

SIP FROM THE WELL



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

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

Sessions 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 for each class for **\$45** one week prior to the session date at nebraskasynod.org/discernment-vocation/spirituality/drink-from-the-well/

Registration deadlines with minimum number required to hold class:

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.