



Praying in the Heart

*“Praying in her heart:
her lips were moving,
but her voice
was silent.”*

1 Samuel 1:13

Advent Retreat

December 3, 2022

9:00 a.m. to 3:30 p.m.

[Grace Lutheran Church](#)

5201 Urbandale Avenue

Des Moines, IA 50310

\$30 (Includes Lunch)

Please join us for a day of prayer and reflection as we welcome the Advent Season praying in the heart with the gift of Centering Prayer.

[Please register at centeriowa.org](http://www.centeriowa.org)



Contemplative Outreach
of Central Iowa

Silence Solitude Solidarity Service

www.CenterIowa.org



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