



***Drinking From the Well is a ministry of 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 an invitation to an introductory webinar in September. From October through May, on the first Tuesday of each month, a synod-wide webinar will introduce a 90-minute lesson on a spiritual life and prayer practice with additional time for Q&A.



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- ❖ In the middle of the month, you will meet with a small group led by a certified spiritual director for two hours somewhere in the general vicinity of your community. The location, date and time will be determined by each small group. Where a small group cannot be accommodated in your general vicinity or when a small group decides not to meet in person due to the coronavirus pandemic, online opportunities will be made available.

### 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, 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 or online.

For more information about this ministry and to get the instructions to register, go to **seekingthespiritwithin.org** and click on Drinking from the Well.

**Registrations are being accepted through  
September 15, 2020.**

*Consider inviting a friend or family member to journey with you...they can participate from anywhere in the world!*



For more information,  
contact Spiritual Directors  
Wendy Grasz  
Patrick Gregory  
Emily Wageman

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