

Now Open for Registration

Seeking an Integrated Reality:  
A Conference on Science and Spirituality

Sept 19-22, 2012  
Crookston MN

Sponsored by  
Minnesota Institute of Contemplation and Healing  
[www.micahprays.org](http://www.micahprays.org)

Topic include:

- Health and Healing
- Science and Theology
- Food, Nutrition, and Agriculture
- Sustainability and Stewardship
- Creativity and Contemplation

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 both 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 Fall in the great plains.

Come join us!

**Schedule:**

The conference begins on Weds night with an opening plenary and a dinner that can be purchased as an additional option. There will be an optional Wednesday dinner that you can register for separately. The conference will end Saturday at noon. Thursday, Friday, and Saturday morning will consist of talks, workshops, prayer and other healthy practices, and open time.

Watch for a more detailed schedule coming soon.

### **Registration Options:**

You may register online at <http://micahprays.org/events/conferences.htm>  
Or you may register by calling (218) 281-4853 or emailing us at [trey.crxpres@midconetwork.com](mailto:trey.crxpres@midconetwork.com)

If you register through PayPal we will get your information via PayPal and then we'll contact you directly about workshop options and other hospitality issues.

### **Costs :**

#### **(includes Thurs-Sat breakfast, Thursday and Friday lunch, Thursday dinner and all Sessions):**

Student (must provide proof of registration): \$150  
Early Bird Registration (before Aug 1): \$225  
Regular Registration (after Aug 1): \$275  
One day pass: \$125  
Weds night dinner: \$15  
Weds night opening plenary only: \$15

### **Lodging and Travel:**

Crookston is located in beautiful Northwest MN. We are 30 miles from the Grand Forks ND airport and 75 miles from the Fargo ND airport. We are approximately a 5.5 hour drive from the Minneapolis/St. Paul area.

We have reserved a bank 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 them directly at (218) 281-7800 and ask for the "MICAH block". Angie Magsam is the contact person.

### **Workshop topics/format:**

This conference will encourage learning through a variety of modalities. These include lectures, workshops, prayer practices, times for personal reflection, discussion groups, and time to spend in the beauty of the Great Plains in the Fall. 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

We see this conference as an opportunity for networking, and peer learning. Together we can contribute to the growing understanding that the entire world is interconnected and in need of compassionate awareness and a spirit of healing and love. Sign ups for specific workshops will happen after you've registered for the conference.

**Conference Presenters (include but aren't limited to):**

Debra G. Bell, MD is the founder and medical director of the RiverView Family Practice and Integrative Medicine Center in Crookston, MN. She is also cofounder of the Minnesota Institute of Contemplation and Healing (MICAH), a center dedicated to the practice and study of spiritual formation and leadership, healing and the arts. Dr. Bell is board certified in family practice and a diplomate of the American Board of Integrative Holistic Medicine. She has over 20 years of experience in conventional medicine and complementary and alternative medicine. In addition to her busy clinical practice at the Integrative Medicine Center, she is Clinical Assistant Professor in the Department of Family and Community Medicine at the University of North Dakota School of Medicine. She also speaks and runs retreats on integrative medicine and health and spirituality. Prior to moving to Crookston, she lived in Vermont and California where she offered home birth, family practice and integrative medicine services.

Meghan Davis lives in Longview, Washington, where she serves as pastor of Longview Presbyterian Church. Meghan earned her MDiv from San Francisco Theological Seminary and received her training as a yoga instructor at Yahweh Yoga in Chandler, Arizona. Yahweh Yoga is the only Christian yoga school recognized by Yoga Alliance, the professional yoga organization in the United States. Meghan is both RYT (Registered Yoga Teacher) with Yoga Alliance and YYT (Yahweh Yoga Teacher) with Yahweh Yoga. Meghan teaches yoga at her church as well as in retreat settings.

Corene Everett is passionate about sourcing, cooking and eating real food while inspiring others to do the same. Having lived in China for 3 years, she especially loves Asian stir-fries as a way to eat a wide variety of vegetables. She has taught cooking classes at the MICAH retreat center since October 2009, and continues her research on

eating for health. Previously the staff accompanist for the Mexico High School choirs for 7 years, she currently plays piano at First Presbyterian Church.

Trey Everett, MA has been involved in study and practice of spiritual formation for 25 years. He has instructed others in spiritual formation and leadership as a college instructor, pastor, youth minister, and retreat leader. Trey and his wife Corene were part of an ecumenical mission community in China for four years where they taught, served, and experienced the life of faith. Currently Trey serves as co-director of MICAH, the Minnesota Institute of Contemplation and Healing, where he attempts to notice God and live out the life of faith with others. Trey also assists in developing and implementing retreats and events on the spiritual life, leadership, healing and the arts. As an artist Trey combines his interests of art and theology to create images that help people think more deeply about their life with God. He is the author of Holy Doodles, Cartoons to Contemplate volumes 1 and 2 and holds art exhibits to encourage dialogue about the spiritual life.

Rev. Emily Meyer is an ordained pastor in the Evangelical Lutheran Church in America, with an M.Div from Luther Seminary (St. Paul, MN), an MA in Religion and Theology from United Theological Seminary (New Brighton, MN), and a certificate from Shalem Institute (Washington, DC) in Contemplative Prayer Small Group and Retreat Leadership. She has served in a variety of settings: a bustling suburb, a mountain retreat community, and most recently, rural Northern Minnesota – with a wide diversity of people. After leading several retreats and small groups outside her congregation and introducing a variety of practices to adults and children within the church, Emily has discovered a special joy in sharing contemplative practices with people who are intentional about their journey with God, with people on the margins of dominant religious expressions, and with young people. Emily is embarking on a new phase in her own journey, in which she hopes to introduce people across Minnesota to the great gift we receive in intentionally spending time with God.

Katharine Swenson, MD FACC has practiced non-invasive cardiology for over 15 years, most recently at Hennepin County Medical Center. She also completed a fellowship in Integrative Medicine at the University of Arizona in 2004. She has advanced training in Spiritual Direction, HeartMath® Interventions, Functional Medicine Lifestyle Therapy, Esoteric Healing and Heart Rhythm Meditation. Her work is now focused on teaching an integrative approach to heart health through a blending of science and intuition.

Daniel Wolpert worked as a research scientist, psychologist and spiritual director, a farmer, a teacher, and a construction worker before earning his Masters of Divinity degree at San Francisco Theological Seminary (SFTS). Over the past twenty five years he has taught in the fields of psychology and spiritual formation and led retreats in such settings as the Art of Spiritual Direction Program at SFTS, the Youth Ministry and Spirituality Project, national ministry conferences, UCLA, UND medical school, Luther Seminary, and numerous churches and ministry gatherings. Daniel currently serves as

the church pastor of the First Presbyterian Church of Crookston, MN and is a co-founder of the Minnesota Institute of Contemplation and Healing (MICAH, [www.micahprays.org](http://www.micahprays.org)). He is also the author of "Leading a Life with God, the practice of spiritual leadership" (Upper Room 2006), "Creating a Life with God: the call of ancient prayer practices" (Upper Room 2003), and co-author of "Meeting God in Virtual Reality: using spiritual practices with media" (Abingdon 2004). He also has a regular blog: 'A View from Nowhere: Brief Reflections from a Spacious Landscape' that can be found at: [http://www.crookstontimes.com/community/blogs/a\\_view\\_from\\_nowhere](http://www.crookstontimes.com/community/blogs/a_view_from_nowhere)