



## THE ARC TIMES, ISSUE II

### FROM THE ARC BOARD

Thank you! Thank you for your vote of confidence to move forward in 2019. Thank you for standing beside us during COVID restrictions. Thank you for retreating, volunteering and giving to ARC. Your support has made board service enjoyable.

What Ruth calls "God Incidents" continue to be a regular occurrence on campus and within ARC's expanding reach across the globe. The Board is listening to the guidance of the Spirit reflected in our simple but powerful [three-year strategic guide](#) as we continue in service to you and others yet to experience ARC

We look forward to your presence next month at the ARC Birthday Bash.

Best  
Mike Tessneer  
Board Chair

### FROM THE DESK OF THE EXECUTIVE DIRECTOR

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"...when God calls, God also guides, empowers, and provides."  
Ruth Halvorson, *When the Heart is Stirred*

The Spirit of ARC lives on!

Our ability to continue to remain open and provide a place for individuals to step away for rest and spiritual renewal during these turbulent times is a testament to Divine guidance, empowerment and provision. (See ARC By The Numbers.)

Now that groups are able to gather again, they are finding their way to ARC. We just served three back-to-back exclusive lodge/campus groups and have many more booked through 2024! The activity is exciting and at times overwhelming to our team who still grieves the sudden death of our colleague Al Lund on May 26th. Based on the feedback from our guests however, we (with assistance from our dedicated volunteers) are still meeting and/or exceeding our goal of being the reason a guest feels welcomed, seen, heard, valued, loved, and supported.

New guests and guests that have been coming to ARC for decades are all marveling at the upgrades in the lodge that are underway, thanks to the Room Upgrade

Crew - Tim and Marilyn, Dick and Zarida, Katie and Ruthann, and Lee Anne. To date, all the rooms have new beds and linens, sinks and faucets, and this week they will receive new vanity lighting. Remaining upgrades include the bedside tables, chairs, carpet and desks. Last Fall this Room Upgrade Project began with a goal of raising \$51K to upgrade guestrooms. That goal was met with ease thanks to the generosity of individuals and families. A stretch goal of \$65K was set to include the upgrade of our volunteer rooms and there still remains opportunity for others to participate in covering the remaining \$9K. To give, please contact me at [executivedirector@arc retreat.org](mailto:executivedirector@arc retreat.org).

Soon, guests staying in the Cottage will experience yet another upgrade project, in which we hope all will participate. Please see the Cottage Upgrade article.

Guests in the Hermitage also are enjoying the updated blinds, thanks to Chris.

We look forward to seeing and thanking ALL OF YOU at the Birthday Celebration on September 11th. We are celebrating 3 years since the announcement of the Board's Commitment to renewal in September 2019, 45 years since the Lodge was erected in 1977, and 50 years since ARC was incorporated as a non-profit organization in the State of Minnesota.

Blessings

Suzanne

## MEET THE ARC TEAM

ARC Retreat Community has gathered a diverse group of wonderful human beings to serve its guests, volunteers, and humanity. If you have been at ARC recently, you have probably met many of us.

### Dr. Suzanne Begin - Executive Director

Dr. Begin has over forty years of demonstrated visionary leadership and people skills. Her experience includes working with people one-on-one in coaching and spiritual guidance; leading two public hospital foundations and one public hospital authority; serving as adjunct professor in two institutions of higher education; and volunteer service on multiple non-profit boards. Begin is also an international public speaker, trainer, and ordained minister.

### Rev. Pamela Marko - Spiritual Director

Rev. Pamela has 36 years of experience as an entrepreneur. In 2007 she completed a 3 year program and was Ordained as a Minister of Healing. She has been teaching and providing healing and reading services for 15 years. She is trained in many types of healing techniques and shares them in the classes and services she provides. In November of 2018, she became the Minister of Spirit United Interfaith Church. In January 2022 she became the Spiritual Director at ARC and uses her gifts to support all who ask.

### Joyce Simelda - Campus Director

Joyce came to ARC and Minnesota for the first time in June 2021 and was immediately captivated by the serene calm and majestic beauty. She was offered a temporary position and immediately accepted. Since then she rearranged her life to be at ARC full time. She feels blessed to be able to work with a dedicated and gifted team. Experiencing and witnessing the changes in our guests from the moment they arrive to the moment they leave is like a master class in miracles. Joyce feels honored and privileged to share her skills and knowledge of Customer Service and Hospitality in such a magical place.

### Joe Erjavec - Director of Operations

Joe has had a circuitous route to be at ARC. With a Bachelor's of Science in Chemistry, he has worked in the fields of analytical chemistry, information technology, non-profit data management, and even spent a few years teaching grade school children how to play chess. He appreciates that he is able to apply his love of data and writing in his work at ARC Retreat Community to enhance decision making and communication.

### Andrea Gerhart - Kitchen Manager

Andrea came to ARC on the very first retreat after ARC re-opened in the Fall of 2019. She was looking for employment, and ARC was looking for a kitchen manager to help rebuild the organization. Seemed like a good fit and it has been. Andrea shares her love of organization, structures, policies, and procedures; as well as feeding people - body and soul. Cooking is fun only when there are others to share in the joy of of communing around a table together.

### Cynthia Mauleón - Guest Services Manager

Cynthia has been working at ARC since September 2020, and is responsible for scheduling and supporting group retreats. Cynthia is a former ARC community member, volunteer, and longtime retreatant. ARC has been a spiritual home for her for over 20 years. Cynthia works remotely from Irene, South Dakota and St. Paul, Minnesota. Cynthia is also a Spanish interpreter, a healing touch practitioner, and a writer. You can find her writing at [www.reluctantmethodismystic.wordpress.com](http://www.reluctantmethodismystic.wordpress.com)

### Kelsey Maddox - Programs Director

Kelsey is the Programs Director at ARC. She first heard about ARC in 2009 at a retreat in the city, and ten years later returned to ARC to join the re-opening celebration. There immediately she knew she belonged and began volunteering. After volunteering in various capacities for a year, she joined the staff and it is there she discovered what her gifts are and are not. At ARC, she is able to sink into her creativity, spiritual intelligence, and curiosity of the natural world. Most of all, she is able to share that with others, meeting them where they are at on their journey!

### Brett Lund - Kitchen Assistant

Brett is the youngest of the employees at ARC. He is 16 at the time of this writing. He currently works in the kitchen and puts in some outside hours. Working at ARC is special to Brett because his brother worked here and did his dad, Alan Lund. Unfortunately his dad passed away in May 2022 which motivates him to continue working and serving people. He considers working at ARC as an honor.

### **Anthony Demmings - Kitchen Coordinator and Property Associate**

"Coach" Anthony came to ARC dragging his feet in 2021, but soon was overtaken by the beauty of nature and peace. Traveling from the Twin Cities every weekend, Anthony brings intention to the grounds and skill to the kitchen. His heartfelt commitment to service is enjoyed by our guests.

### **Patricia Turpin - Guest Concierge**

Patricia first came to Arc on a retreat with some friends. She liked ARC Retreat so much that she didn't want to go back home. She felt something special about the place and came back and volunteered for the whole month of August 2021. At that point she had a feeling to start packing and bought a one way ticket to arrive last Thanksgiving day. She has been at Arc ever since and knows this is where she's supposed to be.

### **Leann Anderson - Baker**

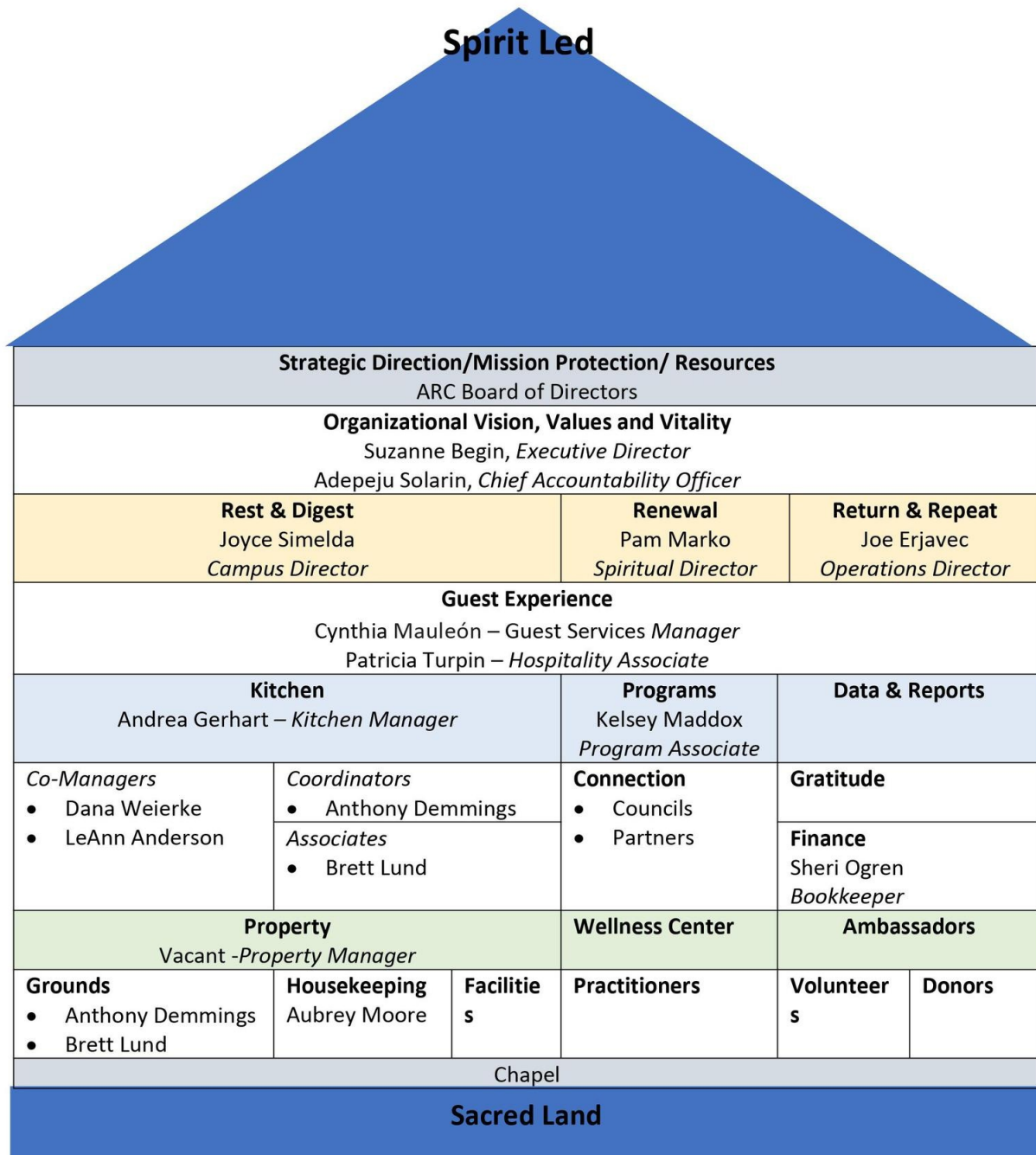
Leann has graced ARC with her master baking skills for over two decades. Guests often squeals with delight with each bite of bread they consume. Traveling from Two Harbors to serve every three weeks, Leann brings skill and life to the kitchen.

### **Dana Weierke - Kitchen Co-manager**

Dana is the newest member of the team. Her extensive background in hospitality and food service adds another layer of love and support to ARC.



## ARC Organizational Diagram



Updated 7.21.22

## ARC BY THE NUMBERS

Though not a fiscal year-end report or audited financials, this twelve month look at ARC's finances offer hope and demonstrates the important role generosity plays in keeping ARC in service to our guests. It also shows the hours behind our radical hospitality.

Bottom line, to eliminate the current debt which is \$390,000, we need to increase our unrestricted contributions by \$125,000 per year.

One way to do this is for our friends and family to join the **ARC 1000** by giving \$10, \$25, \$50, or \$100 per month.

$$\text{\$10} \times 1000 \times 12 = \text{\$120,000}$$

$$\text{\$25} \times 1000 \times 12 = \text{\$300,000}$$

$$\text{\$50} \times 1000 \times 12 = \text{\$600,000}$$

$$\text{\$100} \times 1000 \times 12 = \text{\$1,200,000}$$



## ARC Retreat Community by the Numbers (June 2021-June 2022)

**Total Income \$447,300 - Expense \$445,300 = \$2,000**



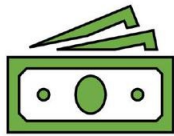
**958 Individuals Served**  
**\$217,000 Retreat Fees**

Cottage Weekday Stay with Meals	5
Cottage Weekend Stay	1
Cottage Weekend Stay with Meals	4
Day Room	7
Hermitage	138
Lodge - Double Room	114
Lodge - Single Room	489
The Cottage Stay	105
The Cottage Weekday Stay	1
The Lodge-Day Retreat	94



**555 Hospitality Service Hours/week =**  
**28,860 Hospitality Service Hours/year**

- 103 Kitchen (Meal planning, food purchase, meal prep, service and clean up)
- 40 Housekeeping (Between guests and weekly overall)
- 30 Laundry (Between guests and daily kitchen)
- 40 Guest Services (Scheduling, contracts, greeting, and onsite requests)
- 168 Campus Management (24/7 on call and problem solving)
- 40 Leadership & Resource Procurement
- 38 Administration (Data, bookkeeping and communication)
- 42 Grounds
- 14 Maintenance
- 40 Programs and Spiritual Direction



**\$108,500 Unrestricted Contributions**  
**\$121,700 Restricted Contributions**  
**\$230,200**

Administrative & Fundraising Expense	Program Expense	Capital Expense
294,700 Staff	17,300 Furnishing Repair& Maintenance	20,200 Building Maintenance
18,500 Insurance	1,800 Household items & Supplies	2,000 Equip & Repair
25,500 Office	10,400 Electricity	2,300 Grounds Maintenance
1,800 Vehicle	700 Trash	<u>16,000</u> Mortgage/Loan Interest
1,500 Fundraising	4,300 Propane	<b>\$40,500</b>
<u>2,000</u> Misc.	23,900 Meals	
<b>\$ 344,000</b>	<u>2,400</u> Wellness Program	
	<b>\$60,800</b>	

## MONTHLY VOLUNTEER UPDATE

Monthly volunteer roundup by Joe Erjavec

We thank the following volunteers who helped feed guests, do office work, and keep the ARC grounds in good condition during July.

## **New Volunteers**

Hannah M., Twin Cities, MN 2 days  
Katie, 1 day  
Tina E., Braham, MN, 1 day  
Sara W., Inver Grove Heights, 1 day  
Julie and a group of youth to mail our Save the Date cards, 1 day  
Patrick, Twin Cities, MN, 1 day

## **Returning Volunteers**

Kelly W., Twin Cities, MN 2 days  
Patricia T., Landrum, MD 27 days  
Jerry O., Cambridge, MN 5 days  
Karen S., Stanchfield, MN 17 days  
Susan L., Cambridge, MN 2 days  
Jennifer T., Cambridge, MN 4 days  
Jeanne B., Saint Cloud, MN, 4 days  
Phil L., Saint Cloud, MN, 4 days  
Shari S., St. Louis Park, MN, 6 days  
Nancy V-V, 2 days  
Tom W., Twin Cities, 2 days  
David T., Twin Cities, 1 day  
Lynn S., Twin Cities, 1 day  
Judy S., Two Harbors, MN 4 days  
Alan T., Braham, MN 5 days  
Garrett P., Twin Cities, 1 day  
Patty D., Rogers, MN, 1 day

## **Special thanks to the ARC Volunteer Board**

Tom Weaver  
Mike Tessner  
Paul Halvorson  
Carolyn O'Grady  
Julie Beck  
David Tidball  
Eric Howell

## **Looking for assistance for these dates**

August 24  
August 26-28

Sept 1-4  
Sept 10-11  
Sept 16-18  
Sept 24-25  
Sept 29-Oct 1

Oct 1-8  
Oct 12-19  
Oct 21-23  
Oct 28-30

# **VOLUNTEERS ARE MEMBERS OF THE ARC TEAM**

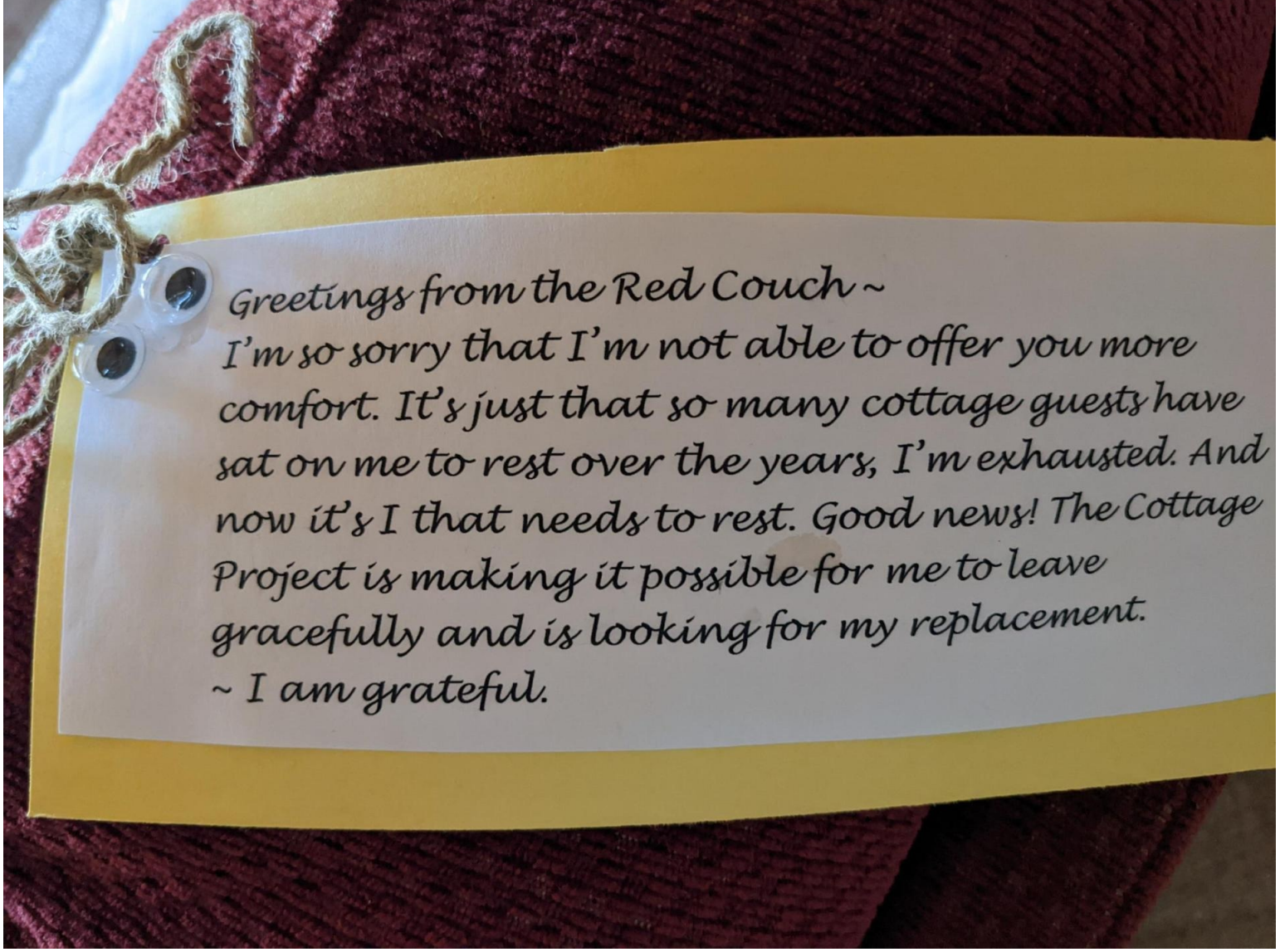
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In addition to our wonderful employees, our volunteers provide their energy and ideas to help sustain ARC. One such person is Jan Nielsen.

Jan Nielsen doesn't recall exactly when she first came to ARC. Her best guess is that it's been probably 20 years since that first visit. Whenever it was, she attributes her connection with ARC to be a calming respite that has deepened her spirituality. Jan served on ARC's Board of Directors for a number of years when the strategic planning process was given a much needed jump start. She's attended several programs offered by ARC, including a writing retreat and the New Year's Eve Celebration, and has also enjoyed her volunteer gigs in the kitchen. Her favorite visits are coming here to retreat, either as a solo or with company. She loves introducing her friends to the sacred splendor of ARC, the nurturing food served from our kitchen, and ARC's magical forest. "It's such a special place. Each time I'm here, I feel like I'm coming home. Coming home, not only to ARC, but more importantly to myself." In June, Jan approached ARC's Executive Director about an idea she was interested in spearheading a fundraising projects, as one of ARC's Ambassadors. With approval, Jan is project lead for this summer's updating of our beloved cottage. We're very grateful that the paths of Jan Nielsen and ARC crossed when they did, no matter how many years ago!

## **THE COTTAGE UPGRADE**

If the furniture could talk, or if we could hear what the furniture has been saying, this is what it might sound like...



*Greetings from the Red Couch ~  
I'm so sorry that I'm not able to offer you more  
comfort. It's just that so many cottage guests have  
sat on me to rest over the years, I'm exhausted. And  
now it's I that needs to rest. Good news! The Cottage  
Project is making it possible for me to leave  
gracefully and is looking for my replacement.  
~ I am grateful.*

This image is from the Red Couch in the Cottage.

The Square Checked Couch:

Look at me! My fabric is very faded and so worn. I've been sat on for such a long, long time by so many people, I just don't have much spring or support left in me anymore to give you. Thankfully, the Cottage Project will be finding a new "me" soon.

--

The Checkered Chair:

I wish you could relax more easily in me when you sit here to read a book or look out the window to enjoy the forest. I know I used to be more comfy. I simply can't do it anymore! I'm very excited that the Cottage Project took notice! I will be retiring very soon.

--

The Dining Chairs:

Hello! Coming to sit on us at the table? Please excuse our condition. We dining chairs are very tired and run down, as you can see. Just want to let you know, we have asked to be replaced by the Cottage Project. They told us "Yes!"

--

The Shower Curtain:

Oh Dear! I am so embarrassed! I'm too short and rather pale. I feel like I don't give you enough privacy, as a shower curtain really should! Thankfully the Cottage Project will be letting me go and putting a new curtain in my place. Thank goodness!

--

The Towels:

We towels are also embarrassed! There used to be more of us and we were in much better condition. We just don't know what happened, but we know we are in such a mess! We're so happy the Cottage Project will be cleaning up our disarray. Yay!!

--



The Bed on the main floor:

I hope you have dreams that are restful for you. As you settle down to sleep, I know you feel my exhaustion, too. I'm here to support you, but I'm feeling a bit off because the comfort I would like to offer you escapes me. I am blessed that the Cottage Project will be upgrading my bedding friends along with me very soon!

--

The Loft Bed:

I know you're looking forward to getting a good night's sleep and to waking up refreshed. I'd like to provide that and I'll do my best. To be honest, I'm feeling a bit worn out, please forgive me. But there's good news on the horizon! The Cottage Project will be upgrading all of my bedding buddies and me very soon!

--

The Dishes:

Look at us! We dishes are bright and shiny and like to hold your food as you enjoy your meal. But we just don't have enough of us to do the job adequately. So pick and choose which of us you'd like to use for now. But we're been given notice. The Cottage Project is bringing in a whole new crew of dishes. No worries, we're o.k. with that.

--

We the furniture and furnishings of the Cottage are grateful! We, and the team at ARC appreciates everyone who supports ARC, whether as a guest, a volunteer, a donor, or an employee. We are aiming to make ARC a destination for decades to come.

To add your name to the many making the upgrade possible, consider giving a gift of cash or an item from the [Cottage Gift Registry](#).

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## ARC BIRTHDAY BASH

# ARC's Birthday Bash Celebrating 45 Years



Come join the fun at ARC's birthday bash!  
ARC is celebrating 3 years renewed commitment to the mission, 45  
years serving guests and 50 years incorporated as a non-profit  
organization creating a sacred place for...

Action: Fun. Activities. Music

Reflection: Reminisce about the past and dream of the future  
Celebration: Party, Laughter, Good Food and Many Friends



**Date: September 11th**  
**2:00-4:00pm**

**Location: ARC Retreat Community**  
**1680 373rd Avenue N.E.**  
**Stanchfield MN 55080**

Please note that we regularly update [the event page](#) on the ARC website with flyers and other information.

**ARC FREE DAY**

# ARC FREE DAY



**Although we are not giving away animals!!**

**ARC has many household items, LOTS of chairs, and miscellaneous for FREE (donations accepted)**

**WHEN:  
AUGUST 19TH 1:30-5PM  
AND 20TH 11:00AM-2:30PM**

**WHERE:  
1680 373RD AVENUE N.E.  
STANCHFIELD MN 55080**

**ARC IS GOING THROUGH A BEAUTIFUL UPGRADE AND WE WOULD LIKE TO SHARE OUR GOOD FORTUNE BY GIFTING CHAIRS AND MISCELLANEOUS ITEMS! TELL YOUR FRIENDS, COLLEGE STUDENTS AND ANYONE THAT WOULD BENEFIT! BLESSINGS FROM ARC RETREAT COMMUNITY**

## **BRAHAM PIE DAY**

While bragging rights are that of participant only, members of the ARC Team all contributed to a Lemon Chocolate Delight Cream pie entry in the prestigious Braham Pie Day on August 5, 2022.



## REMEMBERING AL LUND

Al was a hospitality property assistant who kept "The Beast" - our wood-burning furnace - stoked throughout the winters so that people staying and working in the Lodge could stay warm. He always had a smile on his face and faithfully fed the "Beast" at 6:00 a.m. and 6:00 p.m.

He has shared the gift of his children Shane and Brett that work at ARC in loving memory of their father. He is missed!



**Our Contact Information**

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*

\*{{Unsubscribe}}\*