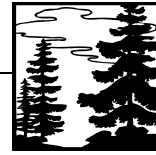




ARC Retreats...time apart, rest and spiritual renewal



## HOSPITALITY OFFERS A PLACE WHERE CHANGE CAN TAKE PLACE

by Jan Wiersma, Director

When I arrived nearly five years ago, *nest* was an image that held ARC's truth for me. A nest is a small and intimate home, a sanctuary, a place where life comes into being, where nature can take its slow and confident course shielded from danger and distraction. And so it is here. We like to quote Henry Nouwen, "Hospitality means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy. Hospitality is meant not to change people, but to offer them a space where change can take place."

That transformation does occur when people experience time and space apart is beyond doubt; or else why would so many people be drawn to retreat at all, and then drawn back year after year, as if following some deep migratory or homing impulse? People come for reasons as varied as the birds of the woods. We do not always ask, but people often volunteer: they come to rest, to write, to grieve, to find clarity in decision-making, or to ponder a major life transition. Often it is not until after the retreat is over that the transformation becomes apparent in a new assurance, acceptance, peace or path.

Something very similar occurs during prayer, as I have come to know it here. In recent years, ARC's twice-daily gathering in the chapel has gravitated toward silence, the most

inclusive of worship. Cynthia Bourgeault, who practices and teaches the form of meditation known as Centering Prayer, speaks of the value of non-verbal prayer, where thoughts and feelings are stilled. It is, she says, "not about piety, but about the rewiring of the brain.... Meditation changes how we think and perceive reality." When I sink into silence in the company of others, the quality of my prayer changes. I relinquish myself to the Spirit in a deeper way and let God re-arrange what's inside. "Relax, open, yield, soften. Let go," Bourgeault counsels. Change will occur.

**Relax**

**Open**

**Yield**

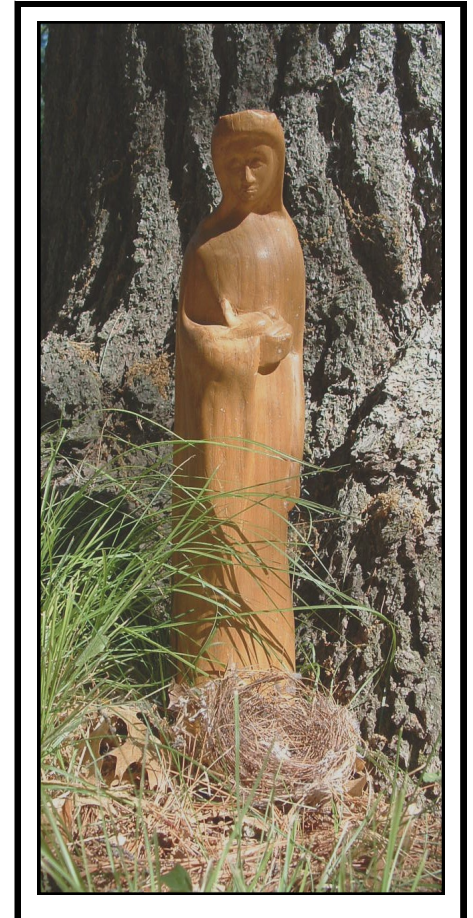
**Soften**

**Let go**

Change, says a friend, is loss. Perhaps; but it is also gain. Each ending is also a beginning. Every time I unclench the fist of my heart, God slips an unexpected gift through the cracks. Every time I quiet the inner hammering of my thoughts, love and a calmer confidence enter my soul. This is welcome change, world-bending change.

In my years at ARC, I've learned a lot about change, and a little bit about birds and their nests, too. Birds don't live in nests, really. They use them briefly, as the eggs are laid and incubated, as the young are hatched and fed, and fledge. Once the babies try their wings, they belong to the air, the trees, the grasses. Nests are necessary for warmth and protection until the time has come to leave, to move on to the next phase of growth.

And so the time has come for me to move on, as well, to leave this ARC nest of safety and security, of challenge and growth, to answer another call. Others will be departing, too: Bob, Nicole, Melody, and our faithful volunteer coordinator Heidi Wagner. I see these leave-takings as more gain than loss: How much we have all learned from our time together; how much of ourselves we will leave behind! And we open space for others to come after us, to stay for a time, to rest and risk themselves for a greater good. The mission of ARC endures. ARC will be here: a space where strangers can enter and become friends, a nest where transformation is as natural as breathing.



The carved figure of a woman gently cradling a small bird usually graces our chapel, but was found one day resting beneath a tree.



## THANKS FOR SHARING TIME & STUFF

Our gratitude to all who responded to our wish list with in-kind gifts:

Monica Manning: rocking chair, electric tea kettle, afghans, office supplies.

Shelby Andress, Connie Hillstad, Ardele Hansen, Bobbi Peterson, and others: books.

Julie Theobald: flat screen monitor.

Dick and Zarida Young - computer accessories.

Many others have volunteered their time cutting wood: Dave Tidball, Dave Lang, Jeff Tidball, Mike Tessneer, Mike Mueller, Rod Hanson; or in the house: Debra Ricci, Dwight Haberman, Becky Myrick, Laurie Bushbaum, Ginger Fish, Carolyn Gibson, Amy Strydom, Suzanne Holtz, Evenna Lindberg and her crew of bulk mailers, Kate Weinbender, Heidi , Becky Potter, Annie Schmidt, Steve Yanisch, Michelle Schutt, Bob Engstrom, Elizabeth & Claus Runge, Diana Hansen, Eric Wagner, Todd and Tracy Gulliver, James Rostron, Kim Larson, Julia Van Etten, Kathy Jacobson, Carol Johnson, Jan Uhlenkamp.

We are especially grateful to **Heidi Wagner**, who has gracefully stepped down after more than four very busy years as our *volunteer* volunteer coordinator and sometime yoga instructor. You will be hearing from ARC directly about volunteering in the future.

### ARC 2010 BOARD OF DIRECTORS

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## LETTING GO INTO COMMUNITY

A sense of community attracts guests and volunteers alike to ARC. Retreatants are not only invited into safe and comfortable space but welcomed *home*, into the shared life of the residents. This spring, as once again we anticipated changes in the make-up of our group, ARC's staff pondered questions of life together: What makes it work? What hinders it? How do we build community? What are our strengths, our challenges? What feeds us? Some responses:

**"Community happens by grace, not by effort.** In *Community and Growth*, Jean Vanier makes it clear that community happens when a group of people come together to serve a 'greater good.' They put their attention, efforts, and energies into a cause bigger than the community itself."

**"Community has some significant similarities to sleep.** Neither can happen by a force of the will. Just as you cannot make yourself go to sleep, community cannot be made to happen. You have to let go into it."

**"Sharing life is the basis of community** here at ARC. People are healthier if they have a say in how life is organized and have regular ways of bringing up issues. Each member caring about the other members of the group is essential."

***Community cannot be made to happen. You have to let go into it.***

**"Health in community starts with an honest relationship with oneself;** then reaches to honest communication and openness in *all* relationships."

**"The guests feed me** when they are so grateful and obviously appreciative of the space we create for them. The community feeds me when we work together as a team and also as we get to know and care for each other. The actual setting of ARC feeds me, when I get outside!"

**"What feeds me is the mission of ARC:** time apart, silence, renewal."

## A LONG NIGHT AND MORNING

I had agreed to share words of wisdom about why I named ARC as a beneficiary in my will. Early this morning I tried to record brilliant and witty ideas. But no luck. I was distracted. I was pacing a hospital's floor. My daughter was a patient--but it was a time of joy! At 2:46 am, Ian Lucas Bakken, my grandson, was born.

After the initial celebratory words (and the bubble gum cigars) reality set in. My daughter and her husband now have a lifetime of responsibilities with their new son. As do I.

My thoughts wandered from Ian to ARC. As part of the ARC family, I have responsibilities. One of the ways I have shouldered my responsibility is by making a bequest to ARC. Making my estate gift was easy and quick. It gave me a good feeling. I was giving back. Gifts can also be made directly from an IRA or pension.

A disclosure: I am an attorney and the Manager of Planned Giving for a large non-profit and serve on ARC's Planned Giving Committee. Can we talk about benefits of planned giving? I would be glad to confidentially discuss possibilities--at no cost or obligation. I am easy to talk with and will buy the coffee. Call me at 612.227.3238. You probably have questions and concerns; I have answers and solutions.

To make a gift in your will you don't have to be rich. No gift is too small. There is strength and goodness in doing good. We need your help. The cumulative power of the ARC family is amazing.

Blessings to you and yours!  
Mike Moore

## TRANSFORMATION THROUGH EQUINE-GUIDED COACHING

Shared times of learning or recreation build understanding of ourselves and others. After hearing several retreat groups enthusiastically debriefing their experience with horse-assisted education, we asked Lynn Baskfield and Ann Romberg of Wisdom Horse Coaching if we could try it, too. The result was a fascinating morning with some new friends in the animal kingdom. Horses, according to Baskfield, are “non-



Nicole (right) and Honey confer on matters of importance, while coach Beth Peterson observes.

judgmental, honest mirrors. Working with horses helps you become aware of confusion, anxieties and limiting beliefs... It also helps you become more aware of and attuned to your strengths.” Group exercises with the horses bolster team understanding and cooperation. Insights from the human interpreters, who bring professional coaching skills as well as years of experience with horses, cap fascination with understanding.

**FAREWELL TO GOOD FRIENDS:** Visitors to ARC will miss **Bob Hoxie**, on staff since 2006, who kept our gardens productive, our machinery humming, and our graces on key; **Nicole Lohrbeer** (2009), whose culinary adventures figure in the new cookbook, and **Melody Martin** (2009), whose skills range from bookkeeping to housekeeping and chain sawing to retreat leadership. *May the long-time sun shine upon you....*

### PEOPLE CURRENTLY SOUGHT AT ARC

**Executive Director:** Partner with the board on fundraising, development, vision

**Kitchen Manager:** Creative menu planning and food preparation

**Intern:** Live and work with resident staff for 1-3 months at a time

**Human Resources Volunteer:** Share your expertise as needed, 1-2 hours a month

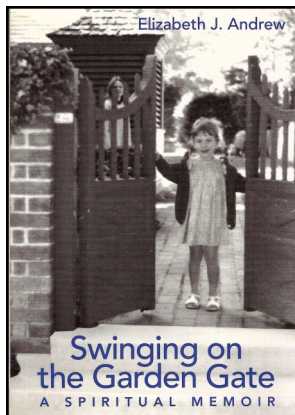
*See our Web site for specific job descriptions, or call 763-689-3540.*

### BOOK REVIEW: BOOKS BY ARC FRIENDS

*Swinging on the Garden Gate: A Spiritual Memoir* by Elizabeth Jarrett Andrew  
Andrew is the author of three books, a spiritual director, a writing instructor at The Loft, Hamline University, and United Theological Seminary—and a former community member at ARC! In this memoir, Elizabeth weaves together the stories of her life, her spiritual growth, and her emerging sense of her own bisexuality. She writes: “There was a time when I was not yet out of the closet when I’d stand for hours scanning the bookstore shelves for a book that dealt honestly with both sexuality and spirituality, that might reconcile the experience of being bisexual with the Christian faith...With complete, unrelenting desire, I ached for this book. There was no such book. The gap on the bookshelves gave me a mandate: *Walk into your longing. Write this book.*”

From her childhood to her early adult years, from her work as a teacher to her sojourn at ARC, Elizabeth describes her journey to a grounded faith in a deeply incarnational God, present in each of us. This groundedness is enhanced by the descriptions of her work in the ARC gardens and the quotations from the children’s book *The Secret Garden* that introduce each chapter. Elizabeth’s “coming out” is also an entering in, to the fruitful garden of a holistic, creative, and embodied faith.

Elizabeth will be leading a retreat at ARC the weekend of July 30-August 1: “Writing Journey, Sacred Journey: Writing as a Spiritual Practice.” For more information about Elizabeth, her other books, and the upcoming retreat, please go to her website: [spiritualmemoir.com](http://spiritualmemoir.com).



## ARC Wish List

- ☞ Sturdy washing machine
- ☞ Simple, easy to use digital camera
- ☞ Picnic baskets
- ☞ Vacuum cleaner (canister style)
- ☞ New or used cordless handsets for our Panasonic phone system (KX-TGA400B)
- ☞ Twin bed quilts or bedspreads, white twin sheet sets, towel sets (bath, hand, wash)
- ☞ 10 C Serving Tea Pot (cool handle)
- ☞ Well-seasoned wood for burning (especially oak, downed or cut trees; tax credit given)
- ☞ Volunteers to share the ministry of hospitality: work, values, ideas, celebrations. Call ARC directly.

*Do you think of ARC as a spiritual home? Consider joining our Vision Summit retreat this July 16-17 to help anticipate ARC’s unfolding over the next 30 years. Call or email for more information. 763-689-3540, or [arcetreat@hotmail.com](mailto:arcetreat@hotmail.com).*

### ANNOUNCING: A NEW ARC COOKBOOK 4th Edition of a best-seller

Thanks to the creative energies of recent kitchen managers and inspired by the diverse and changing needs of guests, a new cookbook is underway, to be made available in the fall. The revision will offer improved versions of favorites from each of the previous three cookbooks as well as a host of new recipes for special diets: vegan, gluten-free, and dairy-free. Take advantage of a lower introductory rate if you order and pay in advance. See our response sheet for details.

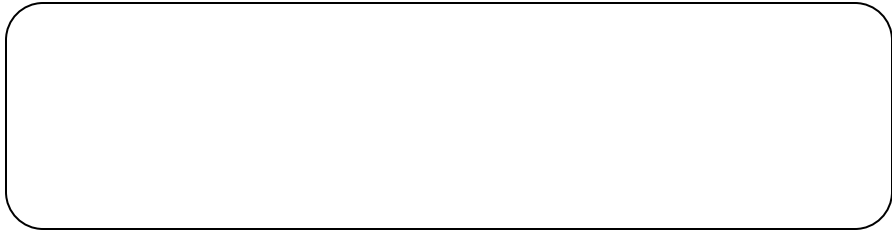
### FROM THE POEM:

#### YOU READING THIS, BE READY

By William Stafford

Will you ever bring a better gift  
for the world than the  
breathing respect that you  
carry wherever you go  
right now?

FROM *TEACHING WITH FIRE*, EDITED BY  
SAM INTRATOR AND MEGAN SCRIBNER



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## ARC UPCOMING GUIDED RETREATS

PLEASE VISIT OUR WEB SITE AT [ARCRETREAT.ORG](http://ARCRETREAT.ORG) FOR COMPLETE DETAILS

**3 Rs Retreat—Rest, Revive, Re-Create:** Not just for educators! Take time at mid-summer to restore body and soul through nature, music, art, guided meditation, and body work. Choose 2-night, 3-day or 5-night, 6-day option.  
**Sunday, June 20-Friday, June 25. \$250 or \$500.**

**3rd Step Retreat—**For members of any 12-step program interested in an in-depth experience focused on the 3rd Step: “Made a decision to turn our will and our lives over to the care of God.”  
**Friday, July 23-Sunday, July 25. \$200.** Some scholarship assistance available.

**Writing Journey, Sacred Journey: Writing as a Spiritual Practice.** Explore how writing well can become a spiritual commitment and an invitation to spiritual growth. For writers of any level of experience. Facilitated by memoirist and writing teacher Elizabeth Jarrett Andrew (See book review, p. 3.)  
**Friday, July 30-Sunday, August 1. \$380.**

**4th & 5th Step Retreat—**“Made a fearless and searching moral inventory; admitted the exact nature of our wrongs.” Members of any 12-step program are welcome. Experienced facilitators will be available for guidance and 5th steps.  
**Friday, August 20-Sunday, August 22. \$200.** Some scholarship assistance available.

## ABOUT ARC MAILINGS

If you no longer wish to receive our mailings, or if you would like to receive the newsletter via email, please email us or return the enclosed response form. Thank you!

## ABOUT RESERVATIONS

To arrange a private or group retreat please call **763.689.3540** between the hours of 9 am and 4 pm OR email us at [arcretreat@hotmail.com](mailto:arcretreat@hotmail.com).

## ABOUT OUR RATES

See our current rates and check for summer specials at our Web site, [arcretreat.org](http://arcretreat.org).