



LOVERS AND FOOLS

LOVERS OF GOD AND FOOLS FOR CHRIST

An 18 hour Lenten Retreat
of prayer, meditation and silence

Friday March 2 at 5:00 p.m. to
Saturday, March 3 at 1:00 p.m.

\$55*

Central Presbyterian Church
3829 Grand Ave, Des Moines

Go inward in contemplation and explore the life of a
Salty Saint or Mindful Mystic as we enter the season of Lent.
(Which begins on Valentine's Day and ends on April Fools Day)

Move mindfully, gaze, listen, respond, pray.

Friday evening will feature Centering Prayer and other opportunities for solitude, and end with a candle-light Taize service, before we retire to our homes in silence. We gather early Saturday, still in silence, to have a morning of glorious silence and prayer.

We will end with lunch and fellowship.

This retreat is limited to 20 people, so register early.



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org

*Includes three healthy meals,
limited scholarships available
Register at www.centeriowa.org

Questions: pauwitmer@msn.com; 515.240.1653