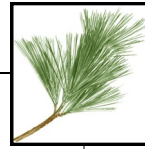




ARC Retreats... time apart, rest, and spiritual renewal



## JOIN US! ARC'S FIRST ANNUAL CULINARY INSTITUTE

Thursday - Sunday July 14 - 17

It's about food that is simple, beautiful, delicious, and wholesome; and it's about cooking that is heartfelt and inspiring! This guided retreat, facilitated by ARC's Kitchen Manager, Abhi Dutt, is an exploration of a new way of experiencing food. Together, guests and ARC community members will have fun cooking the great and healthful food from the ARC



"Bread Retreat" participants busy in the kitchen.



Andrea Dutt and Wendy Bronson joyfully working in the garden.

"You have no idea what it means to be cared for in this way.

Thank you."

GUEST - Spring 2011

kitchen enjoyed by so many retreatants over the years. Discover how cooking with intention can be an invitation to spiritual growth and hospitality. Participate in sessions such as: CURRY BASICS, STIR-FRY SECRETS, RECIPE LIBERATION, BOUNTIFUL BREADS, and more.

In today's world, eating habits and much of the food industry are destroying our health and the health of the environment. Michael Pollan (author of *The Omnivore's Dilemma*) states, "Much of what we are eating isn't really food, and how we are eating it - in the car, in front of the TV - isn't really eating." ARC is making a positive difference by advocating a practice of mindful cooking and eating, which restores our relationship with food and brings joy and wellbeing into life. ARC aspires to eating local, whole, slow and low on the food chain.

The ARC Culinary Institute will be a time of making friends, cooking and eating good food, and giving thanks for the great gift of abundance. You will go home with a deeper love of cooking, new skills, and a contented heart. For more information call 763-689-3540 or go to [ArcRetreat.org](http://ArcRetreat.org).

### ARC RESIDENT COMMUNITY — MAKING A DIFFERENCE FOR THE EARTH, FOR OTHERS, AND FOR ONESELF

Life in community at ARC is quite different than in mainstream culture. However, this radically different lifestyle of community living comes with tremendous blessings. Living simply and sharing living space reduces the impact on the earth. Providing welcome and nurture to guests supports others in their quest for spiritual and personal growth. For the individual community member, the commitment of regular prayer, meals together, and service brings a renewed awareness in God that can be life changing.

We offer gratitude for the resident community at ARC, which is its lifeblood. Community positions are for limited terms, with openings available on a regular basis. We now have the occasion to say thank you and God's blessings to James Rosstron, Operations Manager, and Terry Peterson, Intern, as they journey onward.

#### COMMUNITY MEMBER POSITIONS OPENING SOON

*Operations Manager* - (longer-term commitment) - September 2011.

*Intern* - (one to three months) - October 2011.

*Short-Term Volunteers* - (day, weekend, week) - Ongoing

See our website, [ArcRetreat.org](http://ArcRetreat.org) for more information.

## THANK YOU!

Many volunteers have given time and energy since our last newsletter. These include:

Roxanne Rawson  
Dwight Haberman  
Debra Ricci  
Todd and Tracy Gulliver  
Elizabeth Keller  
Evenna Lindberg and "Friends"  
Kim Larson  
Lois Jones  
Wendy Bronson  
...and others unnamed.

Thank you so much to In-kind donors:

Laura Hollister - sheets  
Ron Dexter - icon  
Dick & Zarida Young - towels, pillow-cases, wood slabs  
Sue McGuire - electric tea kettle  
Kathy & Rod Wallin - DVD player  
Annie Schmidt - towels  
Del Schnaidt - space heater  
Bobbie Peterson - 2 space heaters, coffee grinder  
...and others who prefer to remain anonymous.

### ARC 2011 BOARD OF DIRECTORS

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

**JEAN STILWELL, SECRETARY**  
Retired Teacher,  
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**SHERRY GAUGLER**  
Family & Spiritual Recovery Coordinator, THE RETREAT, Wayzata

**JUSTIN PALECEK**  
Attorney, Thrivent Financial



### The Finest Neighbors: Li'L Farm

Above is the ARC resident community during a recent visit to Li'L Farm. ARC has been friends with Li'L Farm and Sisters Margaret and Francette for many years. A ministry of the School Sisters of Notre Dame, Li'L Farm provides love and care through their Crises Foster Care ministry.

## DISCOVERING THE ABUNDANCE OF LIFE

By Steve Lee, Executive Director

Matthew (not his real name) came to ARC this spring to spend a few days in the hermitage. It was his first time here; he looked burdened, yet anxious and excited to begin his retreat. In the dusk we walked to the hermitage... quiet and with anticipation. Once there, he only nodded and thanked me before opening the door to begin his solitude.

This was the start of a new beginning for Matthew.

He joined us for lunch on the last day of his retreat and shared his story. It was the story of an oppressive life where ego, stuff, and schedules took control. While his life was full, he felt empty. On the outside he looked successful, while on the inside he felt like a failure.

It was in his time in retreat that he discovered he needed to empty himself in order to be filled. In the very stark simplicity of the Hermitage, Matthew experienced the abundance of life. He acknowledged a long road ahead, yet was inspired by this new awareness of the spiritual life.

Postscript:

You may be wondering how Matthew found ARC. He told us his soul-searching led him to a "self help" book which suggested retreating as an important component to spiritual growth. Then, thanks to the Internet, he found ARC. Not everyone who needs to retreat will find their own way as Matthew did. Join me in reaching out and sharing the story of ARC with friends and family. The story of ARC is the story of *Discovering the Abundance of Life!*



Spring garden goodies!  
Housekeeping Manager,  
Pat Keefe, OSF

## THE ARC COMMUNITY WELCOMES SR. JOAN TUBERTY

Sister Joan Tuberty is pictured below holding an Icon that she created, “Jesus in Gethsemane.” Sr. Joan was involved in the very beginnings of the ARC Retreat Community and has remained a great inspiration to ARC through the years. She is on the staff of St. Olaf Catholic Church, is a spiritual counselor, and coordinates regular support groups and teaching in Centering Prayer and meditation. During a wonderful afternoon of sharing stories, Sr. Joan instructed the community in the practice of Centering Prayer. “Silence is the language of the spirit. Centering prayer is a way of coming to our own center and finding the deep stillness that is there within us. The Spirit dwells within our hearts and silence enables us to listen to the gentle movement and inspiration of the Spirit.”



ARC now provides all retreatants with an educational pamphlet written by Thomas Keating that describes this practice and that will be a helpful guide for our guests who are interested.

“Be still and know that I am God.” - Psalm 45. Twice a day the ARC community invites everyone to be together in silent prayer.

## ARC YOGA RETREATS BY MARYANN PARKER — GOING STRONG FOR 17 YEARS

Maryann’s retreats are a fusion of her dynamic teaching along with the spirituality of the ARC space, making for a profound, valuable, and restorative experience. Sessions include instruction in physical poses (asana), breathing practices (pranayama), and silent restorative yoga. She leads participants into a place of stillness and silence, allowing the



spirit to rise to the surface. Of the many retreat centers at which Maryann has taught around the world, she says that ARC is one of her very favorites because of its warm, peaceful, spirit-filled and hospitable setting.

Maryann studied yoga philosophy while working on her Masters Degree in Western philosophy 45 years ago.

She has studied yoga all over the world, including a month in India with B.K.S Iyengar, and has been teaching yoga in the Twin Cities area for 35 years. Call the ARC office if you are interested in learning more about Maryann Parker’s ARC Yoga Retreats.

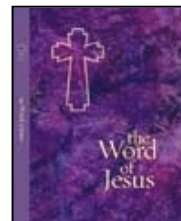
## ARC WISH LIST

- ☞ Small ink-jet printer
- ☞ Projector screen w/stand
- ☞ Small, electric space heaters
- ☞ Small, electric leaf blower
- ☞ Heavy-duty front loading washing machine
- ☞ Serviceable automobile/pickup
- ☞ “Sing Out” books
- ☞ 10 C Serving Tea Pot (cool handle)
- ☞ Well-seasoned wood for burning (especially oak, tax credit)
- ☞ Gently used books for the library or for sale in the BookNook
- ☞ Volunteers to share life in intentional community

## BOOK REVIEW: BOOKS BY ARC FRIENDS

Few spiritual leaders in the East or West have had long-term influence on the lives of countless millions.

Jesus is one whose life and death powerfully influenced the course of human history.



*The Word of Jesus* invites reflection, meditation, prayer and timeless inspiration for meaningful living. Its visual artistry rests beautifully between the verses.

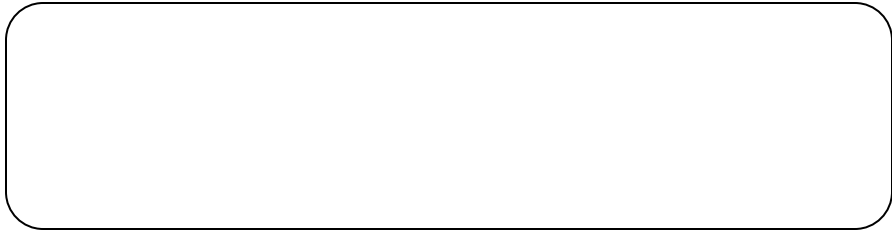
Bishop Gideon Devanesan and Douglas Koons have collaborated to give us this very special devotional book. Bishop Gideon was head of the Arcot Lutheran Church in India until a stroke challenged his work. Doug Koons, a friend of ARC and a missionary sent by Lutheran Partners for Global Ministry to Tamil Nadu, worked with Gideon during his recovery.

Available in ARC’s BookNook or by visiting [ArcRetreat.org](http://ArcRetreat.org) and clicking on “Store.”

“Hospitality is  
one form  
of worship.”

From the Talmud


UV



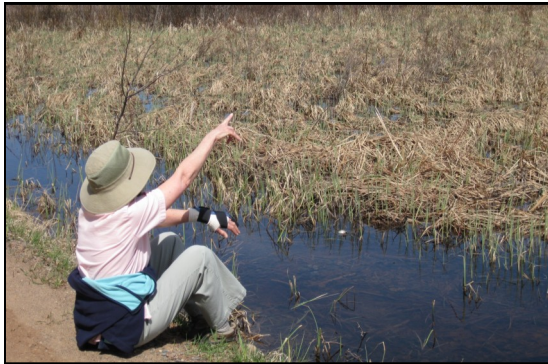
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Planting day in the garden!  
Facilities Manager Michael Malachi



Spring wildlife watching!  
Intern Terry Peterson

## EXPERIENCE ARC!

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

**ARC CULINARY INSTITUTE** - New! Don't miss being a part of the inaugural event. See the front page for a full description. Thursday to Sunday, July 14 - 17, 2011.

**ARC HOUSE CONCERT** - Make a Joyful Noise - - Enjoy great fellowship, live music and wonderful food in the peaceful and comfortable ARC living room. Coming soon. Watch our website for dates.

**R&R RETREATS** (Rest and Renewal) - Experience all the best that ARC has to offer. Join the community in silent prayer, bread baking, labyrinth walks, discussions, and star gazing. Three sessions available: Tuesday to Thursday, September 20-22, October 18-20, and November 1-3, 2011.

**PRIVATE RETREATS** -Take time to cultivate inner peace. Come as an individual or bring a friend or loved one. Select your own date, plan your own experience, and choose from the Lodge, Cottage, or Hermitage.

### RESERVATIONS

To arrange a private or group retreat please call 763.689.3540 between the hours of 9 a.m. to 3 p.m. Monday through Friday. Or email us at [arc-treat@hotmail.com](mailto:arc-treat@hotmail.com).

### RATES AND DIRECTIONS

Please see our current rates and directions to ARC at our website, [arc-treat.org](http://arc-treat.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 [arc-treat@hotmail.com](mailto:arc-treat@hotmail.com), or return the attached response form. Thank you!