



ARC Retreat Community  
1680 373rd Ave NE  
Stanchfield, MN 55080

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## NEW... *Soul Days* at ARC



One day can make a big difference. This new one-day retreat offers good food, deep conversation, and spiritual practice. Retreatants at our first *Soul Days* this past summer experienced a much needed time of renewal.

More *Soul Days* are planned. Experience ARC in the midst of your busy schedule. *Soul Days* are a great way to introduce ARC to a friend. Be nourished, renewed, and refreshed in the sacred space that is created when the ARC community gathers.

**Next Soul Days:**  
Sunday March 1, 2015

To learn more:  
[www.ARCretreat.org/retreats](http://www.ARCretreat.org/retreats)  
or call 763-689-3540

Jazz as a metaphor for the spiritual life. A special Summer *Soul Day* in the City at Peace UMC in Shoreview, MN with Jumpin' Jehosafats jazz band.

## Donate to ARC...

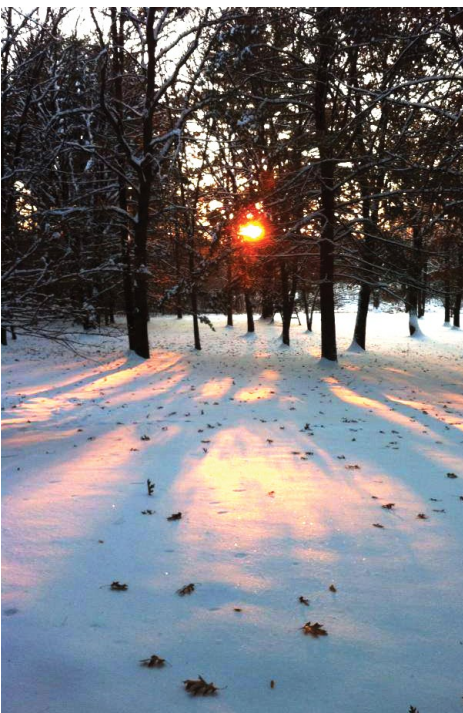
View our updated **Wish List** at [www.ARCretreat.org/wish-list](http://www.ARCretreat.org/wish-list). ARC's most immediate Wish List needs include a 4-wheel drive pick-up truck and a hand-held vacuum.

*"Thank you, thank you for providing a place of peace and calm. I came home refreshed and feeling more connected to this earth, to myself, and to my higher power... than before my retreat. You are bringers of light and healing, stewards of care. Blessings of gratitude, Melissa"*

— Retreat participant from Sioux Falls, South Dakota

ARC Retreat Community Newsletter — Fall / Winter 2014

# ARC Sponsored Retreats



## Join us

Experience a healing and contemplative environment, tasty, healthful food, and time apart for silence and thoughtful conversation.

**New Year's Retreat**  
Wednesday, December 31 – Thursday, January 1, 2015

**R & R Retreats** – an ARC signature retreat  
Tuesday - Thursday  
January 27 – 29, February 10 – 12, March 17 – 19, 2015

**Soul Day** – one-day retreat  
Sunday, March 1, 2015

**Writing Retreat - 3rd Annual**  
Sunday May 3 - Thursday May 7, 2015

### The perfect Gift!

Give an ARC gift certificate  
763-689-3540

### To support ARC:

[www.ARCretreat.org/donate](http://www.ARCretreat.org/donate)  
ARC is a 501(c)(3) non-profit

### To volunteer at ARC:

[volunteer@ARCretreat.org](mailto:volunteer@ARCretreat.org)

### Reservations & Questions:

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[www.ARCretreat.org](http://www.ARCretreat.org)  
[ARCretreat@hotmail.com](mailto:ARCretreat@hotmail.com)  
763-689-3540

For more information go to  
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or call 763-689-3540

 [facebook.com/ArcRetreat](https://facebook.com/ArcRetreat)



# Plans begin for the ARC Kitchen Remodel

*Where creativity and love are poured into every meal.*

For 37 years the kitchen has been the busiest spot on the property; preparing over 150,000 home-made, nutritious and delicious meals. It's time for a remodel!

The new kitchen will provide a functional, comfortable, and healthy working environment, will be resource efficient, and easier to clean and maintain.

The design includes a new floor, wall coverings, doors, windows, counters, cabinets, sinks, and equipment, including a commercial dishwasher.

This will be one of the largest remodeling projects since the founding days of ARC. We will need the financial help of everyone. Donations, as of October 2014, have surpassed the half-way mark toward our \$60,000 goal.

We invite you to become an **"ARC Builder"** and ensure quality facilities for this integral part of ARC's mission. To receive a pledge sheet go to [www.ARCretreat.org/NewKitchen](http://www.ARCretreat.org/NewKitchen) or contact the ARC office: 763-689-3540 or [ARCretreat@hotmail.com](mailto:ARCretreat@hotmail.com).



Resident community and volunteers in the kitchen with a pile of dishes!

## Celebrating our Volunteers

Anne Picard has been an ARC retreatant and volunteer since 1978. She is an author, artist and poet with a prophetic voice – helping people of all ages



experience the tender voice of God in the world. "ARC is a source of deep inspiration for me and a way I can share my gifts. I find great value in practicing the simple and ordinary tasks of serving guests and adding beauty to their lives."

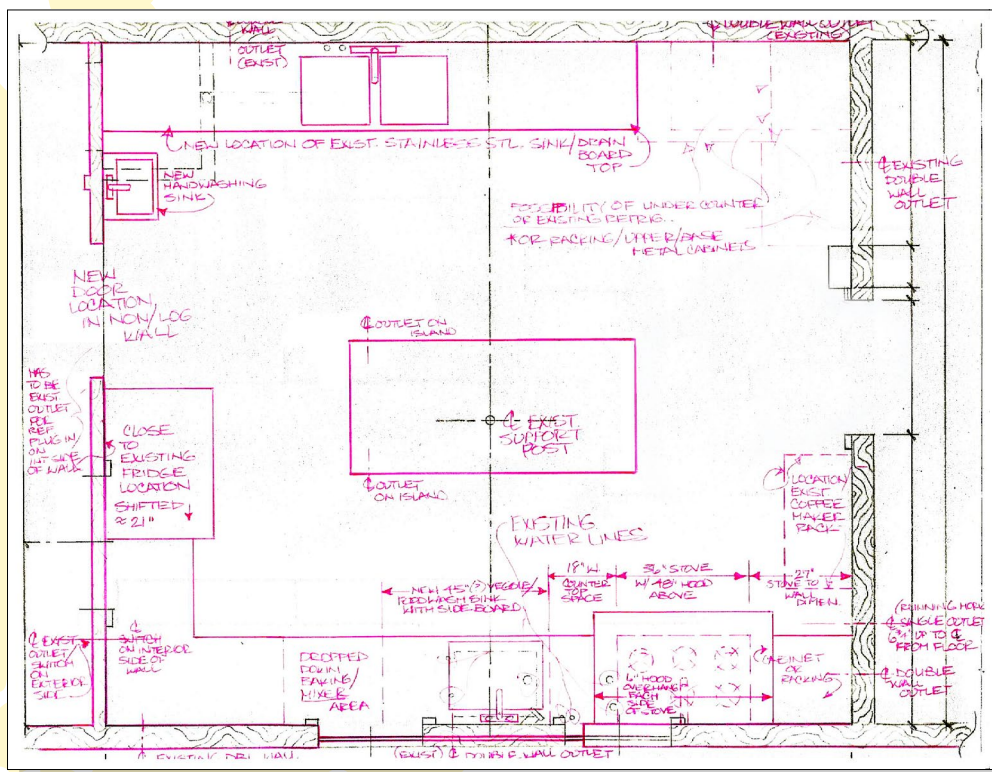
Join Anne as a part of the volunteer community by emailing us at [volunteer@ARCretreat.org](mailto:volunteer@ARCretreat.org).

## Sharing the Blessing of ARC

Do you know someone (maybe it's you!) who has a passion for service and the spiritual life? Someone who is looking for a different way to live simply, meditate daily, share common values and practice mindfulness in daily tasks? Someone who is in a transitional time in their life and enjoys daily physical work that serves a purpose? This is an opportunity to share the life-changing gift of ARC with someone in your many networks. Resident community positions are available now with service terms from a few months to a few years.



For more information email: [apply@ARCretreat.org](mailto:apply@ARCretreat.org)



First draft of plans for the ARC kitchen remodel. For a larger view & more information: [www.ARCretreat.org/NewKitchen](http://www.ARCretreat.org/NewKitchen)

