*SIP FROM THE WELL*

*Select prayer practices offered as a ministry of Seeking the Spirit Within with the Nebraska Synod Institute for Spiritual Direction Formation.*

November 2, 2021 Forgiveness, Pastor Brad Meyer  
 January 4, 2022 Zentangle, Diane Harpster  
 March 1, 2022 Bio-spiritual focusing, Patty Forsberg  
 May 3, 2022 Body prayers, Pastor Eric Spruth-Janssen  
 Facilitators: Patrick Gregory, Emily Wageman

Register for all sessions at a reduced rate of **$160.00**. They will be held via Zoom on the first Tuesdays of select months from 7:00 – 9:00 P.M. Small groups will meet with spiritual directors within the 2-hour timeframe to practice and to discuss what was discovered in their own practice. Register by October 26 at nebraskasynod.org/discernment-vocation/spirituality/drink-from-the-well/

May register for one class at a time for **$45** each.

Register for single session with the same link above:   
November session by October 26  
January session by December 28  
 March session by February 22  
 May session by April 29  
  
Questions may be directed to Pat or Emily at dftwnesynod@gmail.com

*Sip from the Well will be held in 2021-22 to share a ‘sip’ of the full Drink From the Well ministry program that was not able to happen this year.*