



## **“A Moment in Time: Reflecting and Dreaming”**

Saturday, January 4, 2025

9:00 AM to 4:00 PM

Grace Lutheran Church

5201 Urbandale Ave.

(Hybrid Event)

Join us as we pause for a *Moment in Time of Reflecting and Dreaming*. This special New Year’s Silent Saturday invites you to reflect on the past year... listen for a “word” for the new year... create an intention for 2025... or just BE in the presence of God. The day will include a variety of spiritual practices you can choose to reflect on and be with for the day, along with centering prayer, the welcoming prayer and the gift of silence.

### **Optional Spiritual Practices Offered**

- Lectio Divina, Visio Divina
- Sacred Chanting
- Spiritual Journaling, Sacred Art
- Coloring Pages, Rock Painting
- Reading, Contemplative Walks
- Vision Board Creation
- Choose a word or intention for 2025

### **Schedule**

9:00 - 9:30 Welcome and introductions

9:30 - 9:55 Centering Prayer

9:55 - 11:05 Contemplative time on your own

11:05-11:30 Centering Prayer

11:30-12:30 Contemplative Lunch

12:30 - 1:00 Guided Welcoming Prayer followed by Centering Prayer

1:00 - 2:55 Contemplative time on your own

3:20 - 4:00 Closing Reflection and sharing

Lunch from “In the Bag” will be provided along with coffee, tea and light snacks.

Please register at [centeriowa.org](http://centeriowa.org)

Zoom: \$15 In Person: \$40.00 Make checks payable to COCI, and send to:

Tim Goldman, Chapter Coordinator 709 22nd Street West Des Moines, IA 50265

For those participating by Zoom, a link will be sent prior to the event with reflections and suggestions about how you might spend your day connected to and centering with us, but in the silence of your own home:

If you have questions please reach out to:

Kathleen Schiltz: [kathleengrace55@gmail.com](mailto:kathleengrace55@gmail.com)

Jeannine Kosman: [jeanninekosman@gmail.com](mailto:jeanninekosman@gmail.com)



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

[www.CenterIowa.org](http://www.CenterIowa.org)

Sponsored by COCI, hosted by Being New Spirituality Center at Grace Lutheran Church