



## Somewhat Silent Saturday

March 4, 2023  
9 am - 4 pm

St John Lutheran Church,  
Cedar Falls, IA

**You are invited!** The day will include:

1. Morning and Evening Prayer Services, based on resources from the Northumbria Community;
2. Sessions for Centering Prayer;
3. A brief Centering Prayer seminar;
4. Creative time with options -
  - \*to walk a Labyrinth or to use a hand/sand labyrinth;
  - \*journaling, letter writing, and other activities participants might initiate;
  - \*participate in Jo-Yo, a movement practice that incorporates journaling and yoga;
  - \*to participate in an introduction to "Breath as Prayer;"
  - \*to meet with another pilgrim to be in dialog about your life journey; or
  - \*to walk or sit, and contemplate outdoors or in the sanctuary.



The only cost for this event is a donation for expenses such as the meal. The event itself will be led by local members of Contemplative Outreach of Northeast Iowa. **If you are planning to attend, please Email [CONElowa@gmail.com](mailto:CONElowa@gmail.com) with your name and phone number no later than Monday, February 27.** We appreciate this for our planning. No further registration is needed. More details will be shared with those persons who register. St John Lutheran is at 715 College St, Cedar Falls, IA.

**Sponsored** by Contemplative Outreach of Northeast Iowa



First Photo by Daniel Mingook Kim on Unsplash  
Second Photo of St John Lutheran Sanctuary, from St John's Facebook page



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