



## Online Newsletter

Each month, ARC will be sending out an online newsletter including: upcoming retreat information, volunteer opportunities, reflections, art from guests, and **Behind the Kitchen** reflections about community living from community members.

To subscribe, visit us at [www.ARCretreat.org/join](http://www.ARCretreat.org/join)

*"Today my meditation is the infinite green in the wood.  
A verdant paradise built of  
Brightest yellow-green of new growth  
Rusty shades of decay  
The blue hues of the spruce  
Deep black-green of shadow and moss  
Rosy greens of fruit trees and maple  
The Cottonwood's flashy silver show  
Leaves illuminated by the sun  
set dancing by the breeze  
Like stained glass in motion.  
Thank you for this exquisite experience!  
In the city, I am lonely and here I bask in solitude."  
— Joellen, Cottage Guest*

## Meet the ARC Community



Lindsay Crawford  
Danielle Dryke  
Terry Moen  
shay(den) n. gonzalez  
Galen Smith  
Beth  
LeeAnn  
Wendy  
Janelle

**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:**

ARC Retreat Community  
1680 373rd Ave NE

Stanchfield, MN 55080

[www.ARCretreat.org](http://www.ARCretreat.org)

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

763-689-3540

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



## From Danielle Dryke, Executive Director



Since I began this work last July, I've appreciated your letters, emails and calls of welcome. I have been nourished by the interactions with guests; it's a blessing to hear the stories and histories of how ARC has impacted your lives. I've heard about the generosity of spirit, the unique ARC experience, energy of the land and the community, incredible food and enveloping welcome that creates the safe container for the deeper work.

Reflection is so often devalued by our culture of speed, efficiency and doing. Whereas ARC is the place where people come to BE. To BE received as they already are, without any striving, no achieving, no goals or metrics, to be met at that place and brought in with radical hospitality. The simple act of BEing present is enough. BEing creates space for whatever arises in the moment, to witness and tend to the aspects of ourselves that are often lost in the day-to-day.

I've been asked many times to articulate the greater vision or direction that will guide my time as a steward of ARC. As I work with the Board and greater ARC community to build and shape ARC's next strategic plan, this will become clearer. For now, ideas abound!

Share your insights and voice at <https://www.arc retreat.org/survey>

I stand in awe of ARC's future and consider how to forward the founding mission of ARC in this era. What does the expression of a spiritual home for those on the margins look like today? Who are the individuals and groups that do not currently have access to ARC and how can we invite them into this space of BEing? How can we continue to offer sacred experience for all of our guests? How do we develop and sustain a thriving on-site community? What practices and systems will sustain and feed the business of ARC? We are gently preparing ARC for the next 40 years with great love and admiration for where the organization is at today. You will continue to see small tweaks and updates at ARC over the coming years, please know that the heart and spirit of this sacred place of BEing has not changed. ARC continues to BE a spiritual home for all who seek it. A safe haven of quiet in a busy world. A place of radical hospitality where all are met and welcomed as they already are.

### *Life after moving to my spiritual home*

by Danielle, ARC Executive Director

When I first came to ARC nearly 8 years ago, I sought connection with the divine through nature. I was taking my first step on a long path of self-inquiry and healing. I'd lived primarily in Mali, West Africa, for the five years before and was struggling to reconcile the traumas I'd experienced with life back at home in Minnesota. ARC offered a starting point for my journey back to myself.

Over the years since, ARC has been my spiritual home. I've served on the board, come for individual and group retreats, stayed in all three buildings, and been nourished by the food and community member and guest connections alike. I cannot count how many times I've broken down in tears, surrounded by love in the center of the blessing circle as I departed after a retreat. I've grieved loved ones, the loss of my church community, relationships, and my former self in the healing embrace of the ARC woods. I've written some of my most prized prose in the safe space ARC provides. I've met individuals and

connected with groups that have significantly altered the course of my life in the best possible ways.

In the nearly seven months since I moved in, I've witnessed the profound impact ARC has on guest's lives. People are visibly transformed from their first moments here, to when they walk out the door, no matter how brief the visit. We as community members, are just as impacted. I can already feel a difference in how I'm relating to myself, to others and to the world. This ministry is a gift, it's the gift of community, the gift of reflection and the gift of healing.

Please use the enclosed envelope to support our work, so that others may be transformed by the healing energy of ARC.

*"My first time here, it won't be my last. The Cottage is such a lovely, peaceful space - perfect for soaking up the silence this introvert sorely needed.*

*I greatly enjoyed walking the trails, praying without distractions, and the delicious dinners. Blessings to all who help care for this place, so that others may find rest here."*

— Shelly, Cottage Guest

# Welcome our Director of Operations shay(den) gonzalez

ARC welcomed shay home on Feb 1, 2016. The community felt the alignment right away on the first day of shay's site visit. His warm energy, grounded presence, thoughtful articulate ways and gentle leadership are a perfect fit for our community and for ARC's ministry. He's a gifted yoga instructor (we particularly love his yin classes) and reiki practitioner.

shay signed on to lead ARC as the Director of Operations over the next three years and will be closely working with Danielle to shape strategic directions to ensure a healthy, fiscally sound, and sustainable ARC for years to come. In addition, shay will be instrumental in inviting new populations to experience ARC.

shay comes to ARC most recently from serving as Executive Director of RECLAIM, an organization that increases access to mental health support for queer and trans youth. For the past 6 years shay has led strategic planning, diversity training, group/team building, collaborative culture shifting, and mono/intergenerational leadership development rooted in healing and social justice, as a consultant to nonprofit organizations and collectives.

The ARC Community is grateful to be learning this dance with shay.



“I personally believe that developing a spiritual life is not built on action or reflection alone but the relationship between the learning of both.

I firmly believe that there is no revolution (or transformation) without dancing.”

— shay(den) gonzalez

## Coming in 2018 ARC's 40th Anniversary

Next year marks a milestone in ARC's history.

We will be celebrating the 40th anniversary of welcoming the first guests to the peace and serenity of ARC's beautiful lodge in the woods.

Planning is now starting for a year-long program of events, celebrations and festivities. We're looking for folks who might enjoy volunteering to help with different activities.

Right now, we're only looking for expressions of interest. As time goes on, we'll be able to provide more specific guidance for areas where help will be needed.

To join us in planning ARC's celebratory year, please message: [Celebrate@ARCRetreat.org](mailto:Celebrate@ARCRetreat.org)

With gratitude,  
Danielle

## Announcements

This summer ARC is open for business! With a couple exceptions:

**Summer Break:** June 5 to June 18

**Summer Work-Study:** July 2 to July 22  
*Community Love Camp*

**ARC has a new website!**

Check it out at [ARCretreat.org](http://ARCretreat.org)  
Email [danielle@ARCretreat.org](mailto:danielle@ARCretreat.org) with your feedback.

**To weigh in on ARC's future, take our survey at**  
[www.ARCretreat.org/survey](http://www.ARCretreat.org/survey)

## Volunteer Opportunities

### LUMBER VOLUNTEERS

ARC has an incredible opportunity to get started on wood for the next two winters! We need volunteers to help us split and stack wood this summer.

For more information or to volunteer, email [Volunteer@ARCretreat.org](mailto:Volunteer@ARCretreat.org)

### RETREAT SUPPORT VOLUNTEERS

We are currently seeking volunteers to help with upcoming groups.

For more information or to volunteer, email [Volunteer@ARCretreat.org](mailto:Volunteer@ARCretreat.org)

### GARDEN VOLUNTEERS

How better to feed our guests and our community than from our own garden?

We are seeking those who want to laugh, visit, and get their hands dirty.

For more information or to volunteer, email [Volunteer@ARCretreat.org](mailto:Volunteer@ARCretreat.org)



# ARC Sponsored Retreats

## *Join us*

### *Summer Stewardship at ARC* JULY 2 - 22, 2017

Our beautiful building was primarily constructed by the love and labor of volunteers 40 years ago in June and July of 1977 at ARC hosted work-study camps. Work-study camp consisted of 6 hours a day of construction and “two-hour studies each week day [...] in various aspects of community living.”

Reigniting the spirit of retreat and shared knowledge this summer, ARC is hosting a Summer Stewardship July 2 - 22, a 3-week, 3 theme work-study camp.

#### **WEEK 1: LABOR OF LOVE | JULY 2-6**

Work hard. Play hard. Rest Well.

We invite construction workers, lumberjacks, and jacks & jills of all trades to work on the physical structures needed to keep sacred space. Tasks will include but are not limited to: rebuilding the gazebo, painting and re-flooring the outhouse, and hosing the lodge. All volunteers for this week must be 18 years or older or 16 in attendance with a guardian.

#### **WEEK 2: CHOSEN FAMILIES | JULY 9-13**

There are families we're given and families we've chosen but with hope our families are people that see us through.

This week we invite you and your family (up to two children under 10/adult) to rake trails, tend the garden, move books, and help us bring sounds of laughter and a spirit of joy into our home. Families can consist of any genders, spiritual practices, and ages but unfortunately we cannot host furry family members.

#### **WEEK 3: INSPIRED BY SPIRIT | JULY 16-22**

Let the silence move you, let the laughter fill you, let spirit be your guide to creation.

This week, we invite artists of all kinds: scrapbookers & book artists, landscapers & trailblazers, knitters & fabric workers, healers and bodyworkers, and so on to support the interior and exterior design of our space. Come design & rake trails, create intentional sacred spaces, build a bench for a new trail, knit bomb the new benches and much more.

Each day will consist of 6 hours of work (3 in the morning and 3 in the afternoon), 1 hour of meditation, and 1.5 hours of shared learning. Food and lodging are complementary and personal retreat time will be integrated into your stay.

To get in on the fun or ask additional questions please visit [ARCretreat.org/stewardship](http://ARCretreat.org/stewardship)

### *Coming Home to Yourself: Demystifying the Retreat*

SEPTEMBER 1 (11 AM)- 4 (2 PM), 2017

When you walk through our doors, someone will always greet you with, “Welcome Home to ARC” but what does it mean to come home to yourself?

Coming Home to Yourself: Demystifying the Retreat is a 3-night, 4-day retreat for first time retreatants and long-time retreatants with busy lives and busy schedules to explore their relationship with self and Spirit.

Join us Labor Day weekend, September 1st-4th, as we let go of the calendar, slow down enough to listen to the end of Summer, and reflect.

Along with facilitated dialogue and 2 hours each day of intentional silence you are invited to:

#### **3 daily yoga class options**

slow heated flow, hatha, and yin

#### **3 daily meditations**

2 self-led in community, 1 guided

#### **1 daily lead hike**

#### **10 homemade meals**

vegetarian, vegan, organic and/or locally sourced

2 on arrival and departure days

3 on full days

gluten free options

#### **Canoeing**

as available

#### **Additional options to book**

Individual massage therapy or reiki



#### **Investment**

Shared Lodge Room = \$360

Private Lodge Room = \$400

Hermitage Stay (meals delivered to your door) = \$420

Cottage (for up to 4 adults, meals delivered) = \$1000

#### **Deposit**

A non-refundable deposit of 10% is required to hold your spot.

To register visit us at  
[ARCretreat.org/retreats](http://ARCretreat.org/retreats)



# help us to be *sustainable*



Annually, ARC spends more than **\$3,500** of vital resources and **many volunteer hours** to produce and deliver the ARC newsletter on paper.



To be good stewards of our financial and environmental assets, our **future publications** will be shared via **email**. You'll receive the same great content directly to your email inbox.

*thank you* for helping us update our newsletter subscription list by choosing from the options presented below.





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