



A Weary World Rejoices: Seven Sacred Pauses

Praying Psalms of Lament, December 21, 2024

You are invited to join our contemplative community for shared periods of prayer with Psalms of Lament on the Winter Solstice. We will gather in the newly remodeled chapel space at Immanuel UMC 2900 49th Street DSM

Come in the doors at the covered drive and go upstairs, following the hall to the left. (Prayer periods will last about 30 minutes, including brief readings before and after Centering Prayer. You are welcome to remain in the building for extended periods of prayer and reflection)

Psalms of Lament . . . that turn towards hope and praise

7 a.m. Psalm 13

How long will this pain go on?

9 a.m. Psalm 12

I call out to You

11 a.m. Psalm 25

I lift my heart to You

Noon Psalm 44

It is You, God, who released us from our torment.

1 p.m. Psalm 22

My God, my God, why?

3 p.m. Psalm 85

Rescue is near . . . justice and peace have kissed.

5 p.m. Psalm 77

You stand beside us as we walk through our fears to the path of wholeness and love,

6:30 p.m. Taizè Worship

We conclude our day of prayer with the beautiful songs and prayers of Taizè to move with hope into the darkness of the Winter Solstice. Readings during worship will feature writings of or about St. John of the Cross and the Dark Night of the Soul. We lean into the darkness of this night for healing, grace and transformation.



Contemplative Outreach
of Central Iowa
Silence Solitude Solidarity Service

www.CenterIowa.org

