

Nonviolent Communication

Weekend Retreat
for ILYM
Women and Gender Minorities

April 26th-28th, 2019

Illinois Yearly Meeting Meetinghouse

McNabb, Illinois



The Program

This is an invitation to give yourself the gift of looking within and accessing your values, wisdom, and compassion. **Nonviolent Communication** is a very simple process of communication that has been able to resolve even the deepest conflicts in couples, families, workplaces, and communities. This positive use of language can transform your relationship with yourself and others. You will develop and practice ways to respond with compassion and wisdom and not react with fear, shame or guilt.

The workshop will strengthen our skills in speaking and living peace in a world of conflict, using a variety of practical and innovative techniques including lecture, discussion, role-playing, storytelling and puppet play designed to stimulate thought, creativity, and connection. We will gather in a sacred healing circle for meditation, reflection, renewal, and exploring empathic conversations detoxifying our body, mind, and spirit. Prepare yourself to anchor in our values and choice as we step into the swirl of living in the world.

Facilitators

Hemlata (Hema) and Mandakini Pokharna are sisters. Their empathic and nonviolence background began with the birth in a Jain family, nourished and nurtured by Jain nuns and monks, and in training with Marshall Rosenberg. They learned empathic listening from Eugene Gendlin who was an early student of Carl Rogers and who developed Focusing (a six-step method for discovering one's felt sense and drawing on it for personal development).

Together they have created and taught inspiring and lively workshops around the world, introducing people to the basic skills and concepts of non-violent communication, leadership, resilience, and vitality. Hema Pokharna, Ph.D. is a scientist, writer, and speaker. Mandakini Pokharna, MD is a practicing physician in Chicago. Both are Nonviolent Communication Certified Trainers.

Purpose of Women's Weekend

The self-identified women and gender minorities 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 each other as we seek to grow in the depth of our being and in Light. We find our voices, sing our songs, and tell our stories, mingling the rich varied stories of young and old and in-between as we unmask together ourselves and our lives. All self-identified women and gender minorities are invited to become part of the gathering.

The Schedule

FRIDAY

- 6:30-7:30 Dinner
7:30-9:30 Gathering & program opening

SATURDAY

- 7:00-8:30 Breakfast and clean up
9:00-11:45 Combination of worship,
program and breaks
12:15-1:30 Lunch and clean up
2:00-6:00 Combination of program,
worship and free time
6:00-7:30 Dinner and clean up
7:30-9:00 Poetry Slam, Singing and
Improv Talent Show

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

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

The Details

Lodging is available in the meetinghouse, 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.

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

The Details

Accessibility: The meetinghouse and its restroom are wheelchair accessible. The dining room is not. If meals are served in Meetinghouse, meals can be served on the main floor where program activities are conducted and where most women sleep. We may prepare meals and serve meals at Clear Creek House. This will be decided on first day of retreat.

Food: If you have food allergies, please indicate that in your registration. More meal planning details will be provided later.

What to Bring: 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.

Location: The Meetinghouse 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, Illinois.

Emergencies and contact numbers

Dial 9-1-1 for emergencies

St. Margaret's Health-Granville Clinic
309 S. McCoy, Granville 815-339-6245

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

ILYM Meetinghouse 815-882-2214

Questions contact coordinators

Carol Bartles: cabartles@gmail.com
815-440-9639

Melissa Halka: halkarts@gmail.com

Weekend Retreat Registration

Please register by April 20, 2018

Registration and Fee: The fee for the weekend is \$45, which covers food, use of the site, and expenses. After April 20, fee increases to \$55. *Pre-registration is needed to plan meals.*

Prepayment is not required to attend. Pre-registration helps in planning.

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 self-identified women and gender minorities are encouraged to attend.

Name: _____

Pronouns: _____

Address: _____

Email: _____ Phone: _____

Meeting: _____

Lodging preference: _____

Food Allergies/other accommodations needed:

_____ I can arrive early on Friday to help with setup

_____ I can stay on Sunday to help with closing.

_____ Arriving (day/time) _____ Leaving (day/time)_____

Transportation:

_____ I have room for ___ # passengers, Leave Chicago area around ___ pm Friday and
Return to Chicago around _____ a/pm Sunday. _

_____ I need a ride - Chicago leaving around _____ Friday and returning around _____ Sunday.

This registration form can be filled out and emailed to: cabartles@gmail.com.

Printed copies can be mailed to **Carol Bartles 6096 Nikonha Place Burlington, IA 52601.**

The registration fee can be sent by check (made out to Illinois Yearly Meeting) to the above address, paid electronically by credit cards or PayPal at ilym.org/payfees, or paid by cash or check at the retreat.