

Registration Form

PLEASE REGISTER BY APRIL 12, 2013

Name: _____

Address: _____

Phone: _____

Email: _____

Meeting: _____

Lodging: _____

Food Allergies/other accommodations needed: _____

Arriving: _____ Leaving: _____

Weekend Fee of \$45 covers food, use of the site, and expenses. After April 12th, fee increases to \$55. 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:

ILYM 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

Jeannie Marvin 815-433-4678
riverstone@mchsi.com

Erin Taylor 309-313-3330
erin.n.taylor@gmail.com

Emergencies

Dial 9-1-1 for emergencies

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

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

THE MEETING HOUSE 815-882-2214

Exploring Flexibility in Body and Soul

A WEEKEND RETREAT FOR ILYM WOMEN

APRIL 26 - 28, 2013

Illinois Yearly Meeting House

McNabb, Illinois





WOMEN'S WEEKEND



The Program

As women, there are many areas in which we are encouraged and challenged to be flexible—from physical fitness to scheduling the rhythms of our lives, to being with others who test our emotional flexibility and boundaries. Sometimes it's good to embrace flexibility, but other times, being too flexible may cause us to drift from our center. At this retreat, we will take time to explore many aspects of flexibility including physical, spiritual and relational flexibility. We will also consider what it means to be flexible without compromising or diluting our values. Come prepared to stretch into a time of spiritual exploration with your sisters.

Our Facilitator

Jennie Isbell, M.Div., is passionate about spiritual hospitality and about seeking, with others, to increase our awareness of the Holy Presence. She is convinced that there are evidences of God's movement to be found in almost every wrinkle of daily life, and that our longings may in fact be invitations to deeper joy. She serves individuals and groups seeking to joyfully inhabit their bodies and their lives, free from fear and excessive busyness through her work as a spiritual director, writer, yoga teacher, and bodyworker.

The Fees

The fee for the weekend is \$45. 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
- 7:30-9:00 Program with Jennie
- 10:00 Lights Out (Quiet on Sleeping Floor)

SATURDAY

- 7:00-7:30 Early Bird Yoga with Jennie
- 7:00-8:30 Breakfast
- 9:00-11:30 Program with Jennie
- 12:00-1:00 Lunch
- 1:00-3:00 Free Time & Optional Activities from Jennie
- 3:00-5:00 Program with Jennie
- 5:00-6:00 Free Time & Singing
- 6:00-7:00 Dinner
- 7:00-8:00 Worship Sharing
- 8:00-9:00 Friends' Follies*
- 10:00 Lights Out (Quiet on Sleeping Side)

SUNDAY

- 7:00-8:00 Breakfast
- 8:00-9:00 Begin Cleanup
- 9:00-10:00 Women's Weekend Business Meeting
- 10:00-11:00 Finish Cleanup
- 11:00-12:00 Worship with Clear Creek Friends

*Friends' Follies is a lighthearted evening of sharing and laughter. Bring a short poem, reading, song, story, or joke to share. We welcome the silly, the sublime, and everything in between; 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, unheated cabins (no electricity) or in Clear Creek House. Housing in Clear Creek House will be assigned and preference given to those with a need (please indicate needs/wishes on registration form). Women sleeping in Clear Creek House rooms should not expect a private room.

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: Please bring a journal or paper, a writing instrument, and a favorite poem or excerpt from scripture for use during our time with Jennie. Also bring your sleeping bag, towels, toiletries, and the other personal items you will require for two days away from home. You may also wish to bring a yoga mat, song book, musical instrument, and reading materials for your use during the weekend.

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 ILYM, allow around \$2.50 per person per meal.

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