

## Prayer Groups



# Contemplative Outreach of Central Iowa

Silence Solitude Solidarity Service

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

### Sunday

**9:15 am to 10:00 am**

[First Christian Church](#)

2500 University, Des Moines

Questions: Sally Nadolsky,

[sallynadolsky@gmail.com](mailto:sallynadolsky@gmail.com)

**6:00 pm {AMES}**

[St. Thomas Aquinas Church](#)

2210 Lincoln Way, Ames

Questions: Mary Jo Pfeifer Wulf, 296-2759,

[maryjowulf65@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:swards6@gmail.com)

**6:30 pm {ANKENY}**

[United Church of Christ](#)

602 SE Delaware, Ankeny

Questions: Donna Hendrick 515-964-3091

[whhendrick@gmail.com](mailto:whhendrick@gmail.com)

### Wednesday

**Noon**

Emmaus House

1521 Center St., Des Moines

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

[Director@theEmmaushouse.org](mailto:Director@theEmmaushouse.org)

**Noon to 12:30 pm**

[Covenant Christian Church](#)

2700 72nd Street, Urbandale

Questions: Paul Witmer, 276-3781,

[Paul.Witmer@CenterIowa.org](mailto:Paul.Witmer@CenterIowa.org)

### Thursday

**5:30 – 6:30 pm**

[Windsor Heights Lutheran Church](#)

1240 66<sup>th</sup> St., Windsor Heights

Koinonia Room, 2<sup>nd</sup> Floor

Questions: Shelly Thieman, 490-7876

[sreedf@gmail.com](mailto:sreedf@gmail.com)

**6:00 pm {AMES}**

[First Christian Church](#)

611 Clark, Ames, use west entrance

Questions: Darla Ewalt, 232-4716 [gsjoey69@hotmail.com](mailto: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](mailto:Paul.Witmer@CenterIowa.org) or

Chris Frantsvog 306-1221,

[Chris.Frantsvog@CenterIowa.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto:timothyjgoldman@gmail.com)