

Fall Silent Weekend Retreat

Doorway Into Silence

October 21-23, 2022

5:30 pm Fri. to 12:30 pm Sun.



Contemplative Outreach of Central Iowa is offering a weekend of silence and contemplation structured around [Centering Prayer](#). Centering Prayer facilitates the movement from more active modes of prayer into a receptive prayer of resting in the presence of God.

This retreat is designed for those living busy lives yet seeking some time away for contemplation. Familiarity with Centering Prayer is helpful but staff will be on hand to offer support for those who are new to that prayer practice.

Lots of time will be free for private reflection. This is offered in the beautiful surroundings of the Rock River Retreat Center just south of Webster City Iowa where there are trails for walking or hiking, campfires each evening and plenty of space to relax and pray. Meals will be provided from Friday evening through lunch on Sunday.

Event location: **Rock River Retreat Center**, 1792 280th Street, Webster City, Iowa 50595. This lovely retreat center has accommodations for up to 18 people. This is an adult friendly center with 10 hotel style bedrooms, each furnished with two twin beds and a private bathroom.

Cost: \$150 for a single room and \$110 per person for those who would like to share a room.

For more information contact: Mary Jo Pfeifer Wulf (maryjowulf65@gmail.com, 515-441-6446), Roz Gunnink (rbgunnink@gmail.com, 515-337-3487) or Darla Ewalt (gsjoey69@hotmail.com, 515-290-1914)

Please register at centeriowa.org/events. Send to checks payable to COCI to: Tim Goldman, 709 22nd Street, West Des Moines, Iowa, 50265.



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org