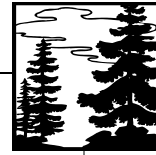




*ARC Retreats...time apart, rest and spiritual renewal*



## REMEMBERING WITH THANKSGIVING

By Ruth Halvorson

ARC has been my passion, my commitment, my joy, my ministry, and, my family would say, my sixth child. However, my experience of ARC has changed since the death of Loren earlier this year. Ever since the prompting for ARC was first given to me in 1972 in Switzerland, when I was on retreat at the Communauté de Grandchamp, a sister community of Taizé, Loren was a steadfast supporter and enthusiast for me. The prompting I received on that retreat was a calling that remained relentless and persistent, like the "hound of heaven." Loren was relentless as well; he was always at my side, supporting and encouraging me - a true partner and advocate. His dedication, selfless labor, and steadfast commitment to the purpose and ministry of ARC helped make the vision become a reality. Therefore, returning to ARC, which is always a joy and a coming home for me, is now also a stark reminder of the absence of his physical presence. These words are written in Loren's honor, in thanksgiving for his commitment to the vision, for his ceaseless labor of love, and for his faithful partnership.

I recently participated in a "Friends of ARC" retreat, in which we, the participants, shared our memories, the challenges, our thanksgivings, and our hopes for the continued ministry of ARC into the future. A memory surfaced for me that weekend from the early discernment period, when I was struggling with my response to the relentless charge I had received. I remembered the counsel of a priest with whom I spoke during one of my visits to several retreat centers seeking answers and clarity for myself. He shared with me the wisdom of Gamaliel, a highly respected early church leader, who said, "...if this idea is of human origin, it will collapse, but if it is from God, you will never be able to put it down." This helped me to move more confidently into the answer.

**...if it is from God,  
you will never be able  
to put it down.**

However, the confidence and assurance I sought came only after I took a leap of faith and said "yes"; not before. As humans, we would like assurance and certainty before we leap, before we risk. However, my experience clearly demonstrated that the leap itself provided the assurance. This was one of my greatest "learnings" in life. Loren and I launched into this large undertaking with few or no resources. Several family and friends acknowledged later that they thought we were very foolish; in fact, even crazy. We worked as though everything depended on us and prayed as though everything depended on God. In retrospect, I believe that was a good balance. As we dream and plan for the next thirty years at ARC, may Gamaliel's ageless wisdom remain an important reminder and guiding principle.

My heart is filled with gratitude for the privilege of being part of the ARC adventure. I am enormously grateful for the hundreds of volunteers who have helped to build and sustain ARC, for the dedicated ARC Board of Directors, for the many donors who nurture ARC financially, and for the many ARC communities and staff members who have served generously and selflessly over the years. Finally, I remain forever grateful for the dedicated and faithful partnership of Loren. Thanks be to God!

## JOYFUL, SIMPLE, MERCIFUL

Over thirty-four years have passed since the beautiful gift of land was received from Ken and Corrine Skogen. I am as convinced now as I



**ARC's majestic white pines.**

was those many years ago that a place like ARC is much needed in our troubled world. The words on the ARC cornerstone read "Joyful, Simple, Merciful," a summary of the Beatitudes and a gentle reminder of who we are called to be and how we are called to respond.

The peacefulness, beauty, and natural environs of ARC invite guests to slow down, lay aside the agendas and burdens they carry, let the healing silence and peace wash over them, and open their hearts to transformation. Time apart helps us gain new perspectives, as well as broaden our horizons. To paraphrase Thomas Merton, the point of a retreat is not to see a different world, but to see the world differently. - Ruth

## THANK YOU!

Thanks to those who granted wishes from our Wish List since the last newsletter:

Marilyn Froiland - Bedspreads  
Kathy Halverson - Towels  
Todd Gulliver - Kitchen Knife  
and others unnamed.

Many have volunteered time and energy to assist in daily tasks, and wood cutting, splitting and stacking.

Melly Malachi  
Dwight Haberman and Debra Ricci  
Braham Church "Mailing Ladies"

Andrea Dutt

Kate Weinbender

Kim Larson

Amy Strydom

Tina Starjash

Iver and Jeanne Iverson

Todd and Tracy Gulliver

Michelle Schutt

Bob Engstrom

Ginger Fish

and others unnamed.

Also, special thanks to weekly volunteer,  
Lois Jones!

Thank you for your generosity!

### ARC 2010 BOARD OF DIRECTORS

**MIKE TESSNEER, CHAIR**  
Chief Administrator, Behavioral  
Health Services, State of MN

**JEAN STILWELL, SECRETARY**  
Retired Teacher,  
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Attorney, Thrivent Financial



Friends of ARC Retreatants, August and September 2010.

## DONOR APPRECIATION RETREATS

By Doug Koons

Friends of ARC gathered for a special time together on the last weekend of August and the first weekend of September. These supporters (see photos) of ARC's inspiring ministry experienced peace and calm, as well as warm fellowship and conversation.

Two consistent themes arose in both groups. First, a sense of feeling welcomed home as they make their way up the tree-lined lane to the lodge. Second, a sense of entering sacred space as they walk ARC's grounds. Clearly, the message from ARC is, "Welcome Home to Sacred Space."

What a wonderful way to think of ARC at this particular time in its history. It is enjoying ongoing support from its donors. Individuals and groups continue to seek renewal within its shelter. While some residential community members moved on in the summer of 2010, new ones are already settling in. All of the new residential community first found us through the Internet! Oh, how communication is changing from ARC's opening days thirty-three years ago.

One message to these ARC friends was, "We are all community members." In that spirit, those who carry on the day-to-day life of ARC were welcomed to participate in our group conversations and worship. We were enriched by their presence, abilities and commitment to their vocations.

It was no surprise that all the friends of ARC discussed openly the need for ongoing and new support for its stable future. Many suggestions arose from this collective wisdom. Please see the ARC website for my detailed account of these suggestions.

Let us reach out to our friends, working colleagues, pastors and lay leaders at the churches we may attend. 60% of ARC's income comes from retreat fees and 40% comes from donors. We need to increase both! Please consider being an **ARC Ambassador. Tell the ARC story more often, and to more people you know!**

Having attended both weekends as one of the facilitators for these retreats, I grew ever more committed to increasing our giving to ARC. It happened as I asked this discerning question of myself: Of all the organizations we give money to, which has the smallest donor base?

That would be ARC. And yet it has one of the most powerful ministries of all! As one person suggested, "Just read the guest entries in the room journals. These are the testimonies to what ARC brings to people's lives." In the years ahead, we will increase our giving to ARC even as we may need to revise our giving to other worthwhile ministries and civic organizations.

We thank all of the many friends of ARC who give of themselves through prayer, presence, volunteering of time and abilities, telling the ARC story, and gifts of income. All are needed. All are welcome.

## COMMUNITY NEWS: WHY AM I HERE?

By Pat Keefe, Community Member

At a recent meeting, the speaker commented that communities do not start with "What should we do?", but rather, "Why am I here?" ARC has attracted an interesting group to carry out the ARC mission at the present time. The current "live in" community are: Abhi and Andrea Dutt, Patricia Keefe OSF, Michael and Melly Malachi and James Rostron.

Abhi and Andrea came to ARC in August from Orange City, Iowa where Abhi was working as a line cook and server at Blue Mountain Culinary Emporium and Andrea was a volunteer coordinator at a transitional housing facility for women and children. Recent graduates of Northwestern College in Iowa, and newly married, they dreamed of being able to serve full-time through providing hospitality for those in need of rest and renewal. They came upon ARC on the Internet and decided to pursue their dream in this place. Abhi is Kitchen Manager and Andrea is volunteering at ARC, while exploring personal interests including baking bread and trying new recipes. Both are musically gifted. Their only means of mobility is their motorcycle!

Patricia, currently Housekeeping Manager, has been at ARC since June, 2009 and is now the senior member, both in age and length of residency. Having completed her professional life, Patricia was looking for something matching her energy and values. She found ARC on the MN Council of Non Profits. ARC was not new to her because a member of her Franciscan Community in Rochester, Sr. Carlan Kramer, had worked with Loren and Ruth when ARC was founded. She had also stayed at ARC in the mid '80's while working temporarily in the Legal Services office in Cambridge.

Michael and Melly feel as though they have found in ARC the answer to their search for spiritual community. They came here from International Falls. Michael had been working as Assistant County Engineer in Koochiching County. He is Facilities Manager and brings lots of experience in community living and maintaining equipment. Melly previously worked as co-director of meditation centers in Los Angeles and Washington DC. She is volunteering at ARC and plans to offer guided mediation, Divine Yoga and Ritual Prayer to guests at ARC and in the surrounding area.

James is our new Operations Manager, handling the day-to-day administrative duties at ARC. He came here from Washington, DC, following a 23-year career teaching high school mathematics. James, while walking the labyrinth on his first visit to ARC, met a bear! A memorable experience indeed. He is looking forward to a spiritually-grounded

life in the country, while also discerning what his next career might be.

Mysteriously, we have come to be together at this time in ARC's history. We are dedicated to carrying out the mission and vision of ARC.



Current Resident Community: Abhi Dutt, Andrea Dutt, Patricia Keefe OSF, James Rostron, Melly Malachi, and Michael Malachi.

## DO YOU "LIKE" ARC?

ARC is now on Facebook, where you can experience a new kind of connection to the serenity, peace, and comfort enjoyed at ARC. Our page, which can be found under "ARC Ecumenical Retreat Center," features postings from the community, and we welcome you to add your own photos and memories, as well. Please visit us on Facebook, spread the word to your "friends," and declare that you "like" us! We look forward to staying connected in the cyber world until your next visit to the "real-world" ARC.

## ARC Wish List

- ☞ Kitchen aprons
- ☞ Vacuum - Canister-style
- ☞ Electric tea kettle
- ☞ Wood cabinet for storing art supplies
- ☞ 10-cup Serving Tea Pot (cool handle)
- ☞ Heavy-duty washing machine
- ☞ Small, electric leaf blower
- ☞ DVD player & RF modulator
- ☞ Towels Sets (Bath, Hand, Wash)
- ☞ Serviceable automobile
- ☞ Gently used books for the library or for sale in the BookNook
- ☞ Volunteers to share life in intentional community
- ☞ Well-seasoned wood for burning (especially oak, downed trees or cut, tax credit)

## 2010 GIVE TO THE MAX DAY: NOVEMBER 16

The nation's largest Giving Day is coming up November 16th. Join the wave of generosity!. Please, donate to ARC. Give to the Max Day 2009 saw more than 38,000 donors log on to GiveMN to give \$14 million. Go to [www.GiveMN.org](http://www.GiveMN.org). and our website for special ARC incentives.

## NEW LIBRARY TASK FORCE

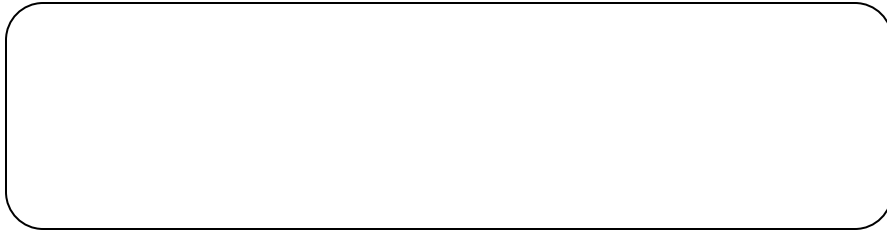
Long-time friend and volunteer Lois Jones, with new community member Melly Malachi, are leading a new task force to revitalize our wonderful library. They are looking for others to join them Tuesday mornings, 9-12, to cull books from our growing, but in some cases dated, collection; to redecorate and rearrange furniture; to move, paint, and/or build bookshelves; and to otherwise give new life to this beautiful space on the third floor. Please contact Melly at 763.689.3540 if you are interested.



## FROM CARE OF THE SOUL

By Thomas Moore

**For the soul, it is important to be  
taken out of the rush  
of practical life  
for contemplation  
of timeless  
and eternal realities.**



JOYFUL ~ SIMPLE ~ MERCIFUL

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ARC Solstice Celebration: From Darkness to Light

**ARC UPCOMING GUIDED RETREATS AND OTHER EVENTS**

Please visit our website at [ARCRETREAT.ORG](http://ARCRETREAT.ORG) for complete details.

December 10-12, ARC Solstice Retreat: Coming home to ourselves and the world around us.

The Winter Solstice is celebrated by many cultures in a variety of ways. You are invited to celebrate the transition from darkness to light. We will mark this celebration by coming into the stillness to look at and commemorate the transitions of our lives. Throughout this journey we will be using the lenses of faith, hope and love. Your higher self and God await your RSVP.

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 9 a.m. and 4 p.m. Or, email us at [arcreeat@hotmail.com](mailto:arcreeat@hotmail.com).

**ABOUT OUR RATES**

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

**ABOUT ARC MAILINGS**

If you are moving, or if 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 [arcreeat@hotmail.com](mailto:arcreeat@hotmail.com), or return the attached response form. Thank you!