



ARC Retreat Community
1680 373rd Ave NE
Stanchfield, MN 55080

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Healing of Memories Retreats

Donate to ARC...

View our updated **Wish List** at www.ARCretreat.org/wish-list



Ruth Halvorson, ARC founder, with Father Michael Lapsley, director of the Institute for the Healing of Memories.

Healing of Memories workshops, held at ARC and other locations around the world, respond to the emotional, psychological and spiritual wounds caused by war, human rights abuses and other traumatic events.

This weekend retreat is led by trained facilitators using art and storytelling to help attendees gain insight and empathy for themselves and others, and can be one step on their healing journey.

The next retreat at ARC will be for veterans and will be held on November 18- 20, 2016.

More information: www.ARCretreat.org/healing-of-memories



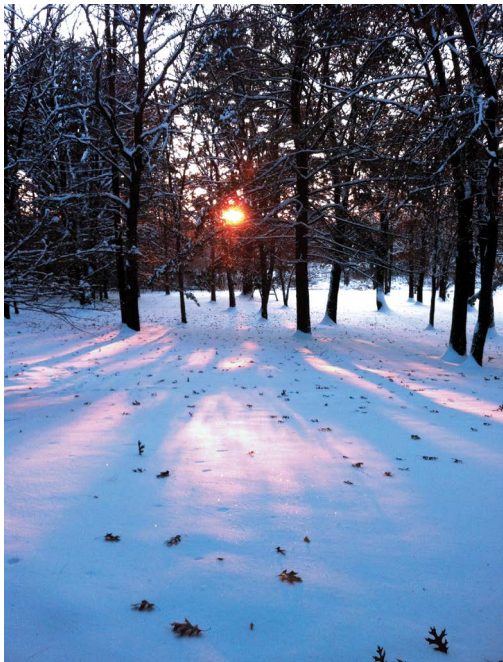
ARC Retreat Community Newsletter — Winter 2016



RETREAT COMMUNITY

ARC Sponsored Retreats

Join us



Experience a healing and contemplative environment; tasty, healthful food; and time apart for silence and thoughtful conversation.

R & R Retreats – an ARC Signature retreat

Rest and Renewal Tuesday – Thursday
January 26–28, 2016 and March 1–3, 2016

Parkinson's Care Partners Retreat

Nurturing Our Lives, Nurturing Our Loved Ones
3-Day, 2-Night Retreat In April 2016
Dates To Be Announced
Updates at: www.ARCretreat.org/retreats

Writing Retreat – 4th Annual *with Karen Hering*

Sunday, May 15 – Thursday, May 19, 2016

More information:
www.ARCretreat.org/retreats - or - call 763-689-3540

The Perfect Gift!

Give an ARC gift certificate
763-689-3540

To Support ARC:

www.ARCretreat.org/donate
ARC is a 501(c)(3) non-profit

To Volunteer at ARC:

volunteer@ARCretreat.org

Reservations & Questions:

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facebook.com/ArcRetreat



Kitchen Renovation Complete



It was a busy summer at ARC with the new kitchen remodeling. A complete renovation was well past due. Plans started over a year ago with the design phase. Much thanks to Beth Berggren who did the designing and drafting of the project. Beth is one of the cooks at ARC and is also an experienced drafts person. Our general contractor, Mark Kissner, was selected because of his reputation for excellence and his experience with commercial kitchens.

The floor and walls were replaced with easy to clean tile and the lighting was replaced with energy efficient LED bulbs. The new ventilation and fire suppression systems allow for a safe and comfortable work space.

We are very pleased with the modern commercial dishwasher known as "Gracie" and donated by Grace University Lutheran Church in Minneapolis. Overall, the space is more efficient, comfortable, cleanable, and meets all state and local regulations.

During construction, we prepared the meals for our guests at the Braham Community Center's kitchen and washed dishes at Cambridge Lutheran Church. We give thanks for the use of these facilities. We are extremely grateful to the many donors, including a generous grant from the John P. and Eleanor R. Yackel Foundation. Next time you are at ARC, be sure to stop by the kitchen!

Support ARC's Kitchen Appeal

We are excited to announce that as of the printing of this newsletter, ARC has raised \$90,000 towards our goal of \$115,000.

This appeal includes funding for a new used wood truck and an updated fire alarm system for the lodge.

The support of this appeal has been tremendous, but there is a critical need to get it finished as quickly as possible.

To give a gift, send a check or give online by going to our secure site provided by GiveMN at www.ARCretreat.org/donate

For more information and to download a pledge form, go to www.ARCretreat.org/NewKitchen



The Resident Community

The individuals of the ARC resident community are responsible for day-to-day hospitality and operations. Each resident makes a commitment to serve from a few months to a few years.

New to ARC this year is Terry Peterson from Minneapolis, Terry Moen from South Dakota, and Alex Stein from New Jersey. We give thanks to Steve Lee and Elizabeth Diamond Gabriel who have completed their time at ARC. Others who have served this year, but are not pictured include Elizabeth Barb, Roxanne Rawson, and Judy Sausen.

Become a member of the Resident Community:
www.ARCretreat.org/join-the-community

