



# *Here I Am Lord*

## **Advent Silent Saturday Retreat**

**Dec. 3, 2022, 9am-noon**

**First Christian Church, 2<sup>nd</sup> Floor**

**611 Clark Ave. Ames Iowa**

**Contemplative Outreach of Central Iowa** invites you to set aside 3 hours on the first Saturday of Advent to explore quiet reflection and Centering Prayer. The focus will be on allowing time to deepen our awareness to God's presence and participation in our advent experiences as we prepare to celebrate the birth of Jesus and the gift of divine incarnation. Each participant will receive a reflection booklet and time to reflect in silence as well as opportunities to join in Centering Prayer with the group.

Please register at [here](#). \$15 donation accepted at the event.



Contemplative Outreach  
of Central Iowa

Silence Solitude Solidarity Service

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