

# Silent Advent Saturday Morning

*Hope, Peace, Joy, Love*

*Christ*



*December 7, 2024*

**First Christian Church 611 Clark Ave. Ames IA**

**Second floor, 9-noon**

**Contemplative Outreach of Central Iowa** invites you to set aside 3 hours on the first Saturday of Advent to enjoy quiet reflection and Centering Prayer with others. The focus will be on the themes of the Advent Wreath. You will receive a reflection booklet. Bring a journal if you like. The morning will include two centering prayer sits, a Lectio Divina option and time for quiet reflection. Please join us.

Please register at [centeriowa.org](http://centeriowa.org). \$15 donation accepted. Send donation to COCI, % Tim Goldman, 709 22<sup>nd</sup> St. West Des Moines IA 50265 or make your offering that morning.



Contemplative Outreach  
of  
Central Iowa