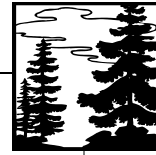




*ARC Retreats...time apart, rest and spiritual renewal*



## WEAVING A VISION FOR ARC'S NEXT 30 YEARS

by Jan Wiersma, Director

At the top of the living room stairs beneath the vaulted ceiling of the library stands a solid witness to the past: a loom. Built around 1885, the loom was probably jointly owned by an entire farming community who shared its use. It was rediscovered some years ago in the attic of Loren Halvorson's great-aunt, and brought to life again this summer (see side panel). The loom now stands ready to use, with 40 yards of cream and brown warp thread waiting for new patterns to take shape across its multiple strands.

Like the long warp threads of a loom, visible themes run through the history of ARC. Guests who return after an absence delight to see that so little has changed: their favorite napkin ring, the quilt in room 13, the earthenware crocks and the healthy, warming soups inside them, the reassuring stability of the logs within, the trees outside. The amazing generosity of our friends.

Coqui Conkey, who has volunteered regularly since 2004, commented on her last visit, "Community members come and go but community is still community." Those who live-

here might say, "Volunteers come and go, but the spirit of volunteering remains the same." And ARC has remained deeply steadfast in its mission to provide time and space apart for rest and spiritual renewal, its commitment to silence.

**ARC: A communal weaving  
for the still awakening  
world.**

Like the flying shuttle creating multi-colored fabrics from these vital, continuous warp strands, guests and community members have woven their own subtle or spectacular designs here: books have been written, friendships birthed, losses mourned, transitions weathered, lives altered for good—or better.

Slow but perceptible changes have grown customary as well: deeper environmental awareness, new emphasis on local and organically grown produce, fairly traded products: beverages for our cups and crafts for our gift shop. Meals are still created on site, every clove of garlic diced and every carrot chopped by hand, but nearly every week brings fascinating new challenges to the creativity of our cooks in preparing gluten-free, dairy-free, or vegan meals—needs that were rare or unknown 30 years ago. We have grown more sensitive to people with disabilities as well, with wheelchair access throughout the main floor, including automatic doors for a bedroom and adjacent bathroom.

Retreats in early years helped liberate women from socially defined background roles in home and church; today professional coaches offer retreats "for experienced women leaders at VP and higher levels who are ready to step more fully into their power." Early retreats offered members of various denominations the chance to share their faith; now Christians, Jews, Muslims and Buddhists may be found comparing their spiritual journeys.

What will the next 30 years bring? One thing is clear: ARC is not the exclusive property of any one interest group but a community resource to be offered liberally to a still awakening world. Like the loom in the library, it is here to be shared by the many who come bringing needs as old as humanity—the search for meaning and purpose in life, comfort in sorrow, stability through change—and as new as the cybernetic age. Whether you are reading from a paper in your hands or a computer screen on your desk, *you* are invited to help weave our next 30 years.

## THE LOOM IN THE LIBRARY

Not a lightweight, modern loom crafted to produce delicate works of art, but a sturdy antique built for weaving the clothes on people's backs and the blankets on their beds. Constructed of



**Julie Karsky demonstrates a pattern.**



**Don Karsky's confident hands  
prepare the warp threads for many  
weavers to come.**

solid wood by an itinerant wood-worker who scorned the use of nails, screws and other modern shortcuts, it can be taken to pieces, stored and reassembled with the right expertise.

That expertise was provided by Don and Julie Karsky who volunteered their time, knowledge, and materials to make the loom a work of working art. Many thanks to this gifted couple for restoring the loom to service.

## THANK YOU WOOD DONORS!

Last year we burned a record 35 cords during the '08-'09 heating season. This year, with a new fireplace insert upstairs, we hope to burn even more wood and less propane. A new insert in the downstairs fireplace is needed, and we hope to have that installed soon.

Thanks to wood donors from the recent past who have given between 1 and 20 cords of wood: Dan and Elizabeth Beskar, Richard Gardener, Rodney Hanson, Pat Heavirland, Wally and Char Hed, David and Julie Hubers, Tom and Pam Jacobson, Mark and Laurie Knutson, George and Mary Jo Lindeberg, Virgil Lindstrom, Sherry Monson, Susan Lorenz, Julie Redpath and Rebecca Hostetler, Anita Ryberg, John and Bonnie Schlagel, Tom Williams. And more who prefer to remain unnamed.

Many others have volunteered time, energy and personal equipment bringing the wood home, cutting, splitting and stacking. These include: Dave Lang, Dwight Haberman, Rod Wallin, Mike Mueller, Joe Crocker, Mike Tessneer, Lisa Negstad, Monte Hanson, David Tidball, Todd Gulliver, and other volunteers.

### ARC 2009 BOARD OF DIRECTORS

#### ANITA BESTE, CHAIR

Pastor, Prince of Peace Lutheran Church, Roseville, MN

#### MIKE TESSNEER, VICE CHAIR

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#### SHERRY GAUGLER

Accountant; Spiritual Director, THE RETREAT

#### JUSTIN PALECEK

Attorney, Thrivent Financial



New garden beds. Bob Hoxie busy planting Spring, 2009.

## VISIONING INTO THE FUTURE

by Lisa Negstad, ARC Board Member

We are going on an imaginary journey to the future. Imagine that you are able to see into the future and it is 30 years from now. The year is 2039. You are coming to visit ARC. As you arrive, you stop, look around and are amazed by what you see. You notice how ARC is vital, inspired and flourishing.

As you wander through the buildings and grounds, you can just feel in your gut that each and every individual who works, volunteers, donates to, or stays at ARC is *served by ARC*, and is an integral part of making this organization flourish. In this vision, what do you see?

What is happening?      What has changed?      Who are the key supporters?

Who is involved?      What is most exciting?

Each one of you who feels connected to the ARC has an important part in creating the vision for ARC's next 30 years.

What is a vision?

Creating a sense of purpose that binds people together and propels them to fulfill their deepest aspirations.

A vehicle for building shared meaning.

An idea so powerful it literally jump-starts the future.

Co-evolving the future.

Do you have a vision for ARC's future? If so, please share it through an email, a phone call, or write a note on your next donation. We are creating ARC's future together and all ideas are welcome.

### The ARC Labyrinth



## COMMUNITY NEWS

By Kathy Hanish-Wallin, Community Member

Since our last newsletter in May, some exciting improvement projects have been completed at ARC. The Lodge now has new second-floor balcony railings and posts, and our gardens received a major expansion. Both projects are largely the expert handiwork of community member Bob Hoxie, with the help of volunteers and donated materials.

The second floor Lodge balcony posts and railings, part of the original building, were in need of replacement and repainting. Materials from the old bridge over Little Stanchfield Brook, removed in 2008, were used and the whole project required less than \$300 in new funds. (See the photos on the back page.)

The gardens on the kitchen side of the Lodge were roughly doubled in size this spring. Three raised beds were added. These replaced the off-site gardens that were maintained in the past. The beds were lovingly double-dug by a hermit who stayed for an extended period. A generous donation of soaker hose allowed us to fully irrigate the gardens. Our guests and community enjoyed the bounty. (See the photos on page two.)



We have three new community members to introduce! **Melody Martin**, whose book is reviewed in this newsletter, joined us in June. She has crunched numbers (accountant), joined a convent, learned a lot there, left a convent, crunched more numbers, thrived in seminary (snagging a Masters in Theology) created and facilitated retreats, taught in seminary, learned Reiki, survived a confrontation with a truck and continues to dream...



**Patricia Keefe, O.S.F.** (center left), who also joined us in June, was born in the Blufflands of SE MN, fourth in a family of five. She was educated mostly by the Franciscans of the Rochester Congregation, eventually entering the community. Patricia's varied educational background started in the classics, then Theology, then the Law. She is a life-long happy collector of vegetarian recipes that are now inspiring the ARC menus.



**Nicole Lohrbeer** (lower left) is our newest community member. She is a bit of a wanderer – born in PA, she spent much of last 20 years traveling. She has landed from time to time from the deserts of AZ to the rolling hills of Southern Bohemia. Her calling to ARC began almost two years ago. Having taken a circuitous route, she didn't arrive until August 2009. In addition to planning yummy, nutritious meals for guests, Nicole spends her time changing the oil in her '79 VW bus, teaching online Women's Studies courses, applying to graduate school, and enjoying her time in community.

Thank you to our wonderful volunteers who have been so helpful the last four months! **Tom Hale** (pictured to the right) has been our "go-to IT guy." Our server and com-

puters, and our tracking/reporting capabilities are greatly improved, thanks to Tom! Todd and Tracy Gulliver, former community members, continue to volunteer on a regular basis. Thanks also to: Ruthann Ryberg, Lois Jones, Steve Strickler, Nancy Hauser, Jan Norman, Don and Julie Karsky, Jan Hunter, James Rostron, Liz Shatek, Erin Fox, Mary Beth Stevens, Jacob Wilson, Monte Hanson, Dorothy Nelson, Coqui Conkey, Ann Ruhlig, Dave Peterson, Danielle Dryke, Michael and Melly Malachi, Debra Ricci and Dwight Haberman, Christopher and Carolyn Bornhauser.

Community member **Catherine Cowley's** year-long tenure came to a close in September. Blessings, and best of luck to Catherine!



## ARC Wish List

- ☞ Heavy-duty countertop mixer (for example, KitchenAid)
- ☞ Submersion blender
- ☞ 5-gallon metal bucket with lid (for transporting hot fireplace ashes)
- ☞ Well-seasoned wood for burning (especially oak, downed tress or cut, tax credit)
- ☞ 10 C Serving Tea Pot (cool handle)
- ☞ 4, or more, matching, clear-glass butter dishes with covers
- ☞ Gently used books for the library or for sale in the BookNook
- ☞ **Volunteers** to share life in intentional community, work, values, celebrations

## BOOK REVIEW: BOOKS BY ARC FRIENDS

by Wendy Bronson, Community Member

Melody Martin, community member at ARC, has written a book of meditations on her experiences



and spiritual journey. The short pieces in *Lessons on the Journey* are designed to "spark the wisdom" within each reader. The format, with reflection questions and lined pages for journaling after each piece, encourages this process. Melody reminds us to slow down and pay attention; her book does the same, and guests at ARC have found it helpful and inspirational in their private retreats. Like Melody herself, this book is challenging, loving, and full of surprises. For more information on Melody and her book, see her website: [melodymartin.org](http://melodymartin.org)

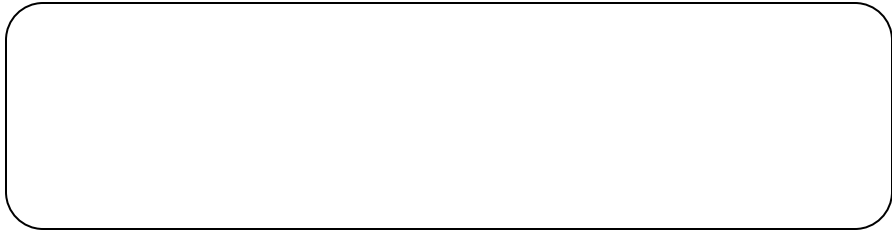
## POEM: THE RESULT OF PRAYER

By St. Francis of Assisi

The result of prayer is life.  
Prayer irrigates the  
earth and  
heart.



FROM LOVE POEMS FROM GOD, TWELVE SACRED VOICES  
FROM THE EAST AND WEST,  
TRANSLATED BY DANIEL LADINSKY



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Balcony work in process, above.  
Below, the project completed.



**ARC UPCOMING GUIDED RETREATS AND OTHER EVENTS**

PLEASE VISIT OUR WEBSITE AT [ARCETREAT.ORG](http://ARCETREAT.ORG) FOR COMPLETE DETAILS.

**November 1, 2009, 7:00-9:00 pm.** at the Carondelet Center in St. Paul, A *River Hard to See: A Celtic View of the Patterns of Life*. Enjoy an evening of reflection, meditation, music and ritual. Based on the work of Scottish theologian J. Philip Newell, we consider what it means to awaken to life's different stages, acknowledging that all life is sacred and all creation holy.

*Sponsored by Westminster Presbyterian Church, Christos Center for Spiritual Formation, Pilgrim Lutheran Church, Hennepin Avenue Methodist Church, Sacred Ground Center for Spirituality, Episcopal House of Prayer, Mayflower United Church of Christ, ARC Retreat Center, Wisdom Ways Center for Spirituality, the Wesley Center for Spirituality, Service and Social Justice.*

**December 12-14, ARC Solstice Retreat:** Coming home to ourselves and the world around us.

**December 31-January 1 - New Year's Eve Retreat:** a quiet and contemplative way to begin the New Year in the company of others.

**ABOUT RESERVATIONS**

To arrange a private or group retreat please call 763.689.3540 between the hours of 9a.m to 4 p.m.. OR, email us at [arcetreat@hotmail.com](mailto:arcetreat@hotmail.com).

**ABOUT OUR RATES**

Please see our current rates at our Website, [arcetreat.org](http://arcetreat.org).

**ABOUT ARC MAILINGS**

If you are moving, or for any reason do not wish to receive our mailings; or if you would like to receive the newsletter via email, please contact us at [arcetreat@hotmail.com](mailto:arcetreat@hotmail.com), or return the attached response form. Thank you!