

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

SCHEDULING RETREATS

To arrange a private or group retreat, call 763-689-3540.

Office hours: 9 a.m.-5 p.m.
e-mail: office@arcretreat.org
Web site: www.arcretreat.org

RATES

24-hr weekday retreat (Sun-Thurs).....\$75
Weekend retreat package (Fri eve-Sun aft).....\$170
(Includes 5 meals; for Friday dinner, add \$10)
24-hr weekend retreat.....Ind'l \$90, Group \$100/person
Day retreat (9-4).....\$25 weekdays, \$35 weekends
ARC-led retreats.....per person, add \$10/day; \$20/weekend
Hermitage (24 hrs).....\$75 weekdays, \$85 weekends
Cottage.....Rates are similar but do not include meals, which
may be purchased separately.
Spiritual companionship.....sliding scale, \$40-\$60
(Rates are slightly higher for profit-making organizations.)

Printed on 30% Recycled Paper

ARC Wish List

- ☞ Solar oven
- ☞ 5-gallon metal bucket with lid
- ☞ Professional-quality food processor
- ☞ Well-seasoned wood for burning
- ☞ Gently used books for the library or for sale in Booknook
- ☞ **Regular volunteers** wishing to experience life in intentional community, sharing work, values, and celebrations: land stewards to help preserve our priceless woods and wetlands, cooks, cleaners, gardeners, woodcutters. Volunteers get retreat time in exchange for their skills and labor!

“I used to think transition was temporary...” but change comes, and regularly, in the most stable of lives. If you have moved, or moved on, or for any reason do not wish to receive our mailings any longer; or if you wish to save money and trees by receiving the newsletter electronically, contact us via email (arcretreat@hotmail.com), or use the enclosed response form. Up-to-date information is also available on our Web site, arcretreat.org.

“If I knew the world would end tomorrow, I would plant an apple tree in my garden.”

Martin Luther, visionary, reformer (1483-1546)

Volunteer Jan Hunter tends emerging perennials in the circular memorial garden at ARC.



“If the only prayer you ever said was ‘Thank you,’ that would be enough.”

Meister Eckhardt, mystic (1260-1328)

“Deeply loved, you are with us always. In loving memory of John L. Sullivan, 1923-1991.”

IF you could stake a claim for the future, where would you place your hope? If you could pass your wisdom to the next generation, what values would you teach? What ethical legacy would you leave? Without a vision for what *may be*, what *has been* loses value.

Three decades ago, hope was that ARC would “grow like an oak,” slow and strong, and so it has. And growth continues. Thirty-two years only mark the end of infancy in the life of an oak, which may live as long as 800 years. ARC is just coming of age.

IF you gave thanks for the things that really mattered to you, what would they be? The future is always uncertain and so gratitude focuses on what is, or what has been. Like a sapling reaching for the sun but fed by the earth, hope reaches toward the future but is fed by the past.

Scientists have found that oaks grow best with a layer of oak leaf mulch around their base. Microorganisms in the fallen leaves help release nutrition for the tree slowly, as it is needed. In

Like a sapling reaching for the sun but fed by the earth, hope reaches toward the future but is fed by the past. Without a vision for what *may be*, what *has been* loses value. And tomorrow’s heart is empty if it holds no gratitude for yesterday.

A member of a group retreating here for the first time took me aside to say, “I felt as though the ARC itself became another member of our group, with its own personality and presence. Just being here deepened the experience for all of us.”

(Future, continued on top of page 2)

much the same way, those who have loved and tended ARC in the past leave a legacy that lives on in the traditions and beauties that still guide and nourish us. In these pages, we express our gratitude for the many people, past

(Gratitude, continued on bottom of page 2)

RETURN SERVICE REQUESTED

STANCHFIELD MN 55080

1680 373RD AVE NE



NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT #3
STANCHFIELD MN

Planning for the next generation in gratitude and hope

(Future, cont'd from page 1)

Many who love ARC see the next 30 years as a time of increased maturation, of quickening response to the spiritual hungers and social ills of today—and of tomorrow. For this reason the Board has launched the *ARC: Our Next 30 Years* fundraising initiative to provide the kind of financial stability needed to ensure ARC's continued existence. Phase One, begun last September, was successfully completed by last year's end. Phase Two, building regular monthly contributions and pledges, is currently underway.

Despite difficult economic times, we have experienced an amazing response. One friend of ARC accompanied her generous donation with the comment, "I know there are a lot of people who are not able to give right now—I'm giving more, because I can."

But economic security is only part of the picture. The Board of Directors invites you to join them in a vision quest this fall and winter, exploring ARC's potential by pondering two questions: "What do you value most about ARC?" and "What is one wish you have for ARC's future?"

If the world still turns in 30 years, what qualities do you hope will be preserved here? The beauty of the physical environment? The sense of the sacred that enfolds you? The acceptance of spiritual diversity? The warmth of being welcomed "home" into community? The values that are modeled by those who live here? What makes the critical difference for you?

These questions will be explored at a series of visioning summits to be held throughout the fall and winter. All those with connections to ARC are invited to participate. In addition, a series of focus groups and interviews will be held with past and potential retreatants, reflecting as much diversity as our society offers. If you would like to "plant a tree" for ARC in this way, please contact us!



What do you value most about ARC?

What is one wish you have for ARC's future?

(Gratitude, continued from page 1)

and present, who have furnished ARC with a such a rich layer of "mulch": our founders, of course, and Ruth Halvorson in particular, whose original vision remains so vital and resilient. Our current Board comprises a remarkable constellation of hard-working, generous, visionary individuals dedicated to nurturing ARC into the next generation; they stand on the foundations laid in the past.

Donors' monetary contributions make up as much as 40% of our operational costs; some of them are honored here. Not listed by name are dozens more who came bearing gifts in response to our expressed needs: books and hand-made items for the bookstore, hostas and other plants, lamps, computer equipment and expertise, woodcutting skills to cut and carry the great oaks that warm us through the winter. We are grateful, too, for the Caritas Vocal Ensemble whose exquisite concerts benefit ARC and other non-profits. And there are many more whose contributions, large and small, were noted and appreciated. Jan Hunter, pictured, on the front page, is just one of nearly a hundred volunteers who collectively donate the equivalent of two full-time staff positions each year. Our resident community, of course, makes the welcome happen. And where would we be without our guests, for whose sake it all exists? To all of the above, **thank you, thank you, thank you!**

Jan Wiersma, Director

"We couldn't do it without your help!"

And the woodshed needs all the help our friends can offer!

Thanks to the foresight and fundraising efforts of a previous community, ARC uses an efficient outdoor wood-burning furnace to keep ourselves and our guests warm from October through April. Most of the wood we burn is—you guessed it—oak! As fuel, oak burns hottest and longest. It splits easily and stacks neatly. The ash residue from the furnace de-ices drive and walkways in winter; in summer, ash mixed into garden beds provides a free, effective fertilizer for our sandy soil.

We rely on donations of oak and other wood from neighbors who let us come and cut on their woodlots. And we rely on volunteers to help us cut and haul the wood.

This summer, volunteers will be welcome almost any day of the week for a morning, afternoon, or evening of woodshed work. Just call and let us know when you're available! We'd be happy to go out with you.

Why are all these people smiling? As Bob Hoxie puts it, "I get to live here!"



In the front row: Tracy and Todd Gulliver, nearing the end of their five-month stay at ARC. Immediately behind them, from the left: Kathy Hanish-Wallin, Jan Wiersma, Sister Pat Keefe, and Catherine Cowley. In the back, Wendy Bronson, Melody Martin, and Bob Hoxie. Kathy and Wendy commute to community; Pat and Melody will begin their life at ARC in June.

Gazpacho: The Ultimate Fresh Summer Garden Soup

Now that Bob has expanded the gardens behind the house, and our organic tomatoes, cucumbers and peppers are ready to burst from their greenhouse starter trays, we're whetting our appetites for fresh summer treats. This recipe, in the *ARC Cookbook*, was adapted from *St. Martin's Table Cookbook*.

4 c. tomato juice	Juice of 1 lime
2 c. fresh diced tomatoes	Juice of 1/2 lemon
1 medium cucumber, peeled, seeded, diced	1 tsp. salt
2 scallions or green onions, minced	1/2 tsp. pepper
1/2 c. onions, finely minced	2 T. wine vinegar
1/2 to 1 green pepper, minced	1 tsp. tarragon
1/4 c. fresh parsley, minced	1 tsp. basil
4 cloves garlic, minced	1/4-1/2 tsp. ground cumin
2 1/2 T. olive oil	1/4 tsp. Tabasco

Combine all ingredients; taste to adjust seasonings. Chill until very cold. (Or chill ingredients thoroughly and then combine.) Serves 6.

Donations keep retreats affordable for all

Listed below are some of the over 400 people whose financial support made ARC's hospitality possible this year, and who gave written permission for their names to be used. We are grateful to all our donors, listed and unlisted, and apologize if your name was missed.

Mary Adair and Gerald Jorgenson
 Carol Alberts
 Elizabeth Jarrett Andrew & Emily Jarrett Hughes
 Anita & Steve Beste
 Eric Betthausen
 Clay and Bonnie Brady
 Phil Broberg
 Rev John & Jodell Bromeland
 Donna L. Carlson
 Mary Cavert
 Kathryn Christenson
 Dan & Randi Cragg
 Dwayne Daehler
 Patricia C. Dunlop
 Dale & Melinda Egeberg
 Lowell & Carol Erdahl
 Margot Ferhnenbacher
 Jim & Karen Fitzpatrick
 Caroline Foss
 Jim Germanian
 Christopher & Julie Gilbert
 Catherine Gnatek
 Hilary Greene
 Joan Haan
 Tom Hale
 Lois Hall
 Jean Halvorson
 Mary Halvorson & Dan Garnaas
 Paul Harms
 William Helwig
 Diana & Mark Henzel
 Annamary Herther
 Ginny Holm
 Nancy Kachel
 Joanne Kendall
 Jeff & Melanie Kjellberg
 Sharon Klawitter
 Mary Knatterud
 Myrna Kuehl
 Laurie Latimer
 Brianna Lloyd
 Mary Lou Logsdon

Charles & Hertha Lutz
 Katherine Austin Mahle
 Joanne Montie & Carl Besser
 Melody Moore
 Mike & Dee Mueller

Sustaining Donors:

Their regular, pledged gifts give ARC a dependable monthly income throughout the year.



Al Junior, left, was the much appreciated gift of Al Negstad: an 1951 International Harvester Farmall Series H tractor with snow bucket, Al Junior makes a world of difference in winter.

Lisa Negstad
 Joy & Randy Nelson
 Perry Nelson
 Mr. & Mrs. Gregory Nilles
 Lowell & Sonja Noteboom
 John O'Brien & Amy Sundberg
 Bettye Olson
 Justin & Meredith Palecek
 Ruth Parriott
 Robert Peltier
 Margaret Pennings & Dan Guenther
 Bobbi Peterson
 Lloyd & Audrey Ratkovich
 Bruce Robbins & Carol Braswell
 Rochester Friends Meeting
 Linda Rogian
 Jim & Sandy Rothschilder
 Marilyn Roling
 Jacqueline Rolfs
 Susan Rydell
 Philip & Paula Schlotfeldt
 Sonja Sharp
 Phyllis Sherman
 Dorothy Stockdale
 Karen Thompson
 Deborah A. Thorp
 Janet Tollund
 Carol Tomer
 Julia Van Etten
 Maureen Van Heerden
 Anastasia Vavoulis
 Susi Wagner
 David Wold
 Susan Zimmerman

Richard Andersen
 Ron and Martha Bisek
 Wint & Tammy Boyd
 Jim and Marilyn Dodge
 Doug Federhart
 Ruth & Loren Halvorson
 Wally and Char Hed
 Jan & Jim Hermanson
 Janet Hunter
 Carol L. Johnson
 Vivian & George Johnson
 Sarah & David Kise
 George & Mary Jo Lindeberg
 Susan Lorenz
 Donna & Roger McNear
 Chris & Jerry Moench
 Sherry Monson
 Mike & Michele Moore
 Denise Mumma
 Ann & Mike Tessneer
 Dave & Cindy Tidball
 Marilu Thomas
 Krista Tippet
 Casey and Teresa VanderBent
 Kate Weinbender
 Jan Wiersma
 CJ & Deloris Wiersma
 Gay Wilker
 Keith & Kay Wold
 Eleanor & John Yackel
 Dick & Zarida Young

ARC Retreats 2009

Day of Reflection—Welcoming the Beloved—Join Quaker educator and spiritual teacher Sandy Olson in befriending your soul in its movement from loneliness through solitude into celebration.
Friday, June 19, 9:30-4. Cost: \$20.

Transition, Transformation, and New Aspirations—Use life's major transitions to redefine yourself and shape a future true to your own inner voice. Facilitator Donna McNear returns this year to help open doors to new callings.
Friday evening, June 19-Sunday afternoon, June 21. Cost: \$180.

3rd Step Retreat—Made a decision to turn our will and our lives over to the care of God. Open to members of any 12-step program. Sherry Gaugler, spiritual director and meditation guide, leads this weekend spiritual journey.
Friday evening, July 24-Sunday afternoon, July 26. Cost: \$180.

4th and 5th Step Retreat—Made a searching and fearless moral inventory; admitted the exact nature of our wrongs. Members of any 12-step program are welcomed. Facilitators Sherry Gaugler and Doug Federhart review the 4th Step process and hear 5th Steps, if desired. Confidentiality is a priority.
Friday evening, July 31-Sunday afternoon, August 2. Cost: \$180.

Writers' and Artists' Residency—This summer, ARC offers writers and artists a chance to hone their craft for five days, or on an all-day Saturday workshop. Work all day and spend evenings with established Minnesota authors and artists in conversation about their work—and yours.
Monday, August 3, 9 am-Friday evening, August 7: Cost \$300.
Saturday, August 8, 9 am-5 pm—Pleine aire workshop with Gary Moss: Cost: \$50.

Educators' Retreat—Facilitator Donna McNear, an educator and life-long learner in the art of reflective teaching, brings her skills to inspire you for your return to the classroom.
Wednesday, August 12, 10 am-Friday, August 14, 10 am. Cost: \$175.

ARC Solstice Retreat—The dark is light enough.
Friday evening, December 12-Sunday afternoon, December 14. Cost: \$190.
 Add \$10 for Friday evening dinner.

New Year's Eve Retreat—See the New Year in prayerfully, with meditative worship and spiritually minded others.
Thursday afternoon, December 31-Friday noon, January 1
Cost: \$90.

WATCH THE WEB FOR MORE DETAILS: www.arcretreat.org

Registration deadline is two weeks prior to each retreat. All prices listed include ARC's healthy homemade meals and overnight accommodation in private rooms, as well as facilitators' and guest speakers' fees. Some scholarship assistance may be available based on need. Shared rooms also qualify for a discount. Register for a retreat with the enclosed response form or through our Web site.

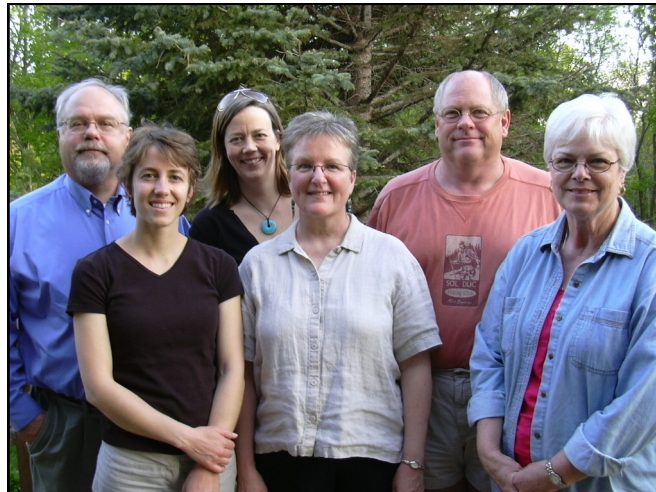


On the vision quest: the ARC Board of Directors

Anita Beste (Chair), *pastoral presence and leader of the dance*, is serving her second call as a Lutheran pastor at Prince of Peace Lutheran Church in Roseville, MN. Her first call was at Cambridge Lutheran Church through which she first experienced ARC. Anita is married and has three twenty-something daughters. She loves the arts and travel and often uses meditative movement in leading worship.

Mike Tessneer (Vice Chair), *at home in the halls of power and the paths of the woods*, has worked in the field of human services for over 25 years. Presently, he is the chief administrator of a geographically dispersed behavioral health system that provides mental health, chemical health, and supports for people with disabilities. He and his wife Ann live in Stark, Minnesota, about 10 miles east of ARC. He is a frequent volunteer, cutting and splitting wood for heating the facility.

Sonja Sharp (Secretary), *healer and advocate for women and the earth*, was introduced to ARC after a year of volunteering at Holden Village, a retreat center in Washington state. Since graduating from St. Olaf College, she has also spent a year in India studying women's health issues and taught in the Denver Public Schools. She works as a nurse, and recently completed a nurse practitioner program. She lives in Minneapolis.



Front row (l. to r.): Sonja Sharp, Anita Best, Linda Rogian;
Back row (l. to r.) Micheal Moore, Lisa Negstad, Mike Tessneer.
Not pictured: Justin Palecek, Sherry Gaugler

Linda Rogian (Treasurer), *good neighbor and astute financial counselor*, has been in the accounting field for over 35 years. She has owned and operated a bookkeeping and tax service in the Cambridge area for the last 25. Previously, she worked in accounting for the U.S. government in Indiana. She and her husband Art have 3 children, 6 grandchildren and 2 great-grandchildren. They are involved in their local church and volunteer in the community, of which ARC is one part.

Micheal Moore, *mingling Southern warmth and lawyerly insight*, is the Planned Giving Manager for the Greater Twin Cities United Way. His background includes the private practice of law (tax and real estate concentrations) as well as extensive experience in non-profit leadership including service as the president of the North Carolina Civil Liberties Union. He is a graduate of the Kelly School of Business of Indiana University and the University of Kentucky Law School. He was introduced to ARC by his wife Michele; they live in Osceola, Wisconsin.

(ARC Board, continued from p. 4)

Lisa Negstad, *vision's midwife, bringing dreams to birth*, uses her background in financial management and organizational effectiveness in serving as a consultant to non-profit organizations and churches on board, leadership and staff development in the US and internationally. She enjoys traveling to many places around the world and spends her free time doing outdoor activities such as wood-cutting (often for ARC), snowshoeing, hiking, biking, and backpacking. Currently, she is ARC's nearest neighbor!

Sherry Gaugler, *spiritual guide and contemplative extrovert*, is a trained spiritual director with career experience in accounting and management. Sherry works with family members of alcoholics and chemically addicted people, as well as meeting with groups and individuals for spiritual direction. Sherry facilitates an annual 11th Step retreat at ARC, and is facilitating 3rd Step and 4th and 5th Step retreats there this summer. She has recently taken up ballroom dancing with her beau, Ken!

Justin Palecek, *dedicated to family and society, ideals and action*, works at the headquarters of Thrivent Financial for Lutherans where he keeps current with legislation related to financial services. He previously worked at a trust company in St. Louis, Missouri and also worked as an attorney in a small law firm in Bismarck, North Dakota. He enjoys kayaking, hiking and biking in Minnesota with his wife, Meredith and two small children, Celia and Lukas. They also enjoy returning to North Dakota as often as they can to visit the family's organic farm.

Guests give us the reason

Each spring for the past several years, ARC has hosted a retreat for the residents of Lydia Apartments. Located near downtown Minneapolis, Lydia provides affordable transitional housing for people who are working their way out of homelessness.

This year, one of their group read a poem she had written describing her own life on the street. The printed word cannot match the impact of this poised and beautiful woman's voice and presence but it may explain our desire to make ARC feel like home to all.

My Pillow



The pavement is my pillow,
The environment is my home,
This is where you will find me
from dusk to dawn.

I don't want to be here, but I have no place to go
So, I'll lay right here on my pillow.
People passing by—look at me in disgust
Believe me—it's not out of lust
I feel so ashamed—how did I get caught up in
this homeless game?

Time and time again—I've shed many tears,
Wondering to myself—God, how did I make it
from there to here?

I had a good job—I owned my own home,
My house caught on fire, I lost everything I owned.

It's messed up and that's a fact
All I own are the clothes on my back.
So, therefore I am homeless, which I detest
Yes, I'm stressed and depressed
With feelings of hopelessness
I'm not asking to be treated like a celebrity,
Treat me with respect and dignity.

Anyone of us can befall this fate,
This homeless situation does not discriminate.
So as I fall off to sleep—

soooo cold are my hands and feet.

But, I have no place to go,
I'll be right here tomorrow
Lying on my pillow.

—Beverly Jimerson