.

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Guiding texts:

Ephesians 4 - (Put on the new man)

Be kind, tenderhearted, forgiving

Galatians 5 - (Fruits of the Spirit)

Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control

Grace Place Wellness Ministries nurtures vitality and joy in ministry by inspiring and equipping church workers to lead healthy lives. A Lutheran Wellness Wheel was developed to teach a model of self-assessment for church workers to help them answer the question, “How am I doing?” and to help them develop strategies for self-care.

Dr. Zimmerman will lead us in considering three categories of wellness:

1. Life with God (Baptismal and Spiritual Wellness)
2. Life in Community (relational, intellectual and emotional wellness)
3. Life in Ministry (vocational, physical, and financial wellness)

He will teach a simple biblical model for self-assessment and the beginning steps for addressing personal wellness needs.



Be Well!

Renew, Re-form, Reconnect will be presented on five different days in the five regions of our District. The same material will be presented at each location. You may attend the one most convenient for you.

January 15, 2022 – Hawaii Region

Our Savior Lutheran Church
98-1098 Moanalua Road
Aiea, HI (808) 488-3654
Seminar time: 9:00a – 2:00p
For more info. contact: Phil Zabell
pzcard@yahoo.com
530-520-1485

January 29, 2022 – Northern Region

Greenhaven Lutheran Church
475 Florin Road
Sacramento, CA (916) 428-8449
Seminar time: 10:00a – 3:00p
For more info. contact: Lois Peacock
Loisp372@gmail.com
415-940-5687

January 30, 2022 - Pacific Region

Bethany Lutheran Church
1095 Cloud Ave.
Menlo Park, CA (650) 854-5897
Seminar time: 1:30p – 5:30p
For more info. contact: Joan Hilse
jkhilse@gmail.com
415-860-1600

February 12, 2022 – Southern Region

Grace Lutheran Church and School
1111 S. Conyer St.
Visalia, CA (559) 734-7694
Seminar time: 10:00a – 3:00p
For more info. contact: Marilyn Harri
harri2@comcast.net
925-426-8628

February 26, 2022 – Nevada Region

Our Savior Lutheran Church
1900 1st Street
Sparks, NV (775) 358-0743
Seminar time: 10:00a – 3:00p
For more info. contact: Ron Arnold
ronnilarn@sbcglobal.net
775-359-0198

To Register

Registration fee is \$15. Lunch and snacks are provided.

To register, log on to cnh-lcms.org/ and click on R3

**Sponsored by the
CNH Human Care Committee**

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special grant from the Lutheran Church
Extension Fund.**

The logo consists of a large, bold, red capital letter 'R' followed by a red superscript '3' (R³). The entire logo is enclosed within a thin blue rectangular border.

Renew Re-Form Reconnect

**A CNH District LCMS
Sponsored
Seminar to Support the
Wellbeing of Lay Leaders and
Professional Church Workers**

**In 2022
To Be Held At:**

Aiea, HI, Jan. 15

Sacramento, CA, Jan. 29

Menlo Park, CA, Jan. 30

Visalia, CA, Feb. 12

Sparks, NV, Feb. 26