

*An investment toward becoming the  
person you were created to be.*



*Micah*

*Minnesota Institute of Contemplation & Healing*

[www.micahprays.org](http://www.micahprays.org)



Are you wanting to improve the quality of your life  
*but you're not sure how?*

Do you find yourself longing for more hope, beauty, and joy  
*but don't know where to begin?*

Are you struggling to live with chronic illness in a healthy way  
*but can't see how that's possible?*

Have you discovered that your healing and wholeness requires  
more than one visit to the doctor, an appointment with your  
counselor, or a Sunday Service  
*but you don't know where to turn?*

**N**o matter who we are, what we do, or what stage of life we're in we all need opportunities to reflect upon and examine our whole life, physically, mentally and spiritually, in order to make serious lasting changes.

**A**t the Minnesota Institute of Contemplation and Healing we have developed the Health and Spirituality Program because we believe everyone has the potential of being authentically healthy and whole.

**T**his yearlong comprehensive healing program is dedicated to helping you pay attention to your complete self. You will be given specific tools, individualized direction and helpful encouragement from an experienced and diverse staff that genuinely cares about you and your quality of life.

No matter where  
you live our health and  
spirituality program will  
give you the  
personalized support  
you need on your  
journey toward  
becoming fully alive.



## *The Health and Spirituality* *Yearlong Comprehensive Healing Program*

The Health and Spirituality Program is available to you no matter where you live. Each of the following six components that makeup the program can be accessed either by coming in person or over the phone.

### *The Six Components of the Health and Spirituality Program*

#### **1. *Integrative Medicine Consultation and Evaluation***

Our Health and Spirituality Team including Debra Bell, MD, our Integrative Medicine Physician, will assess your Questionnaire and Health History Form. We will discuss with you your hopes for healing and wholeness, give experienced feed back and direction, and answer any questions or concerns you may have.

For those who are interested and choose to come to the center a complete physical exam and lab testing is available. Many insurances will pay for this however if your insurance does not cover the exam and lab testing it will be added as an out-of-pocket cost. We will be glad to discuss this option with you.

#### **2. *A Personalized Program***

Your comprehensive Health and Spirituality Program is tailor made to address your specific mental, physical, and spiritual needs. After your initial consultation our staff will help you put together a year long plan with monthly goals that reflect your specific interests. Are you hoping to focus on nutrition and fitness? Are you interested in simplifying your life? Would you like to learn to pay greater attention to your choices and activities? We'll help you develop a personalized program based on our *Life Journey Themes*. The result will be a tailor made program that pays attention to your specific physical, mental, and spiritual characteristics.

#### **3. *Monthly Reflection***

Each month we will spend time with you in conversation and reflection. In these one-hour reflection sessions we will listen to you, discern together, answer questions, give direction, and be a support and encouragement to you in your journey toward health and wholeness.

#### ***4. Discounts on Supplements***

The on site supplements consist of a variety of vitamins, herbal and nutritional products. They are only available to participants in the Health and Spirituality Program and patients of the Integrative Medicine Center and are not available for sale to the general public. The supplements carried are largely from companies that only distribute to professional offices. This provides access to certain combinations and doses that otherwise would not be available to you. As part of the Health and Spirituality Program you will receive a 30% discount on the retail price of the supplements. **Please note:** supplements are an elective service. You are not required to purchase or use any of our supplements.

#### ***5. Access to On Line Support***

##### ***Audio Sessions on Healthy Living***

You will have special access to new and archived Podcasts that cover a range of life topics including weight loss, fitness advice, money matters, stress management, and prayer practices.

##### ***Recipes***

The program includes access to nutritious and multi ethnic recipes made available regularly. These include certain recipes that will have your particular health needs in mind. There also will be access to an extensive bibliography and resources of cookbooks and books on healthy eating.

##### ***Reading List***

A list of books that we have found helpful on the journey to healing and wholeness will be made available. This quality booklist will be updated regularly.

#### ***6. Year End Evaluation and Life Plan***

At the end of your Health and Spirituality Program an exit evaluation will be given by our Health and Spirituality staff. We will also take time to discuss how you can implement a realistic life plan that will help you on your continuing journey toward health and wholeness. Finally, we can discuss with you the possibility of a six or twelve month follow up.



## *Two Additional Healing Options*



### ***Clergy Program***

*(This option is only available to ministry professionals)*

This specialized program pays attention to the particular dynamics, challenges, and stresses of being a ministry professional. The Clergy Program includes the tailor made Health and Spirituality one year program as mentioned above.

**We have also included the following additional support for clergy at no extra cost:**

- Two Spiritual Direction sessions**
- The book *Leading a Life with God* by Daniel Wolpert**
- Four private Consultations on Church Leadership issues**

Because of the added consultations and spiritual direction sessions the Clergy Program is limited to a total of five ministry professionals at a time.



### ***Add Ons***

*(You may choose one or several that suit your needs & can be incorporated with the clergy program)*

Each Add On service listed below is in addition to the basic Health and Spirituality Program and therefore each Add On is an additional cost. Add Ons are billed per session. We ask that each Add On be paid for at the time of service. Some insurance may pay for some of the Add Ons however if your insurance does not cover the service this will be an out-of-pocket cost. We can discuss this with you if you have questions. Spiritual Direction is the only Add On available over the phone. All other Add Ons require a visit to the Health and Spirituality facilities.

#### ***1. Health and Spirituality Retreat***

Flexible and tailor made Health and Spirituality Retreats are available to you. Enjoy over 200 acres filled with rolling prairie, quiet woods, and refreshing riverbanks. Take a meditative stroll along the wooded prayer path, quietly leave worries behind as you walk the labyrinth, or be led on an inner journey of discovery as you travel the pilgrimage route. A place without noise, rush and stress is a place of healing

Your length of stay will play a part in helping determine the specific characteristics of your retreat. Most retreats last anywhere from a weekend to five days, but longer retreats are available. Choose your length of stay, time of year, and arrival and departure dates that best suits your schedule. Enjoy a peaceful healing time apart.

Prices vary according to length of stay and characteristics of your tailor made retreat. Please contact us for more information about Health and Spirituality Retreats.

## ***2. Complete Physical Exam and Laboratory Testing***

This Add On is for those who wish to have a physical exam and can come to the center for a visit. Available lab tests involve basic screening tests as well as more in depth and specific specialized integrative medicine tests. This is available for men and women of all ages.

The visit and some of the lab tests may be covered depending on insurance.

## ***3. Massage Therapy***

Massage can bring about healing in a variety of areas including relieving stress, eliminating migraine or sinus headaches, managing pain, and improving circulation. Massage Therapy works best as a preventative therapy however it can improve an already deteriorating condition. Our massage therapist is specially trained in the Barnes method of Myofascial release and in neuromuscular massage.

Thirty-minute sessions are \$30

Sixty-minute sessions are \$50

## ***4. Acupuncture***

Acupuncture is a form of health care that helps the body regain balance and therefore eliminate pain and disease. Acupuncture is a safe and effective way of addressing a variety of medical problems.

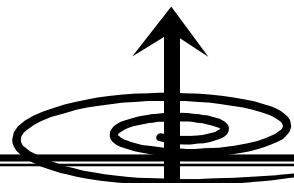
Rates and length of sessions vary according to what procedures are preformed.

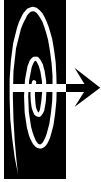
Currently this service is unavailable. We are in the process of hiring an acupuncturist and will make this service available to you once one is hired.

## ***5. Spiritual Direction***

Spiritual Direction is the art of helping others notice and attend to the presence of God in their life. Your spiritual director will help you notice how God is working, calling, prodding, and inviting you to new ways of life. Spiritual Direction is for anyone longing for a greater sense of God in their life.

Sixty-minute sessions are \$40.





## *This Program is for you if...*

A very wise question to consider is if this program is really for you or not. To help you we'd like to suggest a few things that don't matter in making this decision. Your age, sex, and occupation don't matter. Your religious background, health history, and education don't matter either. It doesn't matter if you're married, single, or divorced. It also doesn't matter whether you're mostly interested in health, spiritual matters, or relationships. The best guide to decide if this program is for you is the following:

- You want to improve the quality of your life
- You're willing to make the effort for change
- You're ready to accept direction and encouragement from our staff
- You're able to embrace the truth that healing is not a quick fix but a patient and mindful life-long journey
- You live anywhere on this planet

## *Covenant*

The success of your Health and Spirituality Program depends on your involvement. If you don't think you have time for the program or if you're not at a place in your life where you're ready to make the effort for change then we suggest joining at a later time. To gain the most benefits from this unique program we ask that you read and agree with the covenant below.

### ***What you can expect from us—***

1. Genuine interest in you and your journey toward healing
2. Willingness to spend time and effort on your program
3. Being professional and full of integrity
4. Sticking with you and encouraging you through the yearlong program
5. Honesty in your achievements and setbacks

### ***What we can expect from you—***

1. Accepting who you are and where you currently are physically, mentally, and spiritually
2. Willingness to make time and effort for this program
3. Timely scheduled appointments
4. Sticking with the program through its yearlong completion
5. Honesty in your achievements and setbacks

# Costs

## ***Health and Spirituality Program***

*The Health and Spirituality Program cost is \$500 for one year*

This includes:

1. Integrative Medicine Consultation and Evaluation (valued at: \$290)
  2. Personalized Program .....(valued at: \$ 150)
  3. Monthly Reflection Sessions.....(valued at: \$ 600)
  4. Discounts on Supplements .....(a discount of 30%)
  5. Access to On Line Support.....(valued at: \$ 100)
  6. Year End Evaluation and Life Plan.....(valued at: \$ 150)
- (Total actual value of the Health and Spirituality Program.....\$1290)

*This cost does not include:*

- Add On Services
- Phone bills
- Books and other materials purchased for the program
- Travel expenses to and from Health and Spirituality facilities
- Room and Board

## ***Clergy Program***

*The Clergy Program Cost is \$500 for one year*

This includes:

1. The basic Health and Spirituality Program listed above (valued at:\$1290)
  2. Two Spiritual Direction Sessions.....(valued at: \$ 80)
  3. The book *Leading a Life with God*.....(valued at:\$ 15)
  4. Four private Church Leadership Consultations .....(valued at: \$ 400)
- (Total actual value of the Clergy Program..... \$1785)

*This cost does not include:*

- Add On Services
- Phone bills
- Other Books and materials purchased for the program
- Travel expenses to and from Health and Spirituality facilities
- Room and Board



## ***Add Ons***

All Add Ons are in addition to the basic Health and Spirituality Program. Spiritual Direction is the only Add On available over the phone. All other Add Ons require a visit to the Health and Spirituality facilities.

### ***1. Health and Spirituality Retreat***

Prices vary according to length of stay and characteristics of your personalized retreat. You can contact us for more information about retreats.

### ***2. Physical Exam and Lab Tests***

Prices vary according to your exam, type of lab testing done, and your insurance.

### ***3. Massage Therapy***

\$30 for a thirty-minute session

\$50 for a sixty-minute session

### ***4. Acupuncture***

Rates and length of sessions vary according to what procedures are performed.

Currently this service is unavailable. We are in the process of hiring an acupuncturist and will make this service available to you once one is hired.

### ***5. Spiritual Direction***

\$40 for a sixty-minute session

***Billing and payment for health care services is complicated and can be a nightmare and we apologize for this headache. The following is our billing and payment information in as simple terms as possible. We would be glad to discuss this with you as you have questions.***

## **Billing**

### **1. Year Long Health and Spirituality Program**

- Not covered by health insurance
- May be covered by Pastor's Continuing Ed. Fund
- Supplements may be covered by flex plan
- All filing with flex plan is your responsibility  
(Necessary documentation can be provided upon request)
- Complete payment is due before program begins

### **2. Add Ons**

#### ***Health and Spirituality Retreat***

- Not covered by health insurance
- May be covered by flex plan
- May be covered by Pastor's Continuing Ed. Fund
- All filing with flex plan is your responsibility
- Complete payment is due before retreat begins

*Physical Exam and Laboratory Testing*

- May be covered by health insurance
- May be covered by flex plan

*Massage Therapy*

- Not covered by health insurance
- May be covered by flex plan
- All filing with flex plan is your responsibility
- Complete payment is due at time of service

*Acupuncture*

- May be covered by health insurance
- May be covered by flex plan
- All filing with insurance and flex plan is your responsibility

*Spiritual Direction*

- May be covered by Pastor's Continuing Ed. Fund
- Complete payment is due at time of service

## *Cancellation Policy*



*We do not offer any money back once you have registered for the program.*

The yearlong Health and Spirituality Program is a significant commitment to make involving your time, energy, and finances. If you don't think you have time for the program or if you're not at a place in your life where you're ready to make the effort for change then we suggest considering the Health and Spirituality Program at a later time.

## *How To Register*

Begin registration by reading the *covenant agreement*  
then follow directions below:

### 1. *Email / Phone Registration*

**Go to our website at [www.micahprays.org](http://www.micahprays.org)**

**Click on our Health & Spirituality Link**

### 2. *Mail In Registration*

- \* Fill out the registration form and with full payment mail to:  
Health and Spirituality Program  
First Presbyterian Church  
510 N. Broadway  
Crookston, MN 56716
  
- \* You can pay by one of the following three ways:
  - A. Fill out the credit card information on the registration form
  - B. Enclose a check payable to MICAHA with your registration form
  - C. Mail in registration form and pay over the phone with any major credit card by calling 218-281-4853 (You will be calling the MICAHA Office located at the First Presbyterian Church in Crookston. Office hours are Monday through Thursday 9:30am to 1:30pm, Central Standard Time. If you call after office hours please leave your name and number and the best time for us to return your call.)

*Once we receive your registration form and payment we will contact you,  
send you your health questionnaire, and begin your program.*

**MAIL IN REGISTRATION FORM**

\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State/Province

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Country

(\_\_\_\_\_) \_\_\_\_\_  
Primary Contact Number

(\_\_\_\_\_) \_\_\_\_\_  
Alternate Contact Number

\_\_\_\_\_  
Email Address

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date-of-Birth (mm/dd/yy)

\_\_\_\_\_  
Sex

\_\_\_\_\_  
I have read and I accept the Covenant Agreement

**Payment Method:**

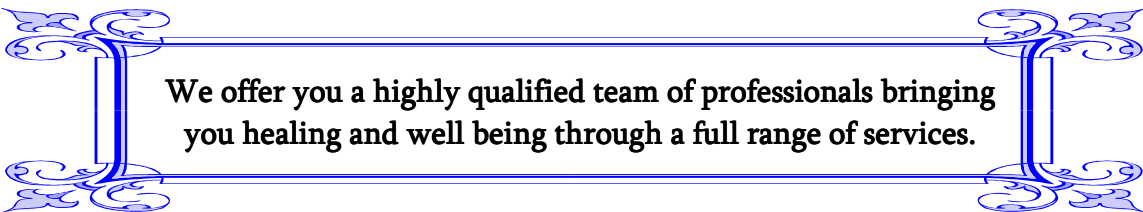
\_\_\_ Check enclosed

\_\_\_ Credit Card Type and Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

*Once we receive your registration form and payment we will contact you, send you your health questionnaire and begin your program.*

## HEALTH AND SPIRITUALITY STAFF



We offer you a highly qualified team of professionals bringing you healing and well being through a full range of services.

**Trey Everett, MA- Co-Director of Minnesota Institute of Contemplation and Healing (MICAH)**

Trey has been involved in the study and practice of spirituality for over 20 years. He has instructed and directed others in spiritual formation as a contemplative retreat leader, youth minister, senior minister, and a Bible college instructor. Trey and his wife Corene were part of an ecumenical mission community in China where they taught, served, and experienced the life of faith. They now live in Crookston with their three children Madeline, Zoe, and Jack. Trey currently serves as coordinator and prayer practice instructor for the Health and Spirituality Program.

**Debra Bell, MD- Medical Director and Cofounder of Minnesota Institute of Contemplation and Healing (MICAH)**

Dr. Debra Bell is the founder and medical director of the Riverview Family Practice and Integrative Medicine Center in Crookston, MN. Dr. Bell is a board certified family practitioner with 20 years experience in conventional medicine and complementary and alternative medicine. She is skilled in homeopathy, herbal/vitamin/nutritional therapy, diet/lifestyle changes, bio-identical hormone replacement and spiritual practices. Prior to moving to Crookston, she lived in Vermont and California where she offered home birth, family practice and integrative medicine services.

**Daniel Wolpert, MDiv – Executive Director and Cofounder of Minnesota Institute of Contemplation and Healing (MICAH)**

Daniel has been a student of the life of prayer for 30 years. He worked as a 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 2000). Over the past twenty 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, the Fund for Theological Education, and Luther Seminary. Daniel currently serves as the church pastor of the First Presbyterian Church of Crookston, MN where he lives with his wife, Dr. Debra Bell, and their two sons, Sam and Max. Dan is a co-founder of the Minnesota Institute for Contemplation and Healing (MICAH-[www.micahprays.com](http://www.micahprays.com)). 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).

***Steve Peterson, MDiv***

Steve is a Lutheran Pastor (ELCA) serving a mission development congregation in the Bemidji, Minnesota area. He has also served as director and ministry developer for the North Star Mission Cluster, an association of congregations in and North of Bemidji. He has extensive experience in outdoor ministry, including as a camp director. Steve has completed a two-year certificate program in spiritual formation for congregational leadership from the Christos Center, Lino Lakes, MN. Spirituality and health has been an interest of Steve's and a focus of continuing education, experience and study for a number of years. He has been involved in MICAH for several years.

***Susan Woodbridge, CMT- Massage Therapist for the Center***

Susan is nationally certified in therapeutic massage and bodywork. She is specially trained in the Barnes method of Myofascial release and in neuromuscular massage. Susan also has her own private massage therapy practice in Fisher, MN.



## *Frequently Asked Questions (FAQ)*

**1. *What is the Health and Spirituality Program?***

This is a yearlong comprehensive healing program dedicated to helping you pay attention to your complete self. You will be given specific tools, individualized direction, and helpful encouragement from an experienced and diverse staff that genuinely cares about you and your quality of life. The Health and Spirituality Program is an investment toward becoming the person you were created to be.

**2. *How do I know if this is for me?***

This program is for you if...

- you're wanting to improve the quality of your life
- you're willing to make the effort for change
- you're ready to accept direction and encouragement from our staff
- you're able to embrace the truth that healing is not a quick fix but a patient and mindful life-long journey
- you live anywhere on this planet

**3. *What is integrative medicine?***

Integrative medicine focuses on the patient as a whole addressing all factors that affect health (mind, body, spirit, and lifestyle). With integrative medicine patient and practitioner partner to seek health and healing making use of all appropriate therapies, both conventional and natural.

**4. *What is MICAHA?***

MICAHA stands for Minnesota Institute of Contemplation and Healing.

MICAHA creates, supports, and develops programs and environments for the practice and study of spiritual formation and leadership, healing and the arts. As a contemplative Christian undertaking, MICAHA provides a sacred space within which we seek to create a life with God.

**5. *Is the Health and Spirituality Program only for Christians?***

The program is for anyone no matter what your beliefs.

**6. *Can I make monthly payments?***

At this point we are not able to set up payment plans. Complete payment is due at time of service.

**7. *Will you be my new doctor? Does this program replace my regular doctor?***

No and no. We are not your primary care doctor or provider. We will help you organize your health care and help guide you in getting good medical care that you are comfortable with. We will make specific suggestions of natural therapies to integrate with your conventional medical care.

**8. *What if I'm only interested in the Add On services?***

All Add Ons are available whether or not you are in the yearlong program. Keep in mind that Spiritual Direction is the only Add On available over the phone.

**9. *Do you provide other retreats/programs?***

We provide a variety of prayer, youth, leadership, and service oriented retreats. Retreats typically last anywhere from one weekend to five days and can be as long as one month. All retreats are flexible, tailor made, and are available throughout the year for individuals and groups of all sizes. For more information please contact us at 218-281-4853.

**10. *Where is Crookston?***

Located in the Red River Valley in Northwestern Minnesota Crookston is five hours from Minneapolis MN, three hours from Winnipeg Canada, and thirty minutes from Grand Forks North Dakota.

***More Questions?***

*If you have any additional questions  
or concerns please feel free to  
call us at (218) 281-4853  
or visit our website:*

**WWW.MICAHPRAYS.ORG**

## Life Journey Themes

Everyone is in a different stage along the journey of life and for a healing program to be effective it should accurately reflect where you currently are in that journey. The Life Journey Themes listed below are one of the tools used to tailor make your program. Are you hoping to focus on nutrition and fitness? Do you have a sense that prayer and creativity are what you've been longing for? Creating space in your schedule and being mindful may be what you need for healing. Together you and the Health and Spirituality Staff will use the themes listed below as a guide in developing a program that's most beneficial to your spiritual, mental, and physical well-being.

### *Simplifying Life*

A slow and simple life is hard to find in our extremely materialistic, busy, and time poor culture. But a slower and simpler life is possible. *Simplifying Life* focus on the healing benefits of noticing what we are doing, what we are accumulating and what fills our minds. Some of the topics include; creating space in your schedule, care of the earth, sane holidays, money matters, and mindfulness.

### *Nutrition Awareness*

*Nutrition Awareness* is all about simply noticing what goes into your body. When we make healthy food choices we become healthier individuals. *Nutrition Awareness* covers a wide range of topics including local and organic foods, gardening, creative cooking, and weight management.

### *Your Body Will Love You*

Learning to listen to your body is what *Your Body Will Love You* is about. When we pay attention to our bodies our bodies respond in positive ways. This theme which focuses primarily on your physical health covers topics such as exercise, sleeping habits, dealing with stress, learning to rest, and gender specific issues.

### *Awareness of the Divine*

*Awareness of the Divine* covers a variety of ancient prayer practices. Prayer practices help us handle stress better, recover from life setbacks, improve creativity and focus, and give us a greater sense of value, meaning, and compassion. Prayer practices are so powerful and transforming that when we make them part of our everyday life we will actually feel better and suffer less. Some of the prayer practices covered are; Lectio Divina, the Examen prayer, the Jesus prayer, and walking prayer.

## *Creative Spirit*

Even though we may not realize it creativity flows through our veins. When we tap into our creative side we experience more joy and healing in our lives. Some of the topics covered in *Creative Spirit* are; journaling, poetry, bird watching, music, painting, and the art of play. Do what brings you joy.

## *Living in Community*

Learning to live in true community is difficult in our individualistic culture. Without realizing it our inability to be in healthy relationship with others affects our well being as well as the well being of those around us. Authentic relationships help bring about physical, mental, and spiritual healing. Some of the topics covered in *Living in Community* are; setting boundaries, making time for yourself, what a healthy community looks like, being a true neighbor, and forgiveness.

## *The Deeper Life*

The Deeper Life focuses on the spiritual dimensions of life. As we become more aware of the spiritual life we realize how it affects the health and well being of our entire life. The Deeper Life discusses such subjects as the Desert Mothers and Fathers, observations of God and the world around us, and the revolutionary sayings of Jesus.

## *Specialized Clergy Track*

Being a ministry professional has it's own set of unique dynamics. The tremendous amount of unhealthy and unhappy clergy reveals the challenges, stresses, and strains ministers face on a daily basis. The special clergy track is designed to bring encouragement, rejuvenation, and direction. Some of the topics discussed are; contemplative sermon writing, being a discerning leader, family and work, church conflict, and living out of your authentic self.

