

This conference will encourage learning through a variety of modalities and will include:

- * Lectures
- * Workshops
- * Prayer Practices
- * Personal Reflection Times
- * Discussion Groups
- * Time in Nature

Some of the workshop topics include, but aren't limited to:

- * Heart health and spirituality
- * Cooking with the spirit
- * Yoga
- * Mindful eating and food awareness
- * Contemplative approaches to Depression and Anxiety
- * Contemplation and Kids
- * Science and Theology: A Contemplative Approach
- * Health and Spirituality
- * Tour of our Sustainable Design Retreat Center
- * Labyrinth walk at our beautiful outdoor labyrinth
- * Contemplative Drawing

Schedule:

- * Wednesday night with opening plenary and dinner
- * Thursday, Friday, and Saturday morning will consist of talks, workshops, prayer and other healthy practices, and open time
- * Ends Saturday at noon

Session Options:

Student**\$150**
(Must provide proof at registration)

Early Bird Registration.....**\$225**
(Before Aug 1) Includes Thurs-Sat breakfast, Thursday and Friday lunch, Thursday dinner and all sessions.

Regular Registration.....**\$275**
(After Aug 1)

One day pass.....**\$125**

Weds night dinner.....**\$15**

Weds night opening plenary only...**\$15**

To Register:

On-Line: micahprays.org

Call: 218-281-4853

E-Mail: trey.crxpres@midconetwork.com

Crookston

is located in beautiful NW Minnesota! We are 30 miles from the Grand Forks,ND airport and 75 miles from the Fargo,ND airport. We are approximately a 5 hour drive from Minneapolis/St. Paul.



Hotel Reservations:

We have reserved a block of rooms at the **AmericInn** in Crookston. They will be available on a first come/first serve basis at a conference discount until Aug 18, 2012.

Please call AmericInn directly at #218- 281-7800 and ask for the "MICAH block". Angie Magsam is the contact person.

*Seeking An
Integrated Reality*

We have come to view the various aspects of our lives as separate and distinct. Yet reality is an interconnected whole, and the separation and alienation that results from carving our world into distinct compartments is causing great damage to ourselves and our world. For we are embodied beings, integrated whole organisms and components of an integrated universe.

Using the observations and experience of science and the contemplative life, this unique event will explore the different facets of our existence to understand how they contribute to our intertwined reality. Our time together will be comprised of talks, workshops, experiences of healthy practices, and will give us time and space to reflect, discuss and enjoy the beauty of the fall season in the Great Plains.

Come join us!

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 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!



Micah

Minnesota Institute of
Contemplation and Healing
www.micahprays.org

Science & Spirituality Conference

*Seeking
An
Integrated
Reality*

September 19-22, 2012
(Wednesday – Saturday)
Crookston, MN



Sponsored by:

MICAH

Minnesota Institute
of Contemplation and Healing
www.micahprays.org