



MANDALA MEDITATION RETREAT

AUGUST 24, 9-NOON

DES MOINES INTENTIONAL EUCHARISTIC COMMUNITY

3306 UNIVERSITY AVE, DES MOINES, IA 50311

8:30 HOSPITALITY AND
REGISTRATION

9:00 OPENING CIRCLE

9:45 INSTRUCTION AND
BACKGROUND ON
MANDALAS

10:15 CREATING MANDALAS

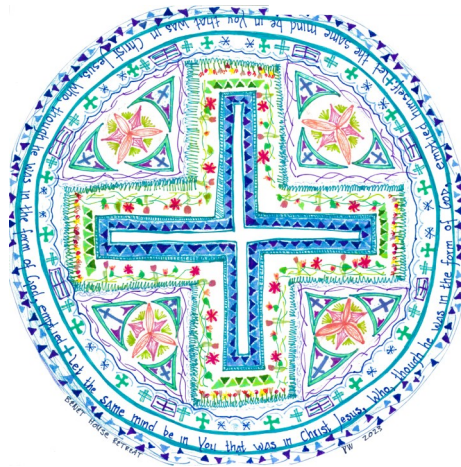
10:45 PRAYING WITH
MANDALAS

11:30 CLOSING CIRCLE

ALL ART SUPPLIES WILL BE
PROVIDED, BUT YOU'RE FREE TO
BRING YOUR OWN

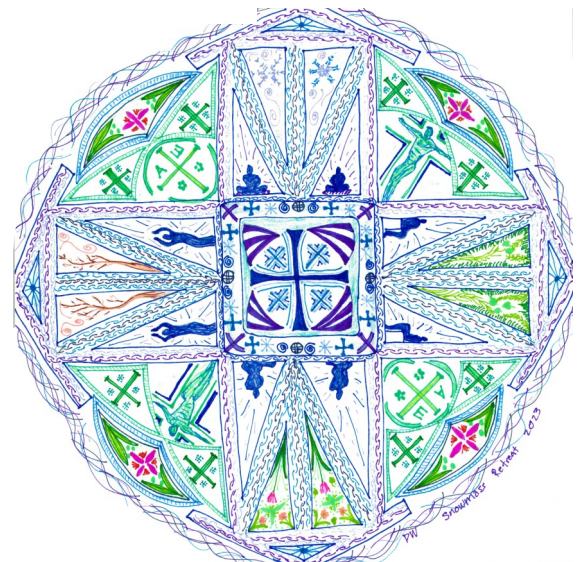
THIS RETREAT DAY IS A COLLABORATION BETWEEN
CONTEMPLATIVE OUTREACH OF CENTRAL IOWA (PAUL WITMER)
AND THE DES MOINES INTENTIONAL EUCHARISTIC COMMUNITY
(MARRY ANN KOCH)

PLEASE REGISTER WITH COCI AT CENTERIOWA.ORG. FOR MORE
INFORMATION CONTACT PAULWITMER@MSN.COM
A \$10 DONATION IS SUGGESTED TO COVER EXPENSES.



COME ENJOY A DAY OF
CONTEMPLATIVE PRACTICES CENTERED
AROUND THE MANDALA.

- ◆ LEARN ABOUT THE SPIRITUAL HERITAGE OF THE MANDALA
- ◆ CREATE YOUR OWN MANDALA IN A STRESS-FREE ENVIRONMENT
- ◆ EXPLORE VISIO DIVINA USING THE MANDALA AS A PRAYER AID
- ◆ ENJOY SILENCE AND COMMUNITY



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org