

Registration Form

PLEASE REGISTER BY APRIL 15, '11

Name: _____

Address: _____

Phone: _____

Email: _____

Arriving: _____ Leaving: _____

Weekend Fee of \$40 covers food, use of the site, and expenses. After April 15th, fee increases to \$50. Make checks payable to Illinois Yearly Meeting. Prepayment is not required to attend but tell us in advance if you'll be joining us!

I can arrive early on Friday to help with setup or

stay on Sunday to help with closing.

Send Registration to:

IYM Women's Weekend
c/o Sharon Haworth
605 W. Washington St.
Urbana, IL 61801
shaworth@sbcglobal.net
Phone: 217-384-9591 (home)

No Child Care is available. Please seek help from your monthly meeting.

Purpose

The women of Illinois Yearly Meeting gather together each spring.

The time provides the opportunity to share journeys, to enlarge our circle of friendship with Quaker women, to hold each other in loving support, and to honor all women as we seek to grow in the depth of our being and in Light.

Women find their voices, sing their songs, and tell their stories, mingling the rich varied stories of young and old and in-between as we unmask together ourselves and our lives.

All women are invited to become part of the gathering.

Questions?

Coordinators

Beth Schobernd 309-454-3277
beth.schobernd@gmail.com

Valerie Lester 708-383-4940
val_geof@yahoo.com

Emergencies

Dial 9-1-1 for emergencies

Marshall-Putnam Medical Clinic 815-339-6245
322 S. McCoy

St. Margaret's Hospital 815-664-1464
Spring Valley

THE MEETING HOUSE 815-882-2214

Finding an Embodied Spirituality *Finding an Embodied Spirituality*

A WEEKEND RETREAT FOR ILYM WOMEN

APRIL 29- May 1, 2011

Illinois Yearly Meeting House

McNabb, Illinois





WOMEN'S WEEKEND



The Program

Finding an Embodied Spirituality In this retreat we will ponder the mystery of the body through gentle yoga, walking meditation, self-reflection and group discussion. We will explore such questions as: “Do I have a body or am I a body?” and “What do I know of God through my body?”

Recommended Reading: *Waking: A Memoir of Trauma and Transcendence* by Matthew Sanford

Honoring the Body: Meditations on a Christian Practice by Stephanie Paulsell

Our Facilitator

Summer Cushman is an artist, spiritual director and yoga teacher. She earned her Master of Divinity with an emphasis in spirituality from Earlham School of Religion. Summer has led retreats and workshops throughout the country on such topics as spirituality, creativity and embodiment.

The Fees

The fee for the weekend is \$40. Those unable to meet the cost are asked to assess what they can contribute.

No one is turned away due to lack of funds. Young women of high school age are welcome at no cost. We encourage all Quaker women to attend.

The Schedule

FRIDAY

- 6:30-7:30 Dinner (Clear Creek women)
- 7:30-9:00 Program with Summer
- 10:00 “Lights out” – quiet on sleeping floor

SATURDAY

- 7:00-8:30 Breakfast
- 9:00-11:30 Program with Summer
- 12:00-1:00 Lunch
- 1:00-2:00 Free time
- 2:00-4:00 Program with Summer
- 4:00-5:00 Property Tour/Free Time
- 5:00-6:00 Singing
- 6:00-7:00 Dinner
- 7:00-8:00 Worship sharing
- 8:00-9:00 Poetry in Pajamas¹
- 10:00 “Lights out” – quiet on sleeping floor

SUNDAY

- 7:00-8:00 Breakfast
- 8:00-9:00 Begin clean up
- 9:00-10:00 Women’s Weekend Business Mtg.
- 10:00-11:00 Final Cleanup
- 11:00-12:00 Worship with Clear Creek Friends

¹ Poetry in Pajamas is a lighthearted evening of sharing and laughter. Bring a short poem, reading, story or joke to share; improvisation is also appreciated.

NOTE: Please try to arrive before dinner on Friday so you can set up your sleeping accommodations.

The Details

The Meeting House is at 14365 N 350th Ave. in McNabb. It is ½ mile east of IL Rt. 89 about 1 mile south of McNabb and 2 miles north of Magnolia, IL.

Lodging is available in the Meeting House. For other alternatives, contact Sharon Haworth at shaworth@sbcglobal.net.

Although the Meeting House and its restroom are wheelchair accessible, the dining room is not. Meals can be served on the main floor where program activities are conducted and where most women sleep.

What to Bring: Your yoga mat (or a blanket), walking shoes and journal, a sleeping bag, towels, toiletries, **SONG BOOKS**, Musical instruments, Reading materials, writing materials, and anything else you must have.

Food: Dinners/Lunches are provided by Meetings (TBD). Shared Breakfast foods will be provided. Individuals may bring snacks to share.

If you have food allergies, please indicate that in your registration. Also, given our interest in emphasizing spiritual/mental/ physical health, we want to emphasize low fat, whole grain, vegetarian/vegan alternatives. All of us want to nurture our group well, to provide healthy food, and as we do for IYM, allow around \$2.50 per person per meal.

More food information will be provided by email to those who register