



# Dwell in Silence

A Post-Intensive  
8-Day Centering  
Prayer Retreat

August 20-27, 2021

Prairiewoods Retreat Center  
Hiawatha, IA

**This Post-Intensive Retreat** will consist of continuous periods of Centering Prayer from before sunrise until the dinner hour, with breaks for meals. Attendees may participate in as much prayer as they are called to. Short pauses for entering and leaving the silence will be offered every 30 minutes. There will be no teaching and no reading during this immersion in silence. Veteran retreat leaders Chris Frantsvog and Paul Witmer look forward to hosting you for this journey into deep silence.

[Prairiewoods Franciscan Spirituality Center](#) is a retreat and conference center focused on ecology, spirituality and holistic health. It is nestled in a natural setting of 70 acres of prairie and woodland in Hiawatha, Iowa, just north of Cedar Rapids. Prairiewoods is a place of peace and transformation. There will be time to enjoy the beautiful surroundings in prayer and meditation.

**Cost is \$780**, which includes room with semi-private bathroom, (every two rooms share a bathroom) and all meals. A limited number of double occupancy rooms are available. (\$710) Please visit with Chris Frantsvog about prices, scholarships or restrictions you have: (515) 306-1221.



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

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

**COVID:** All participants must be fully vaccinated before attending this retreat.

Space is limited; please register at  
[centeriowa.org](http://centeriowa.org)