

# Arkings

## Mission Statement

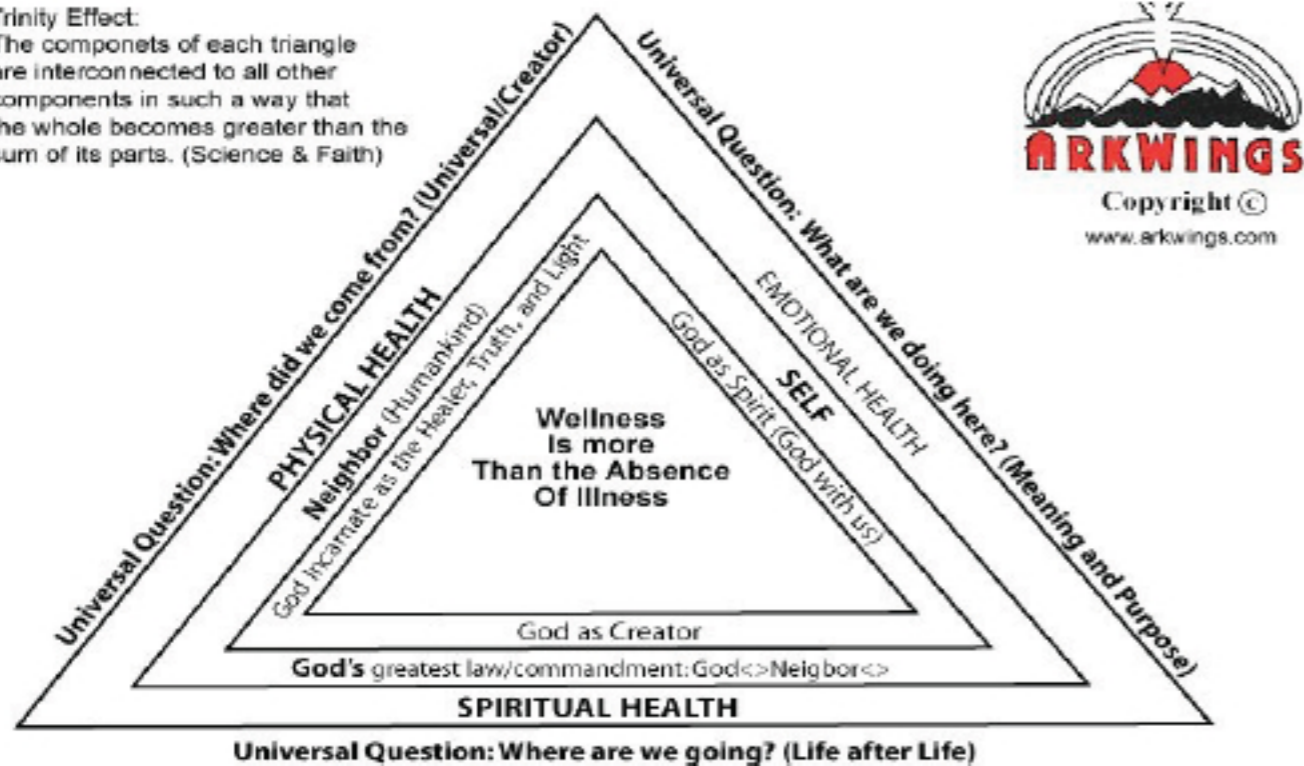
Arkings Foundation is a multi-ministry wellness organization incorporated as a 501 (c) 3 not-for-profit public charity founded in 1991. Its mission is to promote spiritual, emotional, and physical health for individuals, organizations, and communities through innovative, hands-on programs, with a focus on inner-city youth. Arkings under the direction of Dr. John McCall and a 20-member board of directors, also organizes and leads groups of individuals desiring to participate in wellness retreats and to serve in national and international locations. The Arkings motto is "Taking Care of Self in order to Care for Others" (God, Neighbor, Self).

The Arkings Foundation headquarters is located on a 17 acre multi-facility retreat conference center surrounded by old growth forest in the community of Frayser just north of downtown Memphis at 2304 James Rd, 38127. Volunteers are needed to mentor youth through urban gardening programs, to participate in facility improvement projects, and serve in its various ministries.

## Wellness Model

The Trinity Effect:

The components of each triangle are interconnected to all other components in such a way that the whole becomes greater than the sum of its parts. (Science & Faith)



## Programming\*

### Arkings Conference Retreat Center

Open to the general public for both indoor and outdoor meetings and events, the Center is a 17-acre "Mind, Body, Spirit" sanctuary in the heart of Memphis at James and McLean. It also serves as the headquarters for the Arkings Foundation and several other related community based programs.



### Urban Youth Gardening Program

The gardening program uses culturally and educationally themed gardens such as African, Southwestern, Asian, herb, fruit, vegetable, and flower gardens to learn about particular cultures, botany, ecology, conservation, nutrition, weather, food preparation, hospitality, entrepreneurship, healthy life-style issues. Youth are also mentored as they develop relationship skills and values.

Those youth that successfully complete the garden program earn scholarships for the adventure trips.

### Service Based Adventure Trips

This program for youth and adults, sponsors "Mind, Body, Spirit" trips that typically involve service, topical discussions, adventure and cultural activities. Providing both local, regional and international trip opportunities, Arkings has enabled participants to travel to the "Rockies" of the Southwest and to go on mission trips to Africa, South & Central America and the Caribbean.

### Academic Awards Program

Youth involved in this and other Arkings programs receive recognition for academic success. They are graduating from high school, going to college, becoming employed and developing strong leadership and citizenship skills.



\*All programs are designed to demonstrate the Arkings "Mind, Body, Spirit" Wellness Model. The logo like the biblical "Ark" represents renewal, restoration as well as re-creation.