



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

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## Celebrating 20 years at ARC!



Maryann Parker (left) with her October retreat participants

Maryann Parker is celebrating more than 20 years of yoga retreats at ARC. With over 30 years of teaching experience, she has one of the most diverse backgrounds among yoga teachers in the Twin Cities.

Maryann's next retreat at ARC is scheduled for April 4-6, 2014.

Register at [www.parkeryoga.com](http://www.parkeryoga.com)

### *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.

*Thank you for providing such a hospitable and nurturing environment and for the wonderful company of your community... everything is maintained and clean and every detail addressed with love and respect. It was a wonderful weekend.*

— Shirley Rutherford, retreat participant

ARC Retreat Community Newsletter — Winter 2013-2014

# ARC Sponsored Retreats



## *Join us*

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

### Winter Solstice Retreat

Friday, December 13 – Sunday, December 15, 2013

### New Year's Retreat

Tuesday, December 31 – Wednesday, January 1, 2014

### R & R Retreats

Tuesday - Thursday  
January 21 – 23, February 18 – 20, March 11 – 13, 2014

### Writing Retreat

Sunday, March 23 – Thursday, March 27, 2014

### Summer Solstice Celebration in the Twin Cities

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



RETREAT COMMUNITY

### 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)



# Annual Writing Retreat

## Join us

Do you long to have space and time to be nurtured in your writing? Join us for **ARC's Second Annual Writing Retreat; Sunday, March 23 – Thursday March 27, 2014.**

*“The retreat was a chance to rest, reflect, work alone and in community – to fill the well. To take writing seriously – and to laugh!”* —2013 participant

A four-day retreat with optional daily guided writing sessions led by author and literary minister, Karen Hering, on the theme *“Faith in a Seed, finding inspiration and encouragement for our creative work in the natural world.”* Combine writing with a contemplative and natural environment!

For more information: [www.ARCretreat.org/retreats](http://www.ARCretreat.org/retreats)  
**Register by February 20 for our early bird discount.**  
Call 763-689-3540.



Closing celebration – 2013 spring writing retreat

*Joining the ARC resident community are...*



Steve Ellsworth (left) Mike Eberst (right)

Mike Eberst, from Raleigh, North Carolina, is serving as a “short term community member”. Mike’s commitment to ARC reflects his passion for volunteerism and his pursuit for spiritually meaningful work.

Steve Ellsworth, originally from Wisconsin, has a deep interest in gardening and caring for the land. Recently Steve was involved in the Catholic Worker Movement and has spent time in monastic settings. He serves as a “Community Leader” with specific responsibility for the land and facilities.

## The Pastoral College

**Learning in community... two years of monthly ARC retreats**

This group of Presbyterian and Lutheran ministers retreated together to invigorate their life in ministry and explore the concepts of “belonging and identity.”

For the complete story go to [www.ARCretreat.org/Pastoral-College](http://www.ARCretreat.org/Pastoral-College)

*“Retreating as a format came about because we desired to shape our gatherings around a space and time apart – to step out of our routines, and incorporate into our rhythm, a deliberate stopping to simply be.”*  
— Kara Root



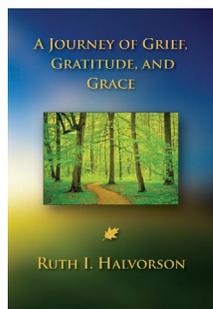
The Pastoral College (left to right): Kara Root, Jamie Schultz, Phil GebbenGreen, Travis Gerjets, and Jodi Houge.

*Thanks to the many volunteers*

who bring diverse gifts, wonderful presence and help make ARC a sacred space for many guests.

Would you like to receive our Volunteer e-Newsletter? Let us know at [volunteer@ARCretreat.org](mailto:volunteer@ARCretreat.org)

ARC volunteer Lisa Zahn with one of our giant sunflowers



## ARC's Bookshelf

***A Journey of Grief, Gratitude, and Grace* by Ruth Halvorson**

With sensitivity, openness, compassion—and joy—Ruth Halvorson, ARC founder, accompanies Loren on his hundred-day journey from terminal diagnosis to memorial service—and beyond.

Find Ruth's book online at Kirk House Publishers or at the ARC bookstore.

