



seeking  the spirit
within 

 ebraska
synod 
EVANGELICAL LUTHERAN CHURCH IN AMERICA

Drinking from the Well is a new ministry from Seeking the Spirit Within: The Nebraska Synod Institute for Spiritual Direction Formation. It is a unique opportunity to learn from spiritual directors from around the Nebraska Synod ELCA and grow in your experience of the Divine.

Consider these benefits when you participate in Drinking from the Well:

- Discover how you are wired to connect with God
- Experiment with a variety of classic prayer practices to discover which ones work best for you
- Meet with certified spiritual director every month in a small spiritual direction group
- Get to know like-minded people in your vicinity who are on a similar spiritual journey
- Develop habits for deepening your inner spiritual life
- Honor the yearning in your soul for “something more”!

Here is the schedule for this program:

✓You will get a warm-up email in August.

✓ From September through April, in the first part of each month, a synod-wide webinar will introduce an hour-long lesson on the spiritual life and a prayer practice, with additional time for Q & A.

✓ In the middle of the month, you get to meet with a small group led by a certified spiritual director for 2 hours somewhere in the general vicinity of your home. (The location, date, and time will be determined when we know who is participating.)

Your Commitment is to:

✓ Watch the webinar each month. The webinars will be recorded so you can watch them as often as you would like, on your own time. Have your computer or smart phone or tablet connected so you can access the webinars.

✓ Try new prayer practices throughout each month and discover what the Holy Spirit is inviting you to.

✓ Attend the spiritual direction group in your area.

For more information about this new ministry and to get the instructions on how to register, go to seekingthespiritwithin.org

Check seekingthespiritwithin.org for future registration information.



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