



Seven
Sacred
Advent
Pauses

Solstice

December 21, 2022

Immanuel UMC

*2900 49th Street
DSM*

*(Prayer periods will last about 30 minutes,
including brief readings before and after
Centering Prayer)*

7 a.m. Wake

9 a.m. Watch

11 a.m. Wait

Noon Hope

1 p.m. Prepare

3 p.m. Love

5 p.m. Light

7 p.m. Taizè Worship

*We conclude our day of
prayer with the beautiful songs and
prayers of Taizè to move with hope into
the darkness of the Winter Solstice.*



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Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

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