

WHO WE ARE

MICAH is a multifaceted facility for the practice and study of spiritual formation and leadership, healing and the arts. A contemplative Christian center, MICAH provides a sacred space within which we seek to create a life with God.

People shall stream to it, and many nations shall come and say: "Come let us go up to the mountain of the Lord ... that God may teach us God's ways and that we may walk in God's paths."... they shall beat their swords into plowshares, and their spears into pruning hooks; nations shall not lift up sword against nation . . . but they shall sit under their own vines and under their own fig trees, and no one shall make them afraid. . .

Micah 4: 2-4



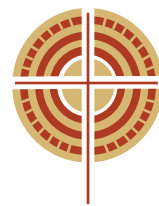
Micah
MINNESOTA INSTITUTE of
CONTEMPLATION and HEALING

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Visit our website at:
www.micahprays.org

Donations to MICAH are tax deductible and can be paid through the First Presbyterian Church of Crookston. We greatly appreciate help, thoughts, and prayers.



Micah
MINNESOTA INSTITUTE of
CONTEMPLATION and HEALING



WHERE
RESURRECTION
ENGAGES OUR
EVERYDAY
LIVES

THE VISION

MICAH is a place where we live out a holistic vision of being in communion with God, with others, and with the earth. The campus will be a place to discover

healing for body, mind, and spirit. People will come to pray in the Prayer Center, to make retreats, to take classes in Spiritual Formation and Leadership, to find healing at the Health Center, to reflect on God's grace and the wonder of creation in the gardens and natural landscape, to have an opportunity to engage creativity at the Art Center, and to eat healthy and multi-ethnic food at the Restaurant. At the heart of MICAH is the common prayer and devotion to the One who Creates and Sustains all. God's vision of the beloved community can become a reality!

TEACHING IN SPIRITUAL FORMATION

LIVING THE LIFE OF PRAYER

WORKING FOR JUSTICE

OFFERING HEALING TO THE WORLD

FAMILY PRACTICE AND INTEGRATIVE MEDICINE CENTER

- Family medicine
- Complementary and Alternative Medicine
- Bio-Identical hormone replacement therapy
- Massage Therapy
- Spiritual Direction
- Counseling

For appointments call 218 281-9519

RETREATS

Retreats in spiritual formation, leadership, healing, and the arts. Personal, group, and church retreats are available. See our website or contact us for scheduled retreats. Individualized retreats also available.

DAILY SILENT PRAYER

Sanctuary of the First Presbyterian Church of Crookston, Mon-Thurs, 9 am.

WEEKLY BIBLE STUDY

Thursday at First Presbyterian Church of Crookston, 12 noon.

MICAH IS. . .

People in relationship with each other and with God

About renouncing violence as a means for living in the world and for resolving problems.

A healthy and whole way of life.

Offering a means of examining one's life to connect with the Spirit of truth and healing.

A life of prayer

Silence

Listening

Peace

An end of busy-ness as usual

Healing

Creativity

MICAH IS!!!

God has shown you O human what is good and what the Lord requires of you: Do justice, love mercy, and walk humbly with your God.
Micah 6:8