



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

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Photo by Gary Moss

For those with loved ones living with Parkinson's disease, this three-day retreat offers time away from the daily responsibilities and time with others on a similar journey.

Last year's participants shared that the retreat allowed them to: "let go of stress and simply be," "nurture myself," "meet new friends," "enjoy awesome food" and "be surrounded by a beautiful environment."

Monday (11:00 a.m.) – Wednesday (2:00 p.m.)

August 11 – August 13, 2014

Register by calling 763-689-3540

Find more information at [www.ARCretreat.org/care-partners-retreat](http://www.ARCretreat.org/care-partners-retreat)



ARC Retreat Community Newsletter — Spring 2014



# 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 2014

*Rest and Renewal*  
Tuesday – Thursday  
April 22 – 24, September 16 – 18,  
October 14 – 16, November 18 – 20

## Parkinson's Care Partners Retreat

*Nurturing Our Lives, Nurturing Our Loved Ones*  
Monday, August 11 – Wednesday, August 13, 2014

## NEW – An ARC Experience in the Twin Cities

*Introduce friends and family to ARC. Enjoy ARC food, great conversation, joyful celebration and music.*  
Date and place to be announced.

For more information go to  
[www.ARCretreat.org/retreats](http://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](http://www.ARCretreat.org/donate)  
ARC is a 501(c)(3) non-profit

### To Volunteer at ARC:

[volunteer@ARCretreat.org](mailto:volunteer@ARCretreat.org)

### Reservations & Questions:

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[www.ARCretreat.org](http://www.ARCretreat.org)  
[ARCretreat@hotmail.com](mailto:ARCretreat@hotmail.com)  
763-689-3540

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



# ARC Connects with the Institute for the Healing of Memories

The Institute for the Healing of Memories was founded by Fr. Michael Lapsley to promote healing and reconciliation in the post-apartheid years.

The Institute serves people who suffer the pain of discrimination, marginalization, and other traumas large and small. These include war veterans, immigrants and refugees, offenders who may still be incarcerated or have been recently released, victims of domestic violence and those living with disabilities.

**Healing of Memories workshops are now being offered in partnership with ARC.**

For more information:

[www.ARCretreat.org/healing-of-memories](http://www.ARCretreat.org/healing-of-memories)



Fr. Michael Lapsley

## Donate to ARC...

View our updated **Wish List** at [www.ARCretreat.org/wish-list](http://www.ARCretreat.org/wish-list)  
ARC's most immediate Wish List need is a 4-wheel drive pick-up truck.

*"This has been a time to go deeper and to reach out to start new friendships. I heap blessings on this wonderful staff who have cared for our group so lovingly, allowing us to do our work and play!"*

— retreatant

## Living With Purpose

Living at ARC as a short-term community member



Kerri Haldeman, Kelley Haldeman, Justin Schaudé, Lynn Scott (ARC Operations Manager)

This winter the ARC community welcomed Kerri and Kelley Haldeman and Justin Schaudé. Here to be immersed in nature and to live in a community... Here to listen deeply... Here to haul wood, shovel snow, wash dishes, *be still*, sing, tell stories, celebrate birthdays, *share meals*, welcome guests, bake bread, serve tea, drive the tractor, *pray*, recycle, and *care* for the land!

Kerri, an organic gardener who loves to dance, shares a passionate energy and playfulness. Kelley is an experienced wilderness trip leader who brings great strength and a calm wisdom. Being resourceful and creative has been Justin's trademark. He will return to organic farming this spring.

ARC extends much gratitude to Kerri, Kelley and Justin for sharing their joy of service. We invite others to be enriched by spending a few weeks or a few months of service as a short-term community member.

Learn how you can apply and read more about Kerri, Kelley and Justin's experience at ARC.

Go to

[www.ARCretreat.org/short-term-community](http://www.ARCretreat.org/short-term-community)

## Thank You to ARC's many volunteers

Judy Sausen, a faithful ARC volunteer, is standing next to the new quilt she made for the bed in our hermitage.

Living in Duluth, Judy is involved in forming a Catholic Worker House that will welcome people who are being sex-trafficked.



Judy Sausen