

Prayer Groups



Contemplative Outreach of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org

Sunday

11:00 am to 11:45 am

[First Christian Church](#)

2500 University, Des Moines

Questions: Mary Jo Franklin, 255-2181,

mjfranklin@q.com

6:00 pm {AMES}

[St. Thomas Aquinas Church](#)

2210 Lincoln Way, Ames

Questions: Mary Jo Pfeifer Wulf, 296-2759,

maryjowulf65@gmail.com

Monday

Noon to 12:45 pm

[Central Presbyterian Church](#)

3829 Grand Avenue, Des Moines

Questions: Tim Goldman, 745-9842

timothyjgoldman@gmail.com

6:00 pm to 7:00 pm

[Plymouth Congregational Church UCC](#)

42nd and Ingersoll, Des Moines

Center for Spiritual Growth

Questions: Kathy Reardon, 280-3861/274-4006,

kathyreardon@q.com

Tuesday

5:15 pm to 6:00 pm

[St. John's Lutheran Church](#)

600 6th Ave (Downtown Des Moines)

Questions: Helen Begley, 281-3063,

HelenJudith2005@yahoo.com

5:30 pm to 6:00 pm {AMES}

[Collegiate Presbyterian Church](#)

159 Sheldon, Ames, use south entrance

Questions: Sandi Ward, 291-2177,

swards6@gmail.com

6:30 pm {ANKENY}

[United Church of Christ](#)

602 SE Delaware, Ankeny

Questions: Donna Hendrick 515-964-3091

whhendrick@gmail.com

Wednesday

Noon

Emmaus House

1521 Center St., Des Moines

Questions: Kevin O'Donnell, 515-282-4839

Director@theEmmaushouse.org

Noon to 12:30 pm

[Covenant Christian Church](#)

2700 72nd Street, Urbandale

Questions: Paul Witmer, 276-3781,

Paul.Witmer@CenterIowa.org

Thursday

5:30 – 6:30 pm

[Windsor Heights Lutheran Church](#)

1240 66th St., Windsor Heights

Koinonia Room, 2nd Floor

Questions: Shelly Thieman, 490-7876

sreedf@gmail.com

6:00 pm {AMES}

[First Christian Church](#)

611 Clark, Ames, use west entrance

Questions: Darla Ewalt, 232-4716 gsjoey69@hotmail.com

7:00 am to 7:40 am

[Grace United Methodist Church](#)

3700 Cottage Grove

Enter South Doors, look for Library signs, 2nd Floor

Questions: Paul Witmer, 276-3781,

Paul.Witmer@CenterIowa.org or

Chris Frantsvog 306-1221,

Chris.Frantsvog@CenterIowa.org

8:00 am to 8:45 am

[Oakwood United Methodist Church](#)

400 NE 56th Street, Pleasant Hill

Questions: Judy Proksa, 266-1054,

jproksa@yahoo.com

5:30 pm to 7:30 pm

[Faith Lutheran Church](#)

(includes Lectio Divina)

10395 University Avenue, Clive

Questions: Jan Stegeman, 556-5587,

janstegeman1@gmail.com

Friday

11:00 am to Noon

[Trinity United Methodist Church](#)

1548 8th St. Des Moines

Questions: Steve Melby, 681-9121,

stevepmelby@gmail.com

Saturday

9:00 am to 10:00 am

[St. Timothy's Episcopal Church](#)

(includes Lectio Divina)

1020 24th Street, West Des Moines

Contact: Tim Goldman, 745-9842,

timothyjgoldman@gmail.com