



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

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## *The Women of the Wool*

Shown here wearing their bright scarves signifying 20 years of retreating at ARC. In celebration of this anniversary they donated a beautiful new couch for the living room in the ARC lodge. Their joy in retreating and great love for ARC is a tremendous blessing. Thank you W.O.W.

## *Potter Jack Evert shares his work at ARC*



Jack has recently served ARC as a short-term community member. He is an experienced retreat leader and believes that art and the creative process can be used to achieve personal renewal.

Thank you, Jack, for sharing your gifts with ARC. You will soon enjoy his platters and pitchers when sharing a meal in the ARC dining room.

ARC Retreat Community Newsletter — Fall 2013

# *The Mission remains the same...* our “look” is changing

## **As ARC continues to grow and reach out to new groups and individuals,**

it is essential that our visual image appeals to a new population of retreatants. We give thanks to Proper Design League who is offering their design services on a pro bono basis so that ARC can share our mission in a more effective way. We hope that you enjoy this refreshed newsletter format. Go to

[www.properdesignleague.com/arc](http://www.properdesignleague.com/arc) to see more examples of our new look which will be rolled out gradually throughout the next few months.



### **The perfect Gift!**

Give an ARC gift certificate  
763.689.3540

### **To support ARC:**

[www.ARCretreat.org/donate-arc](http://www.ARCretreat.org/donate-arc)  
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://facebook.com/ArcRetreat)



# Care for the Caregivers of Parkinson's

## A new retreat at ARC



Held from August 19 to 21, this was the inspiration of ARC friend and past board member Donna McNear. Donna, whose husband was recently diagnosed with Parkinson's Disease, saw the need among caregivers for a respite retreat in the intimate, contemplative and healing setting provided by the ARC Community. One retreatant shared that she was going home, not just rested, but truly renewed for the journey forward. Donna hopes this will become an annual retreat... watch our website for next year's dates.

**Above:** Retreat participants during the closing celebration in the chapel.

## Time is not an external clock...



Come celebrate the rhythms of the natural world. Join us for an ARC sponsored retreat!

### Solstice Retreat

A celebration of light as we move into days becoming longer and we reflect on our lives becoming full of light. December 13 – 15; two nights and 5 meals; \$170.

### New Year's Retreat

A celebration as we cross the threshold from one year to the next. December 31 (4 pm) – January 1 (noon); \$90. Plan now to experience time as a sacred portal into the eternal at an ARC Retreat!

## ARC facilities have served us well



Due to the age of ARC's facilities, we are moving into a new time period where repairs and replacements will accelerate. Please consider supporting ARC financially so we can move ahead with continued strength. An envelope is included in the newsletter or go to our website to make a secure online donation: [www.ARCretreat.org/donate-arc](http://www.ARCretreat.org/donate-arc)

**Left:** A new well pump replaces the original that served ARC for more than 35 years.

## Welcome New Staff!



We are excited to welcome Suzie Hischer (left) from North Branch who is serving ARC as the Office Manager. She brings many years of financial and office administration experience. Roxanne Rawson (right) has joined the resident community and is responsible for overseeing housekeeping and caring for the beauty of the interior space. She has worked many years in higher education, and brings to ARC a passion for the retreat experience. Also a big thank you and good wishes to Kathy Hanish-Wallin and Julie Redpath who served in the office and have recently retired.

## Caring for the garden



Retreat guests Pastor Heather Hammond and Pastor Nancy Victorin-Vangerud take time-out to weed the garden. Thanks to all who volunteer at ARC!