

THE ARC TIMES

THE OFFICIAL ARC RETREAT COMMUNITY NEWSLETTER



Hollow Horn Bear Community
Helps Celebrate ARC's Renewal

ARC MOVES FORWARD

ARC BOARD OF DIRECTORS

The plan for renewal includes three critical changes on how ARC achieves its mission.

1. Professional staff are paid hourly for hours worked in the areas of leadership, office operations, food service, land and facilities, and household care. All staff will not be required to live on site but may stay as it makes sense to carry out their responsibilities.
2. Operating in a strategic and sustainable manner is paramount to the future of ARC. A separate capital budget to support a Master Land and Facilities Plan is maintained and annual strategic fundraising efforts incorporated in the overall operating budget.
3. Engaging the community is core to who ARC is and intention is placed on volunteers, partnerships, and networks of support.

Partnerships Grow

It is an honor for ARC to partner with the Institute for Healing of Memories (HOM) North America. ARC Retreat Community envisions a world in which all beings co-exist in a healthy, loving relationship with themselves, each other, that which they hold as sacred, and the earth. We understand our role in carrying forth that vision is to provide radical hospitality and a retreat experience that nurtures spiritual renewal in a sacred setting. For five decades ARC has been a safe place that offers a reflective atmosphere for individuals and small groups who seek to slow down the pace of life, restore balance, and grow on their spiritual journey. The partnership with HOM has been a natural fit since 2011 - ARC provides a safe place and nutrient-rich environment for individuals while HOM offers workshops which combine the use of art and storytelling for personal healing.

BOOK REVIEWS

SUZANNE BEGIN

Wisdom is speaking and echoing throughout ARC. **My Song**, the recently published book of poetry and art from former board member and active volunteer Anne Picard, is a delight. In addition to being available in ARC's Book Nook, it is a often read during ARC's traditional noon readings. **My Song** is a must in everyone's library!

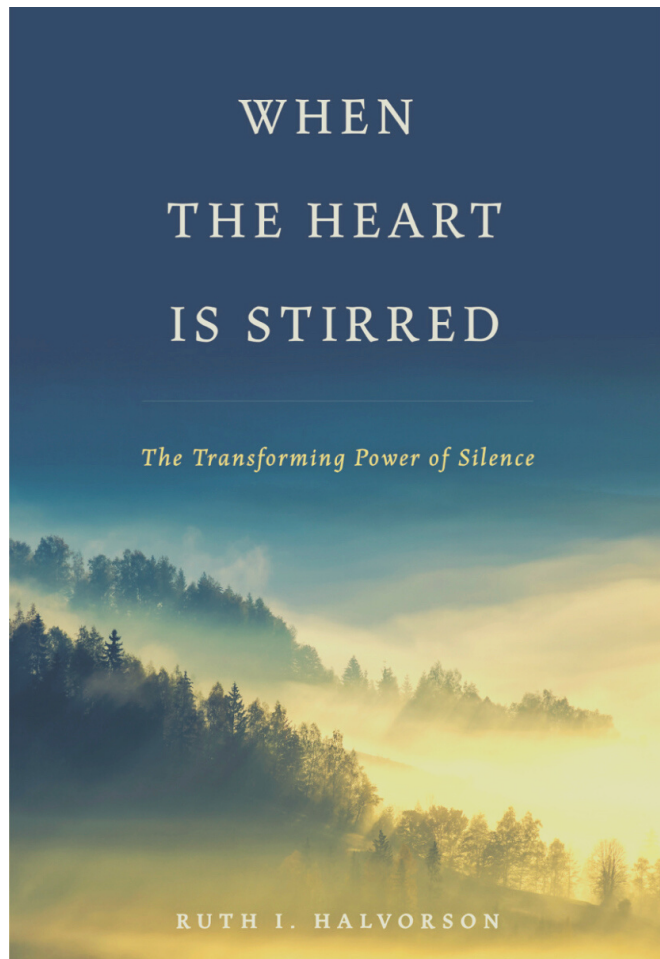
Another must is the soon to be released **When the Heart is Stirred**, by ARC's Founder, Ruth Halvorson. Ruth creates a tapestry that is sure to both ignite the enlightened spiritual artist and comfort the pragmatic seeker. It is interesting to see the Warp threads of spirituality, feminism and generosity that have consistently held the tension for the Weft of community, volunteers, and board that have created rich patterns and structure over the years.

Each day we are guided to see the Sacred in everything. Our life is a portal of abundant opportunities to see, hear, feel, love, and know the joy of the sacred.

**ANNE M. PICARD,
MY SONG**

BOOK NOOK GIVES BACK

The Book Nook at ARC, known as the place to purchase the famous ARC Cookbook, has so much more to offer. In addition to the general selection of books that nurture the soul and support spiritual growth, it also gives back to the local and internal community. With the help of Scout & Morgan Books, a locally-owned and independent book store in Cambridge, we stay up-to-date on Minnesota authors and promote titles that fit ARC's focus. Likewise, the gifts that guests enjoy taking home to share with loved ones promote local artisans as well as support marginalized artisans and farmers through SERRV, a non-profit fair-trade retailer. Stop in and shop today!





IN THE WORDS OF OUR GUESTS

COMPILED BY CYNTHIA MAULEON

Time to linger * sharing of gifts * a place of non-judgmental, non-intrusive simple care * a place where one can be held gently * never doubt that cooking beans or shoveling the walk make a difference * it means so much to be served a meal * rich and rewarding retreat experience* peaceful oasis * I am nourished body and soul * providing a home for others to find themselves * ARC houses your gentle and generous souls * your concern for our well-being was very evident * God spoke to me here...and my spiritual self-came alive * unique ministry * I feel an ecstatic blend of joy and gratitude * ARC started me on my faith journey * I arrived at ARC Friday evening with a cup that was nearly empty. I left Sunday with my cup filled to overflowing * sacred space of rest * quiet, loving hospitality * a place to make space for grief, for questions of vocation * t was truly a life-saving two days for my spirit. * You have created a wonderfully reflective and creative place for all who wander in * My special place of refuge * "I knew that when I went home nothing would have changed. The messes would still be there, but I had been strengthened, and I knew I could cope. I could be myself again. And I could look at the messes in my life with a new insight, and with a renewed ability to listen to God for direction." * it just doesn't get any better than that * All of that did not magically happen--it took work and care. That is the gift * wonderful Sabbath weekend * Your hearts radiate God's love through your selfless acts of giving and sharing * Take care of yourselves

FROM THE DESK OF THE EXECUTIVE DIRECTOR



As the newly appointed executive director of this incredible not-for-profit ministry, I stand in awe of the generosity which is ARC. From the initial sacrifice of Ruth and the Halvorson family, a countless number of individuals, groups and corporations have focused their spiritual practice of giving towards ARC. My goal is to continue to provide rich opportunities for retreat and generosity, be that through individual or group retreat, volunteer service, cash donation, estate planning or other means.

I hope to hear from you!

Suzanne

ARC CALENDAR

For more information and to register go to www.arcretreat.org or call 763.689.3540

New Year's Eve Retreat with Suzanne Begin and Judy Sausen 12/31/19-1/1/2020

Healing of Memories Retreat 1/10-12/2020

Sample Saturday Retreat with Ruth Halvorson 2/15/2020

Journaling Retreat with Suzanne Begin, Cynthia Mauleon and Guest 3/20-22/2020



One time gift ___ \$500 ___ \$250 ___ \$100 ___ \$50 \$___ Other amount

Multi-year pledge \$ ___ over ___ years invoiced:

___ Monthly ___ Quarterly ___ Annually

Name _____ Phone _____

Address _____

Email _____

Please return form with personal or cashier's check in the enclosed return envelope. For automatic recurring donations, to give a secure on line gift, or to volunteer go to www.arcretreat.org