



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

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ARC Sponsored Retreats *Join us*

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

Volunteer Celebration

Sunday, October 9, 2016

Healing of Memories

An ARC Partnership Retreat

November, 18 - November 20, 2016

Annual New Year Retreat

Saturday, December 31, 2016 at 4:00 PM — Sunday, January 1, 2017 at noon

5th Annual Writing Retreat

Karen Hering, Facilitator

Sunday, May 7, 2017 at 4:00 PM — Thursday, May 11, 2017 at 3:00 PM
Optional extra day – Friday, May 12, 2107

More information:

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



ARC Retreat Community Newsletter — Summer 2016

Writing Retreat

The 4th Annual Writing Retreat hosted 18 participants who enjoyed a presentation by Karen Hering, author of *Writing to Wake the Soul: Opening the Sacred Conversation Within*.

In Celebration by Tracy Mooty

As a gift to myself for my upcoming sixtieth birthday, I signed up for a writing retreat in northern Minnesota. I have always loved to write; in fact, I've lived much of my life with pencil in hand. I've written journal entries, letters, papers, prayers, poems, retreats, and eulogies. Writing has long been my way of making sense of life, but with little formal training, I thought this might be a wonderful time to learn more.

Though the writing portions of this retreat were mostly helpful and engaging, what I soon learned is that God wanted to use these four threshold days before my birthday to nourish me in mind, body, and spirit, to offer me time to remember what is important and to put my precious life in perspective.

My room, partly underground, was like a small, pine planter box that readily became my haven. Its simplicity, with space enough for bed, desk, chair, and sink, graciously kept my focus on rest and the germinating seeds of my writing. I spent many hours there feeling safe and held.



Tracy Mooty (left) and Karen Hering (right)

We began and ended each day in the chapel for twenty minutes of silent meditation. One flame on a center table served as the orienting point for those who gathered. Each morning I opened my spirit with a resounding "yes" to whatever the day might hold, and each evening I invited my spirit to close the day with a resounding "Thank You" for what had been.



RETREAT COMMUNITY

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

View ARC's WISH LIST

www.ARCretreat.org/wish-list

To Volunteer at ARC:

volunteer@ARCretreat.org

Reservations & Questions:

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1680 373rd Ave NE
Stanchfield, MN 55080

www.ARCretreat.org
ARCretreat@hotmail.com
763-689-3540



[facebook.com/ArcRetreat](https://www.facebook.com/ArcRetreat)



Celebrating a New Executive Director

On behalf of the ARC Board, I am pleased to announce that we have extended an invitation to Danielle Dryke to join the ARC community as Executive Director and she has accepted.

Danielle has “come home” to ARC for the past 7 years. She first visited as an individual retreatant, then as a weekend volunteer, and an ARC Board member for 3 years.



Danielle brings to ARC her passion and ability to serve as a connector of people, resources, and ideas. She looks forward to finding ways to connect new communities to the incredible value of retreat ministry.

She is looking forward to joining ARC’s mission and working with the Board on ARC’s strategic planning process. She hopes to gather input from a wide array of ARC supporters through this process.

Danielle comes to ARC from The Improve Group, where she spent 8 years working with mission-driven (non-profit) organizations to design and implement research and evaluations to inform decision making, guide strategic planning processes, and facilitate consensus workshops.

Prior to joining The Improve Group, she lived in Mali for 4 years; as Peace Corps Volunteer for 3 years and as a research consultant for the remainder of her time. These positions gave her the opportunity to experience the diverse religious practices of this part of our world.

She holds a Master of Science in International Development Studies from the International School of Humanities and Social Sciences, University of Amsterdam; Amsterdam, The Netherlands. Danielle earned her Bachelor of Arts from Gustavus Adolphus College where she first learned the value of retreat. Danielle will begin full time on September 1, 2016. Welcome home, Danielle.

— Mike Tessneer, Chair of the ARC Board of Directors



ARC’s New Kitchen Update

Each day we are thankful for the new kitchen remodel. The re-design has improved prep time and the new dishwasher, “Gracie,” is a dream (gifted by Grace University Lutheran of Minneapolis).

We celebrate the \$90,000 that has been raised, which includes a fire alarm system and a new truck. Our goal is \$115,000. Can you help ARC reach this goal?

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

View ARC’s updated Wish List www.ARCretreat.org/wish-list
Most are tax-deductible, ask your advisor.

Living with Purpose – Serving with Joy

Do you know someone (possibly you?) who has a passion for service and the spiritual life who has not found a niche to blossom? Someone who is looking for a different way; living simply, meditating daily, practicing mindfulness in the daily tasks, and sharing common values? Do you know someone who is in a transitional time in their life and enjoys daily physical work that serves a purpose?

Join the ARC residential community.

We have openings for Community Leaders (one year or more) and Short-Term Community Members (one month – one year). Please share this opportunity with others!

Inquire at apply@arcetreat.org.

