

Lent 2023



# Preparing the Way...

**SATURDAY | FEB 25 | 9 AM TO 12**

**Northminster Presbyterian Church  
1416 20th St, Ames**

Contemplative Outreach of Central Iowa invites you to set aside 3 hours on the first Saturday of Lent to explore quiet reflection and Centering Prayer. The focus will be on deepening our awareness of God's presence in our Lenten experiences as we prepare to celebrate this season and the gift of Resurrection. 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 [centeriowa.org](http://centeriowa.org). A \$15 donation will be accepted at the event, or it can be mailed to:

COCI, c/o Tim Goldman, 709 22nd St. West Des Moines, IA. 50265

For further information: Amy Kuehl; 515-520-1896, [amykuehl@live.com](mailto:amykuehl@live.com)