



MIND & SPIRIT  
COUNSELING CENTER

# PrairieFire Program Details

## **Welcome to the PrairieFire Program!**

This guide is your comprehensive resource for understanding the details of our transformative two-year journey of spiritual formation and renewal. Inside, you'll find key information about the program structure, including the frequency and format of meetings, the topics and themes we'll explore together and the payment options available to make participation accessible. Whether you're curious about the time commitment, what to expect from each session or how to plan financially, this guide is designed to answer your questions and prepare you for the meaningful journey ahead. We're excited to share this path of growth and discovery with you!

 8553 Urbandale Ave, Urbandale, Iowa

 515-274-4006

 [info@mindspiritcenter.org](mailto:info@mindspiritcenter.org)



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## MEETING SCHEDULE AND CLASS SIZE

Each year we will gather with a two-day retreat in September and on the third Saturday of the month from October through June. Class size will be limited to 24 people to ensure an optimal experience.

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Sample schedule for monthly day-long gathering:

**8:00 – 8:30 a.m.**

Gathering and Refreshments

**8:30 – 9:30 a.m.**

Welcome, Opening Meditation & Community Gathering Circle

**9:30 – 12:15 p.m.**

Topical Presentations

**12:15 – 1:00 p.m.** Lunch

**1:00 – 2:00 p.m.**

Contemplative Practices

**2:15 – 3:30 p.m.**

Group Spiritual Direction

**3:30 – 4:00 p.m.** Closing





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## TOPICS COVERED:

**Include but are not limited to...**

- The Christian Wisdom Stream
- Celtic Spirituality: Listening for the Heartbeat of God
- The Human Condition: True and False Self
- Listening Skills: Deep Listening, Heart Listening, Compassionate Listening
- The Rule of Benedict
- Incarnated Spirituality
- Obstacles to Spiritual Growth
- Creativity as Spiritual Expression

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## SPIRITUAL PRACTICES:

**Include but are not limited to...**

- Centering Prayer
- Lectio Divina
- Welcoming Prayer
- Art as Prayer





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## TUITION SCHEDULE:

Application Fee: \$50 (non-refundable)

Tuition: \$2,150 annually for two years

**\$200**

Non-refundable deposit upon approval into the program

*Down Payment*

**\$875**

Tuition installment due September 1, 2025

**\$1,075**

Tuition installment due January 15, 2026

**\$1,075**

Tuition installment due September 1, 2026

**\$1,075**

Tuition installment due January 15, 2027

The cost of books, individual spiritual direction and your personal retreat will be the responsibility of each participant. Limited scholarship funds are available for those who show financial need.





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## MEET YOUR CO-DIRECTORS:

### Andrea Severson



#### Main Contact for Program

[aseverson@mindspiritcenter.org](mailto:aseverson@mindspiritcenter.org)

515-274-4006 ext. 164

Andrea is a spiritual director and Licensed Mental Health Counselor at Mind & Spirit Counseling Center, and an ordained elder in the United Methodist Church. Her degrees include a Master of Science in counseling from Drake University and a Master of Divinity from Perkins School of Theology at Southern Methodist University. She is a member of Spiritual Directors International and graduate of the PrairieFire program. Andrea is grateful for opportunities to hear the unique stories of others, to explore intersections between mind, body and spirit and to bear witness to the work of the Sacred through her work in spiritual direction and counseling. In her practice, she works with adults from a variety of backgrounds and faith traditions. Outside of work, Andrea enjoys reading historical fiction, listening to live music and camping with her family.





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## MEET YOUR CO-DIRECTORS:

### Paul Witmer



Paul is ordained in the United Church of Christ. Paul has served as a pastor for more than 30 years in rural and suburban settings, including a new church start in the 90s here in Iowa. He has extensive experience teaching

contemplative practices, leading retreats, and working with folks in twelve-step recovery.

A trained Spiritual Director, Paul also works with many in developing deep listening skills and growing on the spiritual journey, which has included many years of teaching and leading with the PrairieFire program. As an artist and musician, Paul is especially drawn to the arts as creative expression and experience of the Divine.

Paul currently serves as the lead pastor for Women at the Well, a prison congregation of the United Methodist Church at the Iowa women's prison in Mitchellville, Iowa. Paul is a graduate of Southwestern University (Georgetown, TX) and Eden Seminary (St. Louis, MO). He resides with his wife in Urbandale, and between them they have five grown children and four grandchildren.

