



Sign up for the 2nd Annual Synod “Day of Prayer” for all lay people and clergy

Date: Wednesday November 6, 2019 - 9:30 AM-2:30 PM

Location: First Lutheran Church Tiffin, OH *Please register by Oct. 31 at <https://nwos-elca.church>

9:30 AM - Registration **Cost:** \$15 (Lunch and Refreshments provided)

10:00 AM - Interactive Service of Worship and Prayer

11:00 AM - **Presentation by Daniel Wolpert, Debra Bell, and Trey Everett from MICAHA in Crookston, MN.** How “Abiding” in God’s word in community helps us to lead healthier lives and transforms the community where we are called to serve. (See more information about MICAHA below.)

Noon - Lunch and fellowship

1:00-2:30 PM - Break out groups to learn and experience prayer practices to take back to your congregation



What is MICAHA? MICAHA stands for Minnesota Institute of Contemplation and Healing

Who is presenting? **Daniel Wolpert**, MDiv is a Presbyterian minister and cofounder of MICAHA. In addition to leading retreats, teaching, and providing counseling and spiritual direction, Daniel has written several books on spiritual leadership which can be found on their website www.micahprays.org. Daniel’s wife **Debra Bell**, MD will be joining us also this year. She is the co-founder of MICAHA and board certified in family practice with 20 years in conventional medicine and complementary and alternative medicine. **Trey Everett**, MA is co-director of MICAHA and leads retreats, provides spiritual direction, and is a contemplative artist providing graphic recording for our session together. Trey also has books, bulletin covers, and resources for the lectionary on their website.